

November 20, 2020

Today the Province announced some changes to Public Health regulations, including new gathering limits set to take effect for the period of November 23, 2020 to December 23, 2020 for the suburban and urban areas of Halifax Regional Municipality.

Please note that the Public Health approved NS Sport Guidelines remain in effect. The change in gathering limits could have impacts on spectator allowances for some events and/or programs.

There are **no changes to gathering limits or any restrictions** related to Swim Nova Scotia's Return to Swimming Plan, including training and competition.

Information about the new gathering limits announced today can be found online [here](#). Please also be aware that all measures put in place to help contain the spread of COVID-19 **may** change.

Be sure to keep up to date on the latest changes by visiting Nova Scotia's COVID-19 [webpage](#).

If you have any questions, please do not hesitate to contact me.

Stay Safe!

Bette