

## **SWIM NOVA SCOTIA RETURN TO SWIMMING v8 – MODIFICATIONS TO POOL TRAINING**

### OVERVIEW

- Registered Swim Clubs that have had their Return to Pool Swimming applications accepted may now proceed to Phase 3 based on Head Coach directive
- This phase allows a training group of up to 25 swimmers and coaches with no physical distancing in a given field of play and will **come into effect on December 21, 2021**
- Sanctioned competitions including time trials and in-house events are suspended
- Overarching health requirements outlined in Swim Nova Scotia's Return to Swimming Plan must still be adhered to

Please note that the following recommendations must still be adhered to by all Swimmers and Coaches:

- Swimmers must be capable of independently adhering to strict guidelines and take direction from Coaches and facility staff
- Swimmers must bring and utilize their own hand sanitizer, and practice proper hand hygiene
- Swimmers are required to bring and leave with their own equipment (no sharing)
- Swimmers are required to bring and leave with their own water bottle (no sharing)
- Swimmers are encouraged to wear their bathing suits to training if access to public change rooms/washrooms is not available at the facility
- Swimmers should get dropped off and picked up outside of the facility/site
- Swimmers/Coaches must wear a mask upon entry/exit to the facility
- Swimmers must adhere to all facility guidelines such as directions to enter/exit the facility, etc.
- Coaches must use Swim Nova Scotia's online health monitoring platform (through Kinduct)
- Coaches must ensure Safe Sport Policies are being adhered to

Please review the revised Swim NS Return to Swimming Plan for details on Public Health requirements.