



Parkland School Division Extracurricular and Classroom Cohorts

A [COVID-19 cohort](#), also referred to as a bubble, circle, or safe squad, is a small group whose members – always the same people - do not always keep 2 metres apart.

Under Stage 2 of relaunch, other types of cohort groups are available to Albertans:

- Child care programs may operate in cohorts of up to 30 people, including staff and children
- Sports teams can play in region-only cohorts of up to 50 players and coaching staff (mini leagues)
- Performers can have a cohort of up to 50 people (cast members or performers)

Albertans might find themselves in more than one cohort at the same time. Limit the total number of other cohort groups to which you and your core cohort belong. Interacting with the same people and the same cohorts will be safer than constantly changing the people you interact with.

Cohorting will decrease the number of close contacts a case of COVID19 would have in a school and assist public health officials in their efforts to trace contacts and contain an outbreak.

Definitions

In a school setting, a cohort is defined as a group of students and staff who remain together for the balance of a school day. The size of the cohort will depend on the physical space of the classroom or learning setting.

It is recommended if possible that households with sports, performing, and/or child care cohorts consider having a smaller core cohort, given the total number of close contacts between all groups.

Guidance

- With respect to extracurricular activity and specifically the Parkland Student Athlete Academy, Parkland School Division takes into account the direction from the [Guidance for Sport, Physical Activity and Recreation - Stage 2](#).
- When playing a sport or engaging in a physical activity that involves or requires multiple participants/players and where it is not possible to maintain a physical distance of 2 metres from other participants/players, the individuals in the group should form a cohort.
- The cohort should always include only the same people.
 - Cohorts limit the risk of disease transmission because they reduce the number of people with whom players/participants have close contact.
- The maximum number of individuals that can form a cohort is 50.
 - The 50-person maximum includes any coaches/staff, instructors, participants, officials, and volunteers who consistently and routinely engage with participants at a distance of less than 2 metres.
 - Coaches, staff and officials who primarily interact with individuals or teams at a distance of 2 metres or greater do not need to be counted as part of the cohort. These individuals are required to wear a mask and perform proper hand hygiene if it becomes necessary to temporarily interact with cohorting participants at a distance of less than 2 metres.

Classroom Setting

- It's important to note that classroom cohorts are considered separate from sports teams or extracurricular activity cohorts.
- The Parkland Student Athlete Academy is considered a school cohort and not a sport cohort. Students enrolled in this program of choice will spend their entire school day together as a cohort. Their sport-specific groups will attend the same classes and participate in their sport-specific training as smaller groups. In many respects, the academy cohorts will be smaller and more contained than classroom cohorts in other Middle Years and High School settings where not all the same students are enrolled in the same classes.
- The risk of transmission of COVID-19 is reduced by limiting exposure to others. Contact tracing is also more feasible when groups (cohorts) are maintained. It is recommended, where possible, that students be cohorted by class.