

*Approved September 2018; update September 2020*

## **SWIM NOVA SCOTIA SUMMER SWIMMING PROGRAM**

The Swim Nova Scotia Board of Directors has done a comprehensive review of the Summer Swimming Program in Nova Scotia. After reviewing the extensive responses to the surveys submitted in December 2017, the following program details continue to align with the spirit of summer swimming. The Board has approved the following that will come into effect September 1<sup>st</sup>, 2018:

The Swim Nova Scotia Summer Swimming Program will be available June 1<sup>st</sup>-August 31<sup>st</sup> annually.

Swim Nova Scotia promotes excellence in swimming by developing and encouraging broad based participation, by ensuring participation is inclusive, and by providing the leadership and means that will ensure individual excellence at the International, National, Regional and Provincial levels. We understand that there may be some Summer swimmers that are interested in maintaining their fitness through the sport of swimming and maintain their team comradery and peer friendships with their Summer Club. If a Summer Swimmer wishes to participate in a winter maintenance program; they may do so by registering with a Year-Round Club as a pre-competitive swimmer; or if an existing Summer Club wishes to offer a winter maintenance program, the following opportunities will be available to them:

Those that would like to access winter maintenance opportunities may do so September 1<sup>st</sup>-May 31<sup>st</sup>.

To access winter maintenance, Clubs must complete the following:

- Complete Club Executive Information Form
- Submit Winter Maintenance Club Affiliation Fee: \$25
- Submit Club Registrar Waiver Form (to gain access to the SNC database)
- Submit Swimmer Registration (\$45.00) via the SNC database
- Register all Coaches with Swim NS/SNC/CSCA (fees to be determined annually by the Swim NS Board of Directors)
- A certificate of insurance will be provided once all criteria has been met
- Winter Maintenance opportunities include dryland programs and in-water coach and/or Club led training up to two (2) hours per week for all ages November 1<sup>st</sup>-May 31<sup>st</sup>

*From September 1 to May 31, the amount of training permitted by a summer swimmer is restricted if they wish to retain summer swimming status.*

To be considered eligible to register for summer swimming, and/or be considered eligible to compete at any summer meet, a swimmer may swim in a year-round program as a pre-competitive swimmer in the appropriate age group OR in a Summer Club directed program. Summer swimmers may participate in the following:

*Approved September 2018; update September 2020*

- Red Cross and Life Saving Society Classes, “I Can Swim” Classes, YMCA swim instruction program
- Fundraising swim-a-thons
- Other water sports with an aquatic component, such as Synchronized Swimming, Water Polo, Triathlon or Diving

Summer swimmers will be permitted to attend one training camp\* during the restricted training period and/or attend the first Nova Tech Aqua Kids or Age Group Development Meet from the Year-Round program with Swim Nova Scotia as an exhibition swimmer.

If a swimmer has been registered as a year-round swimmer (registered September 1<sup>st</sup> to August 31<sup>st</sup>), then he or she must sit out one summer-season i.e. train/compete year-round during the 2020-21 season, cannot compete (even as exhibition) the summer of 2021; but eligible the summer of 2022.

\*A training camp is an organized period in which athletes participate in a rigorous and focused schedule of training to learn or improve skills. Timeframe of the training camp may depend on the, affiliation, level of the athlete, and the objective of the camp; to a maximum of 10 days.