



## **Karate Alberta**

As per the measures announced on Tuesday December 8, please find below a summary of the **mandatory** restrictions that will be in place for sport, physical activity and recreation organizations, programs and facilities. These restrictions are effective as of **midnight, December 13 and will be in place for a minimum of 4 weeks.**

### **Entertainment and Recreation Facilities must close, including:**

- Casinos, bingo halls, gaming centres
- Racing centres, horse tracks, raceways
- Bowling alleys, pool halls
- Legions and private clubs (nightclubs must remain closed)
- Art galleries, libraries and museums
- Science and interpretive centres
- Amusement and water parks
- Children's play centres and indoor playgrounds
- Theatres, auditoria and concert halls
- Banquet halls, conference centres and trade shows
- All indoor recreation facilities must close, including:
  - Gyms and studios
  - Fitness and recreation centres
  - Spas, pools, indoor rinks and arenas
  - Day and overnight camps
  - Community halls and centres

### **Indoor fitness, recreation and physical activity facilities**

- ALL indoor group physical activities, including team sports, fitness classes and training sessions, are prohibited or restricted across Alberta.
- All indoor fitness, recreation and physical activity facilities are closed.
- One-to-one indoor training, such as training with a fitness trainer or coach, **is not permitted.**
- Indoor group physical activities are prohibited unless
  - the group only involves members of the same household.
  - the activity involves students at a school or post-secondary institution as part of an education program

### **Outdoor Sport and Recreation Activities**

- Outdoor group physical activity, including team sports, must be limited to 10 people or fewer.
  - Members of different households must maintain 2 metre distancing at all times.
- Outdoor recreation is permitted, but facilities with indoor spaces except for washrooms will be closed.
- If recreating outdoors, we encourage Albertans to dress warmly and be prepared for the weather.

Please visit [www.alberta.ca/enhanced-public-health-measures.aspx](http://www.alberta.ca/enhanced-public-health-measures.aspx) for more information.