

December 16, 2020

Today the Provincial Government announced updated Public Health regulations. As the regulations relate to swimming, effective December 21, approved Swim Clubs will be able to practice/train with groups of up to 25 without social distancing in a given field of play. The number of 25 includes all registered swimmers, Coaches and Support Staff as is consistent with all previous regulations. Sanctioned competitions (time trials) are suspended.

It is important to note that these new regulations will apply to the entire Province, sanctioned time trials that were previously taking place in some zones of the Province will not be permissible under the new regulations (as of December 21).

These regulations will be in effect until January 11, 2021 with a possibility of extension or modification.

Please see the attached Swim Nova Scotia Return to Swimming version 8, Summary of Modifications dated December 16th, 2020 for your reference. Version 8 of Swim Nova Scotia's Return to Swimming Plan will be available on the Swim Nova Scotia [webpage](#) tomorrow (December 17th).

WHAT CLUBS NEED TO DO BEFORE RESUMING TRAINING DECEMBER 21 – JANUARY 11:

- Familiarize yourself with changes to your facility regulations
- Head Coaches must re-submit modifications their Return to Swimming Plan that includes their **revised training schedule and group lists by completing the attached Application form**
- **All Clubs must be approved by Swim Nova Scotia before returning to training on December 21 – January 11**
- Coaches must continue to do daily health monitoring using the Swim Nova Scotia Kinduct online platform

All members are reminded to follow the advice of Nova Scotia's Chief Medical Officer and all Government Officials - it remains important for everyone to strictly adhere to the public health order and directives through the holidays by practising good hand washing and other hygiene steps, maintain a physical distance when and where required, wear a mask and stay within gathering limits while spending time with family and friends.

Swim Nova Scotia continues to advocate for our member Clubs and the sport of swimming as a whole, with the government, knowing that the data shows that we have elaborate risk mitigation plans in place that have been working effectively through the COVID-19 pandemic.

Today's press release can be found [here](#), additional details and up to date information can be found on the Nova Scotia Provincial Government [webpage](#).

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

Bette