

APPENDIX 9: COHORTS FOR SWIMMING

If a club chooses to form cohorts, each swimmer in the cohort may not train with another swimming cohort. Individuals may switch swimming cohorts provided there is a 14-day period between training with either cohort.

It is recommended that clubs keep cohorts small and limit the number of swimmers per lane to minimize the impact should an individual in the cohort display symptoms, come in direct contact or contract COVID-19. Lane assignments should be considered in order to minimize the number of close contacts for each swimmer.

Coaches who are able to maintain physical distancing from the group at all times would not be considered part of the cohort and could coach multiple groups. An example of not maintaining physical distancing would include teaching stroke mechanics on the pool deck, such as physically manipulating a swimmer's arm.

The following are cohort examples for reference only.

Example A – One Cohort of 24 Swimmers

Training Group 1: Lanes 1-3 = 12 swimmers + 1 coach

Training Group 2: Lanes 4-6 = 12 swimmers + 1 coach

These groups are swimming with four swimmers per lane with all lane ropes in. Since these training groups are in lanes beside each other, these groups would form one cohort.

Example B – Two Cohorts of 12 Swimmers

Training Group 1: Lanes 1-3 = 12 swimmers + 1 coach

Training Group 2: Lanes 5-7 = 12 swimmers + 1 coach

These groups are swimming with four swimmers per lane with all lane ropes in. Since these training groups have an empty lane between (lane 4), they form separate cohorts.

Example C – One Cohort of 17 Swimmers + 3 Individual Swimmers

Training Group 1: Lane 1-4 = 4 swimmers + 1 coach

Training Group 2: Lanes 5-8 = 16 swimmers + 1 coach

Lanes 1-4 are training in single lanes with one swimmer per lane, swimming on the black line. Lanes 5-8 are swimming in single lanes with four swimmers per lane. Group 2 and the swimmer in lane 4 would form one cohort as the distance between the centre of lane 4 and the outside of lane 5 is less than 2 metres. The swimmers in lanes 1-3 would not form a cohort as long as physical distancing of at least 2 metres is maintained at all times.

Example D – One Cohort of 15 Swimmers + 4 Individual Swimmers

Training Group 1: Lane 1-2 = 4 swimmers + 1 coach

Training Group 2: Lanes 4-8 = 15 swimmers + 1 coach

Lanes 1-2 are training in a double lane with two swimmers starting at each end and are maintaining physical distancing by staying on the black line during both training and rest periods. Lane 3 is empty. Lanes 4-8 are swimming in single lanes with three swimmers per lane, these 15 swimmers would form one cohort. The swimmers in lanes 1-2 would not form a cohort as long as physical distancing of at least 2 metres is maintained at all times.

Example E – Two cohorts of 30 Swimmers

Training Group 1: Lanes 1-5 = 30 swimmers + 2 coaches (4:30 – 5:30 pm)

Training Group 2: Lanes 1-5 = 30 swimmers + 2 coaches (6:00 – 7:00 pm)

Both groups are swimming with six swimmers per lane with all lane ropes in and have a buffer between groups. Since each training group is swimming in lanes beside each other, each group would form one cohort. If the coaches are able to maintain physical distancing at all times (before, during and after practice) they could coach both groups and not be part of either cohort.

Example F – One Cohort of 22 Swimmers

Training Group 1: Lanes 1-2 = 10 swimmers + 1 coach

Training Group 2: Lanes 3-4 = 12 swimmers + 1 coach

Group one is swimming with five swimmers per lane and group two is swimming with 6 swimmers per lane with all lane ropes in. Since these training groups are in lanes beside each other, these groups would form one cohort.