

# SWIM NOVA SCOTIA RETURN TO SWIMMING v6 – RETURN TO COMPETITION

## OVERVIEW

Safety is the key priority with all aspects of return to training and competition. Safety with regards to COVID-19, but also injuries related to an increase in activity and/or training need to be considered carefully when adding competitive opportunities. Clubs must adhere to Municipal, Provincial Health Mandates and all Facility Regulations. All restrictions outlined by Swim Nova Scotia must be adhered to including social gathering limits, physical distancing and other requirements related to the Swim Nova Scotia Return to Swimming Plan.

The competitive environment (training and competition venues) should be continually assessed to ensure precautions are taken to minimize risk to the swimmers, volunteers/officials and others in attendance.

Effective immediately, Swim Nova Scotia has lifted the suspension on sanctioning competitions. The resumption of competitions will be a multi-phased approach. Clubs may apply to host sanctioned In-House Competitions (Time Trials). Swim Nova Scotia will begin a Virtual Swim Meet Series through the Fall of 2020. **Preliminary information is outlined below and is subject to change.**

## PHASE 1 – AUGUST 2020 – IN-HOUSE COMPETITIONS

At this time, Clubs may begin to organize short course meters in-house competitions (Time Trials). *Long course meters in-house competitions will be introduced at a later date.* These are single Club events; multiple teams cannot compete against each other at this time; multiple teams may be introduced at a later date.

Due to the COVID-19 pandemic all in-house competitions (Time Trials) will be run as Class One Sanctioned Time Trials and allow for Provincial record attempts and swimmers to attempt to achieve a time which may qualify them for entry into future meets.

*Note: No advertising is required for Class One Sanctioned Time Trials during Phase 1 of the Swim NS Return to Competition.*

Clubs must do the following:

- Complete the attached In-House (Time Trial) application form and submit to Swim NS seven (7) days in advance of the proposed start date
- The In-House (Time Trial) must take place in an approved Facility

- SNC Rules must be adhered to
- Ensure only registered competitive members are participating
- Results must be sent to Swim NS 48 hours following the conclusion
- Social gathering limits as outlined by Swim Nova Scotia must be adhered to at all times
- Physical distancing restrictions as outlined by Swim Nova Scotia must be adhered to at all times
- Swim Nova Scotia's Return to Swimming Overarching Health Considerations must be adhered to at all times

A minimum number of officials are required and must adhere to Swimming Canada Rule, CSW 1.2.1. See Swim Nova Scotia's Officials Return to Competition document.

#### PHASE 2 – FALL 2020 – VIRTUAL SANCTIONED SWIM MEETS

There will be two virtual sanctioned swim meets for each Nova Tech, Age Group and Masters swimming programs in Nova Scotia. Competition details will be available in the Fall, which will include the order of events, event limits and competition timeframes.

Clubs will also receive detailed instructions on how to run a Virtual Swim Meet.

#### PHASE 3 – TBD – SANCTIONED SWIM MEETS

As Provincial gathering limits increase, Swim Nova Scotia will publish Phase 3 of the Return to Competition Plan.