

Winter Training Policy

4.2 Winter Training Policy

From November 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 **not more than** 2 hours per week in a coach or parent directed program.

The two hours per week does not include:

- Red Cross and Life Saving Society Classes, "I Can Swim" Classes, YMCA swim instruction program
- Fundraising swim-a-thons
- Other water sports such as Synchronized Swimming, Water Polo, or Diving.

Summer swimmers will be permitted to attend one swim camp during the restricted training period.

As per Section 3.4 of the Summer Swimming Operating Handbook,

former winter swimmers (registered September 1 to August 31) wishing to become summer swimmers are not eligible to compete in the summer for the same period of time they trained and/or competed in the winter, for a minimum of one summer season to a maximum of two summer seasons.

Based on this required timeframe, to be considered eligible to compete in the summer, **a former winter swimmer has not**

- Practiced more than 2 hours per week in a coach or parent directed program, **as per section 4.2** AND/OR
- Competed in winter meets

The intent of any winter training should be for team building and general fitness of swimmers. Training sessions should not be organized for the purpose of creating a competitive edge of one individual over others.

4.3. Winter Training Declaration, Complaint, and Investigation Procedure

If investigation determines that a swimmer did not respect the winter training policy they will not be eligible to register for the next summer swimming season. If the investigation is concluded during a summer swim season, the swimmer will be disqualified from participating any further in

the current season, and will forfeit any awards, records or medals received during that season.

4.3.1 Identification of swimmers who do not respect the winter training policy is first the responsibility of their club.

At the start of each season every club will ask each of their swimmers to declare, by way of signed affidavit, if they have respected the winter training policy.

Also, at the start of each season, the president of each club will declare, by way of signed affidavit, that they have not knowingly registered anyone in their club who has violated that winter practice policy.

Swimmers and/or clubs will not be registered with Swim Nova Scotia for summer swimming, unless individual and club winter training affidavits have been received by the registration deadline defined at the start of each season.

4.3.2 Any registered member or officer of a summer swim club may register a complaint with Swim Nova Scotia if they have evidence that a swim club or individual has not accurately declared their winter training. Such a complaint must be declared in writing to the Executive Director of Swim Nova Scotia.

Upon receiving a complaint, the Executive Director shall determine if the complaint will be investigated, and inform the complainant of this decision within 4 calendar weeks of receipt of the complaint.

If the Executive Director chooses to investigate the complaint, they will, as a minimum, conduct interviews with:

- the swimmer alleged to have violated the winter training policy (4.2 above) . A parent or guardian shall be present during the interview of the swimmer.
- their coach
- the complainant

Once the Executive Director has completed the investigation he/she will inform the swimmer investigated and the complainant in writing of any decisions resulting from the investigation. The Executive Director's decision in each investigation will be final.