Return to Swimming Stage 2: Q & A

Groups and Cohorts

1. **What is the maximum size of a cohort? Can a swimmer have 48 swimmers in 8 lanes plus two coaches?**
The maximum size of a cohort is 50 individuals. The total of 50 individuals includes swimmers and coaches who are not able to maintain physical distancing. Although a cohort of 50 is permitted by Alberta Health Services, clubs need to view this through a prudent risk assessment and work with their facility to decide what group size is both appropriate and safe. Swim Alberta recommends that clubs not seek to push the guidelines/rules around a maximum of 50 in a cohort, but rather understand how the club can program and support physical distancing outside the pool training session with appropriate numbers.

2. **If our club forms cohorts of training groups, can one coach be responsible for the supervision of more than one cohort?**
Yes, coaches can deliver programming to more than one cohort as long as the coach can maintain physical distancing at all times. If distancing cannot be maintained the coach may only be part of a single cohort.

3. **Can a swimmer be part of more than one cohort?**
No, a swimmer cannot be part of more than one cohort, including a cohort in another sport. If an individual is part of one sport cohort, they may only participate in other sport or organized recreation activity as long as they are maintaining physical distancing at all times.

4. **If a coach is part of a cohort, can they coach another group?**
Yes, a coach may coach more than one cohort, including a cohort with a second club such as a masters club and an age group club, however physical distancing must be maintained. If a coach cannot maintain physical distancing, such as moving an athlete's arm to demonstrate stroke technique they must be part of that cohort.

5. **What if a swimmer needs to change groups?**
Should movement between groups be required, an individual would need to be training on their own, maintaining physical distancing at all times or take a break for a minimum of 14 days prior to joining a new cohort.

6. **What will happen to the cohorts between seasons? (August 31 to September 1)**
At the start of a new season, if the club takes a break of at least 14 days, a club may be able change the members of each cohort. It should be noted that currently the [sector guidance](#) provided for Sport, Physical Activity and Recreation – Stage 2 states that cohorts are required to remain in place until the end of stage 2. Additionally, it is not known the date of Stage 3 or the details of what will be permitted in Stage 3 therefore any current local or provincial requirements will be required.

7. **Can a new swimmer from another club or sport join a cohort?**
Yes, if the swimmer is not currently involved with a cohort. If they are currently involved with a sport cohort they would need to train on their own, maintaining physical distancing at all times or take a break for a minimum of 14 days prior to joining a new cohort.

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8. **Can swimmers in a cohort share dryland equipment such as a medicine ball?**
Yes, this type of equipment can be shared within a cohort. The process between users would need to be confirmed to ensure that the equipment is disinfected. Although permitted, Swim Alberta does recommend that wherever possible, the practices of physical distancing and non-sharing of equipment is in place.

9. **Can swimmers in a cohort carpool?**
When possible, non-family members should not travel together, however swimmers in the same cohort could choose to carpool.

10. **If a swimmer is taking a summer school class, is this considered a second cohort?**
Cohorts are specific to sport or performance activities; school activities or classes would not be considered a cohort.

11. **If a member of a cohort tests positive for COVID-19, what will the procedures be for the rest of the cohort?**
Alberta Health Services (AHS) leads case investigation and contact tracing. AHS will look at each scenario on a case by case basis and determine the best public health actions. Close contacts will be notified of the need to quarantine (14-day isolation for the last contact with the case when infectious). Contacts may be asked to get tested for COVID-19. The activity may be shut down for a period of time.

Equipment

12. **The facility has a whiteboard, is it possible to use this equipment?**
A whiteboard may be used if permitted by the facility. It would be recommended that a coach have their own whiteboard kit (markers, brush and wipes to disinfect). If using the whiteboard, all swimmers and coaches are expected to maintain physical distancing, even if the swimmers and coach are part of a cohort.

Forms

13. **Can the screening questionnaire be available as an electronic form other than the fillable PDF?**
Additional options for the screening questionnaire will be explored. The intent is that clubs are able to ask individuals the screening questions to confirm daily screening while taking attendance.

14. **How will the Acknowledgement and Assumption of Risk form be available to clubs?**
The parents receive a copy of the form and the intent is that they share these forms with the club. Swim Alberta will also receive a copy and will be tracking receipt of these forms. For the 2020-2021 season, these forms will form part of the national registration system. In the interim and for the duration of the current season, an electronic version has been made available and Swim Alberta is working with clubs so clubs are aware of which swimmers/parents have submitted completed forms.

Regions & Facilities

15. **How would regions be defined?**
The term regions used in the documentation is a general term to outline the need to stay local and minimize travel, for example training in a neighboring community. When possible, individuals and cohorts should first stay within their community, secondarily within their health region.

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16. Can swimmers train in more than one facility?

There is no requirement for individuals or cohorts to train in one facility however if possible, steps to minimize the number of training locations should be considered.

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