



Karate Alberta

To: Karate Alberta Dojos
Karate Alberta Head Instructors
Karate Alberta Athlete Members

Re: **Government COVID Measures Update**

Dear Members,

Karate Alberta would like to provide you with some of the most up-to-date information as to the new measures that relate to our sport which is scheduled take effect in the governments "Step 1" approach on Monday, February 8th. These new measures will be in place for a minimum of three (3) weeks at which time the government will either move to "Step 2" or extend the duration of "Step 1". It should be noted at anytime, from now until the 8th, the government has reserved the right to pull back on any of the relaunch steps published and enact new or enhanced measures through public health orders.

There have been two TownHall meetings with AHS and government officials that Karate Alberta has participated in since the announcement on Friday the 29th of January indicating we should be moving to "Step 1". Those TownHall meetings were on Tuesday the 2nd and Wednesday the 3rd of February and offered a chance for us to hear in additional detail the rationale behind the change in measures as well as further explanation as to how they are to be implemented.

Currently, as of today, the following will be in effect on Monday the 8th of February and dojos will be allowed to bring members back to the floor albeit in a limited fashion:

Mandatory restrictions - Province wide - Effective Feb. 8**

Group or team sports not permitted

- No sports games, competitions, team practice, league play or group exercise of any kind is allowed.

One-on-one training is permitted

- Only one-on-one or one-on-one household training is permitted for indoor fitness activities (for example, in dance studios, swimming pools, training figure skating on ice, one-on-one lessons).
- Sessions have to be scheduled or by appointment. No drop-in or groups allowed.
- Individual workouts without a trainer are not permitted.~

Safety requirements:

- One-on-one sessions cannot interact with others and there must be a minimum of 3 metres distance between pairs of trainers and clients (aka sessions) in the same facility.#

- Trainers must be professional, certified and/or paid trainers who are providing active instruction and correction. Passive supervision of a physical activity is not considered training.
- Trainers must remain masked during the session. Clients are not required to wear a mask while doing high intensity exercise.*
- **Wherever possible, maintain:**
 - 3 metres physical distance between trainers and clients for high intensity training@
- **More than one trainer and client 'pair' are allowed into the facility, studio, rink, court, pool, ice surface, etc. with restrictions:**
 - Each trainer and client pair must stay 3 metres away from all other trainers and clients at all times, including in entryways and exits.
 - Each trainer can only interact with their assigned client, and each client can only interact with their assigned trainer.
 - No interaction between clients or between trainers is allowed.
 - No 'cycling through' multiple trainers as in circuit training.^

**From the Alberta Government website.

The facilities you use may or may not choose to allow these sporting activities to take place and may also have more stringent measures of their own in place that would also need to be adhered to.

*~This means that opening up space for someone to come and train on their own without their coach **is not allowed.***

#This means that if you are planning to have multiple pairings on the floor at the same time you must calculate the useable space you have factoring in this distancing requirement in determining your maximum allowable numbers at any one time.

**Unless your members have personal health reasons that would restrict them using a mask while exercising it is something that all dojos should consider implementing. There are a number of examples of "sport" specific use masks out in the community (ie Under Armour) that are suitable for activities like Karate.*

@All forms of Karate training regardless of perceived effort fall into the category of "high intensity" training with a minimum distancing requirement of 3m between all participants.

^As an example, this would mean no "station" training - one athlete moving from one instructor to the next in a "circuit" type workout.

As per previous communications If you have any questions regarding these above listed requirements or have a specific scenario as to how you feel you could still run a version of your program please feel free to reach out to Karate Alberta through the executive director and we will be happy to work with you on providing you the answers to your questions.

Jasen Pratt, Executive Director

Relevant Document Links

[Path Forward Documents](#)