

# SWIM NOVA SCOTIA TRAINING OPTIONS PHASE ONE

Clubs have three options to resume training as of June 2<sup>nd</sup>, 2021:

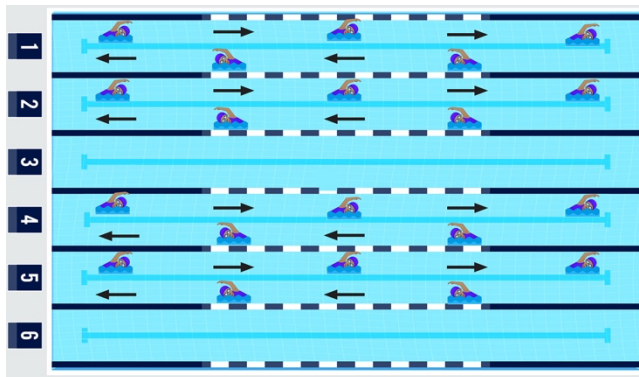
- Outdoor Pool Training
- Open Water Training
- Dryland Training

Below each Training option, you will find examples that allow for training group sizes with a maximum of 10 swimmers.

If coaches can maintain physical distancing from training group (bubble) at all times the coaches would not be considered part of the training group and could coach multiple training groups.

A total group size may **not exceed 10 participants** without physical distancing and must remain consistent from practice to practice.

## OUTDOOR POOL TRAINING

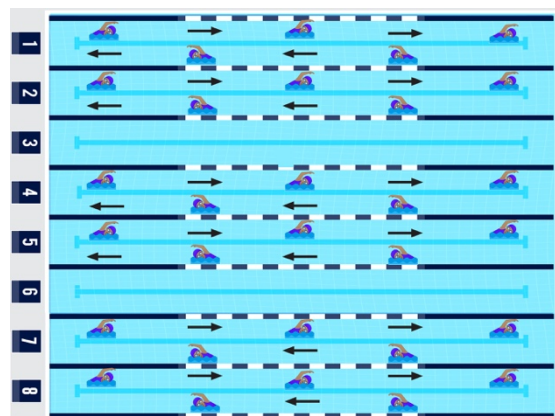


### Example – 6 – lane Pool –

Training group of 10 swimmers in 2 lanes with one coach. One empty lane in between with another training group of 10 swimmers with one coach. Coaches must maintain physical distancing at all times of at least 2m. Dryland training can take place with training group up to 10 at the same time.

### Example – 8 – lane Pool –

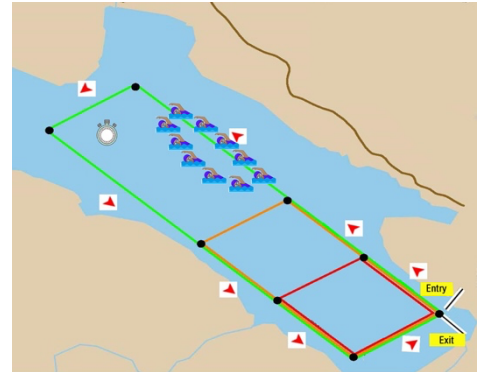
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## OPEN WATER TRAINING

Training group of 10 swimmers with one coach/safety personal (may have additional). Coaches/safety personal must maintain physical distancing at all times of least 2m. Other training groups may be participating in a similar format must maintain physical distancing.

A total group size may not exceed 10 participants without physical distancing and must remain consistent from practice to practice.



## DRYLAND TRAINING

Training group of 10 swimmers with one coach (may have additional). Coach(es) must maintain physical distancing at all times of least 2m. Other training groups may be participating in a similar format must maintain physical distancing.

*If Head Coaches have questions on their training options, please be sure to ask!*