

January 8, 2021

Today the Provincial Government announced further updates to Public Health regulations. As it relates to swimming, the current regulations (originally announced on December 16) will remain in place for at least another two weeks.

Approved Swim Clubs can continue 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) continue to be suspended.

These regulations will be in effect until midnight January 24, 2021 with a possibility of extension or modification.

Clubs that were approved to resume training December 21 – January 11<sup>th</sup> may continue to do so; however, Club Head Coaches are required to send updated training schedules and group lists if required. Clubs that are not yet approved may contact Swim Nova Scotia to begin the application process.

Today's press release can be found [here](#) 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