



## Summer Swimming Year Round Training Family Affidavit

The enclosed swimmer registration list being submitted by \_\_\_\_\_ (family name), meet the regulations of year round training policy.

### **Year Round Training Policy**

From November 1 to May 31, the amount of training permitted by a summer swimmer is restricted, if they wish to retain their 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 Coach or parent directed program that is age and stage appropriate with the long term athlete development (10 & under two hours per week, 11-12 three hours per week, 13 & over four hours per week, age as of the next competitive season).

Summer swimmers may participate in the following:

- Red Cross and Lifesaving Society Classes, "I Can Swim" Classes, YMCA swim instruction programs
- 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 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 the number of years he or she swam winter to a maximum of two years (staring when they stop year round swimming) i.e. train winter one year, miss Provincials one year, train winter four years, miss Provincials two years.

Swim Nova Scotia will accept applications for exemptions from Club Presidents until June 30<sup>th</sup> of the current season.

**Appeals:** May be submitted as per the Swim Nova Scotia Appeals Policy.

To the best of my knowledge the registration list submitted by our club all meet the summer swimming eligibility requirements.

\_\_\_\_\_  
PARENT (or guardian) NAME (PLEASE PRINT)

\_\_\_\_\_  
SWIMMER'S NAME (PLEASE PRINT)

\_\_\_\_\_  
PARENT'S SIGNATURE

\_\_\_\_\_  
SWIMMER'S SIGNATURE

\_\_\_\_\_  
DATE