

# SWIM NOVA SCOTIA

## A SUMMARY OF PROVINCIAL TIMELINES & WHAT TO EXPECT

*As of June 30<sup>th</sup>, 2021*

*Subject to change pending Provincial Health Regulations*

As the Province of Nova Scotia continues its [five-phased](#) approach to re-opening, Swim Nova Scotia is pleased to provide a summary of how our members can resume in-person training through the proposed phases.

Safety is our number one priority; whether you are a grassroots swimmer, development swimmer, performance swimmer, master's swimmer, open water swimmer, summer swimmer, official, coach or volunteer our return to swimming plan will keep you safe!

Once information from Provincial Health officials is received, we will continue to update our membership - this document is subject to change pending public health changes.

Members must be fully registered with Swim Nova Scotia to participate in any programming.





All of us as members of the swimming community have a responsibility to ensure we are doing everything we can to keep not only our community safe but our communities at large safe as well.

### THE SWIM NOVA SCOTIA PLAN IS MARKED BY 5 PHASES





PHASES 1 - 5	PHASE 1	PHASE 2	PHASE 3	PHASE 4	PHASE 5
<b>Expected (Proposed) Start Date</b>	June 7 <sup>th</sup>	June 16 <sup>th</sup>	June 30 <sup>th</sup>	July 14 <sup>th</sup>	September TBD 2021
<b>Outdoor Group Size*</b>	10	25	50	50	TBD
<b>Indoor Group Size*</b>	0	10	50	50	TBD
<b>Training</b>	Yes	Yes	Yes	Yes	Yes
<b>In-House Time Trials</b>	No	No	Yes	Yes	Yes
<b>Multi-Team Activities (including training &amp; competition)</b>	No	No	No	No	TBD

*\*Group training sizes do not require any physical distancing or masks while in the field of play*





**PHASE 1 – JUNE 7<sup>th</sup>**

	<ul style="list-style-type: none"> <li>• Training can resume in groups of up to 10 (maximum) swimmers outdoors with no physical distancing</li> <li>• 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</li> <li>• A total group size may not exceed 10 participants without physical distancing and must remain consistent from practice to practice in a given day</li> </ul>
	<ul style="list-style-type: none"> <li>• Multiple groups of 10 are permitted in the same field of play</li> <li>• Physical distancing must be maintained between groups</li> <li>• Each group should have staggered entry and exit points from the field of play</li> </ul>
	<ul style="list-style-type: none"> <li>• Sanctioned events are not permitted</li> <li>• Spectators are not permitted</li> <li>• Indoor activities are not permitted</li> <li>• Multi-Team activities are not permitted</li> </ul>
	<p><b>HOW YOUR CLUB CAN RETURN</b></p> <p><b><u>OPEN WATER</u></b>          If your Club is planning on resuming open water training on or after June 7<sup>th</sup>, you must complete the following:</p> <ul style="list-style-type: none"> <li>• Review <a href="#">Swim Nova Scotia Open Water Guidelines</a></li> <li>• Submit Training Group Lists (group sizes must not exceed 10)</li> <li>• Submit Training Schedule</li> <li>• Submit Application:             <ul style="list-style-type: none"> <li>○ <a href="#">Clubs that were approved to resume Open Water in 2020</a></li> <li>○ <a href="#">Clubs applying to resume Open Water for the first time</a></li> </ul> </li> </ul> <p><b><u>OUTDOOR POOL TRAINING</u></b>          If your Club is planning on resuming outdoor pool training on or after June 7<sup>th</sup>, you must complete the following:          PREVIOUSLY APPROVED CLUBS:</p> <ul style="list-style-type: none"> <li>• Submit Training Group Lists (group sizes must not exceed 10)</li> <li>• Submit Training Schedule</li> </ul> <p>CLUBS SEEKING APPROVAL:</p> <ul style="list-style-type: none"> <li>• Complete Swim Nova Scotia’s Return to Training <a href="#">Application</a></li> </ul> <p><b><u>OUTDOOR/IN-PERSON DRYLAND TRAINING</u></b>          If your Club is planning on resuming outdoor pool training on or after June 7<sup>th</sup>, you must complete the following:          PREVIOUSLY APPROVED CLUBS:</p> <ul style="list-style-type: none"> <li>• Submit Training Group Lists (group sizes must not exceed 10)</li> <li>• Submit Training Schedule</li> </ul> <p><b><u>VIRTUAL TRAINING</u></b></p> <ul style="list-style-type: none"> <li>• Submit required documentation (Head Coach to contact Swim NS)</li> </ul>





## PHASE 2 – EXPECTED JUNE 16<sup>th</sup>

	<ul style="list-style-type: none"> <li>• Training can resume in groups of up to <b>10 (maximum) swimmers indoors</b> with no physical distancing</li> <li>• Training can resume in groups of up to <b>25 (maximum) swimmers outdoors</b> with no physical distancing</li> <li>• 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</li> <li>• A total group size may not exceed 10 participants indoor and/or 25 participants outdoor without physical distancing and must remain consistent from practice to practice in a given day</li> </ul>
	<ul style="list-style-type: none"> <li>• Multiple groups of 10 are permitted in the same field of play indoors or 25 outdoors</li> <li>• Physical distancing must be maintained between groups</li> <li>• Each group should have staggered entry and exit points from the field of play</li> </ul>
	<ul style="list-style-type: none"> <li>• Sanctioned events are not permitted</li> <li>• Spectators are not permitted</li> <li>• Multi-Team activities are not permitted</li> </ul>
	<p><b>HOW YOUR CLUB CAN RETURN</b></p> <p><b><u>OPEN WATER</u></b>          If your Club is planning on resuming open water training on or after June 16<sup>th</sup>, you must complete the following:</p> <ul style="list-style-type: none"> <li>• Review <a href="#">Swim Nova Scotia Open Water Guidelines</a></li> <li>• Submit Training Group Lists (group sizes must not exceed 25)</li> <li>• Submit Training Schedule</li> <li>• Submit Application:             <ul style="list-style-type: none"> <li>○ <a href="#">Clubs that were approved to resume Open Water in 2020</a></li> <li>○ <a href="#">Clubs applying to resume Open Water for the first time</a></li> </ul> </li> </ul> <p><b><u>OUTDOOR POOL TRAINING</u></b>          If your Club is planning on resuming outdoor pool training on or after June 16<sup>th</sup>, you must complete the following:</p> <p>PREVIOUSLY APPROVED CLUBS:</p> <ul style="list-style-type: none"> <li>• Submit Training Group Lists (group sizes must not exceed 25)</li> <li>• Submit Training Schedule</li> </ul> <p>CLUBS SEEKING APPROVAL:</p> <ul style="list-style-type: none"> <li>• Complete Swim Nova Scotia's Return to Training <a href="#">Application</a></li> </ul> <p><b><u>INDOOR POOL TRAINING</u></b>          If your Club is planning on resuming outdoor pool training on or after June 16<sup>th</sup>, you must complete the following:</p> <p>PREVIOUSLY APPROVED CLUBS:</p> <ul style="list-style-type: none"> <li>• Submit Training Group Lists (group sizes must not exceed 10)</li> <li>• Submit Training Schedule</li> </ul> <p>CLUBS SEEKING APPROVAL:</p> <ul style="list-style-type: none"> <li>• Complete Swim Nova Scotia's Return to Training <a href="#">Application</a></li> </ul> <p><b><u>OUTDOOR DRYLAND TRAINING</u></b>          If your Club is planning on resuming outdoor pool training on or after June 16<sup>th</sup>, you must complete the following:</p> <p>PREVIOUSLY APPROVED CLUBS:</p> <ul style="list-style-type: none"> <li>• Submit Training Group Lists (group sizes must not exceed 25)</li> <li>• Submit Training Schedule</li> </ul> <p><b><u>INDOOR DRYLAND TRAINING</u></b>          If your Club is planning on resuming outdoor pool training on or after June 16<sup>th</sup>, you must complete the following:</p> <p>PREVIOUSLY APPROVED CLUBS:</p> <ul style="list-style-type: none"> <li>• Submit Training Group Lists (group sizes must not exceed 10)</li> <li>• Submit Training Schedule</li> </ul> <p><b><u>VIRTUAL TRAINING</u></b></p> <ul style="list-style-type: none"> <li>• Submit required documentation (Head Coach to contact Swim NS)</li> </ul>

**PHASE 3 – EXPECTED JUNE 30<sup>th</sup>**





	<ul style="list-style-type: none"> <li>• Training can resume in groups of up to <b>50 (maximum) swimmers indoors</b> with no physical distancing</li> <li>• Training can resume in groups of up to <b>50 (maximum) swimmers outdoors</b> with no physical distancing</li> <li>• 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</li> <li>• A total group size may not exceed <b>50</b> participants indoor and/or outdoor without physical distancing and must remain consistent from practice to practice in a given day</li> </ul>
	<ul style="list-style-type: none"> <li>• Multiple groups of <b>50</b> are permitted in the same field of play indoors or outdoors</li> <li>• Physical distancing must be maintained between groups</li> <li>• Each group should have staggered entry and exit points from the field of play</li> </ul>
	<ul style="list-style-type: none"> <li>• Multi-Team activities are not permitted</li> </ul>
	<p><b>HOW YOUR CLUB CAN RETURN</b></p> <p><b>OPEN WATER</b>          If your Club is planning on resuming open water training on or after June 30<sup>th</sup>, you must complete the following:</p> <ul style="list-style-type: none"> <li>• Review <a href="#">Swim Nova Scotia Open Water Guidelines</a></li> <li>• Submit Training Group Lists (group sizes must not exceed 50)</li> <li>• Submit Training Schedule</li> <li>• Submit Application:             <ul style="list-style-type: none"> <li>○ <a href="#">Clubs that were approved to resume Open Water in 2020</a></li> <li>○ <a href="#">Clubs applying to resume Open Water for the first time</a></li> </ul> </li> </ul> <p><b>OUTDOOR POOL TRAINING</b>          If your Club is planning on resuming outdoor pool training on or after June 30<sup>th</sup>, you must complete the following:</p> <p>PREVIOUSLY APPROVED CLUBS:</p> <ul style="list-style-type: none"> <li>• Submit Training Group Lists (group sizes must not exceed 50)</li> <li>• Submit Training Schedule</li> </ul> <p>CLUBS SEEKING APPROVAL:</p> <ul style="list-style-type: none"> <li>• Complete Swim Nova Scotia's Return to Training <a href="#">Application</a></li> </ul> <p><b>INDOOR POOL TRAINING</b>          If your Club is planning on resuming outdoor pool training on or after June 30<sup>th</sup>, you must complete the following:</p> <p>PREVIOUSLY APPROVED CLUBS:</p> <ul style="list-style-type: none"> <li>• Submit Training Group Lists (group sizes must not exceed <b>50</b>)</li> <li>• Submit Training Schedule</li> </ul> <p>CLUBS SEEKING APPROVAL:</p> <ul style="list-style-type: none"> <li>• Complete Swim Nova Scotia's Return to Training <a href="#">Application</a></li> </ul> <p><b>OUTDOOR DRYLAND TRAINING</b>          If your Club is planning on resuming outdoor pool training on or after June 30<sup>th</sup>, you must complete the following:</p> <p>PREVIOUSLY APPROVED CLUBS:</p> <ul style="list-style-type: none"> <li>• Submit Training Group Lists (group sizes must not exceed 50)</li> <li>• Submit Training Schedule</li> </ul> <p><b>INDOOR DRYLAND TRAINING</b>          If your Club is planning on resuming outdoor pool training on or after June 30<sup>th</sup>, you must complete the following:</p> <p>PREVIOUSLY APPROVED CLUBS:</p> <ul style="list-style-type: none"> <li>• Submit Training Group Lists (group sizes must not exceed <b>50</b>)</li> <li>• Submit Training Schedule</li> </ul> <p><b>VIRTUAL TRAINING</b></p> <ul style="list-style-type: none"> <li>• Submit required documentation (Head Coach to contact Swim NS)</li> </ul> <p><b>IN-HOUSE COMPETITIONS</b></p> <ul style="list-style-type: none"> <li>• Submit required <a href="#">Time Trial Request Form</a> a minimum of 7 days in advance of proposed event</li> <li>• <b>A total group size may not exceed 50 participants indoor and outdoor without physical distancing for sanctioned Time Trials</b></li> </ul>

## PHASE 4 – EXPECTED JULY 14<sup>th</sup>

	<ul style="list-style-type: none"> <li>• Training can resume in groups of up to <b>50 (maximum) swimmers indoors</b> with no physical distancing</li> <li>• Training can resume in groups of up to <b>50 (maximum) swimmers outdoors</b> with no physical distancing</li> <li>• 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</li> <li>• A total group size may not exceed <b>50</b> participants indoor and/or outdoor without physical distancing and must remain consistent from practice to practice in a given day</li> </ul>
	<ul style="list-style-type: none"> <li>• Multiple groups of <b>50</b> are permitted in the same field of play indoors or outdoors</li> <li>• Physical distancing must be maintained between groups</li> <li>• Each group should have staggered entry and exit points from the field of play</li> </ul>
	<ul style="list-style-type: none"> <li>• Multi-Team activities are not permitted</li> </ul>
	<p><b>HOW YOUR CLUB CAN RETURN</b></p> <p><b>OPEN WATER</b> If your Club is planning on resuming open water training on or after June 30<sup>th</sup>, you must complete the following:</p> <ul style="list-style-type: none"> <li>• Review <a href="#">Swim Nova Scotia Open Water Guidelines</a></li> <li>• Submit Training Group Lists (group sizes must not exceed 50)</li> <li>• Submit Training Schedule</li> <li>• Submit Application:             <ul style="list-style-type: none"> <li>○ <a href="#">Clubs that were approved to resume Open Water in 2020</a></li> <li>○ <a href="#">Clubs applying to resume Open Water for the first time</a></li> </ul> </li> </ul> <p><b>OUTDOOR POOL TRAINING</b> If your Club is planning on resuming outdoor pool training on or after June 30<sup>th</sup>, you must complete the following:</p> <p>PREVIOUSLY APPROVED CLUBS:</p> <ul style="list-style-type: none"> <li>• Submit Training Group Lists (group sizes must not exceed 50)</li> <li>• Submit Training Schedule</li> </ul> <p>CLUBS SEEKING APPROVAL:</p> <ul style="list-style-type: none"> <li>• Complete Swim Nova Scotia's Return to Training <a href="#">Application</a></li> </ul> <p><b>INDOOR POOL TRAINING</b> If your Club is planning on resuming outdoor pool training on or after June 30<sup>th</sup>, you must complete the following:</p> <p>PREVIOUSLY APPROVED CLUBS:</p> <ul style="list-style-type: none"> <li>• Submit Training Group Lists (group sizes must not exceed <b>50</b>)</li> <li>• Submit Training Schedule</li> </ul> <p>CLUBS SEEKING APPROVAL:</p> <ul style="list-style-type: none"> <li>• Complete Swim Nova Scotia's Return to Training <a href="#">Application</a></li> </ul> <p><b>OUTDOOR DRYLAND TRAINING</b> If your Club is planning on resuming outdoor pool training on or after June 30<sup>th</sup>, you must complete the following:</p> <p>PREVIOUSLY APPROVED CLUBS:</p> <ul style="list-style-type: none"> <li>• Submit Training Group Lists (group sizes must not exceed 50)</li> <li>• Submit Training Schedule</li> </ul> <p><b>INDOOR DRYLAND TRAINING</b> If your Club is planning on resuming outdoor pool training on or after June 30<sup>th</sup>, you must complete the following:</p> <p>PREVIOUSLY APPROVED CLUBS:</p> <ul style="list-style-type: none"> <li>• Submit Training Group Lists (group sizes must not exceed <b>50</b>)</li> <li>• Submit Training Schedule</li> </ul> <p><b>VIRTUAL TRAINING</b></p> <ul style="list-style-type: none"> <li>• Submit required documentation (Head Coach to contact Swim NS)</li> </ul> <p><b>IN-HOUSE COMPETITIONS</b></p> <ul style="list-style-type: none"> <li>• Submit required <a href="#">Time Trial Request Form</a> a minimum of 7 days in advance of proposed event</li> <li>• <b>A total group size may not exceed 50 participants indoor and outdoor without physical distancing for sanctioned Time Trials</b></li> </ul>

**PHASE 5 – EXPECTED SEPTEMBER 2021**

*All Clubs must re-affiliate with Swim Nova Scotia & register all swimmers...*

	TBD
	TBD
	TBD
	TBD