



**Karate Alberta**

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

Re: **Government COVID Measures Update**

Dear Members,

Further to the update sent last week to everyone there was some followup information that came out from AHS on Saturday morning the 6th of February. This new information, posted as an update on the Alberta government website, offers some more clarity for sport activities particularly for athletes aged 18 years and younger. For all athletes aged 19 years and older - nothing has changed since last week's information was sent (ie 1:1 coach:athlete training and ratios).

The primary difference now is that athletes 18 years of age and under can now train in groups of up to 10 as opposed to strictly in a 1:1 (coach:athlete) ratio. This is positive news for our dojos.

There will be a new public health order posted as it relates to these changes and when it is published we will notify our membership on our social pages. In the event that this new public health order offers any material changes we will draft a memo of clarification and distribute accordingly.

Please see below for the information as posted currently:

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

All participants must be 18 years old or younger, except coaches or trainers.

**School and team sport activities**

Children and youth will be allowed to participate in limited school and team sport activities.

- Lessons, practices and conditioning activities are allowed for indoor and outdoor, team-based, minor sports/activities and school athletics.
- Games are not allowed.
- *Maximum of 10 total individuals, including all coaches, trainers, and participants.!*
- *Physical distancing must be maintained* between participants at all times:
  - *3-metres physical distance for indoor activities<sup>^</sup>*
  - *2-metres physical distance for outdoor activities*
  - *coaches or trainers may enter physical distancing space for brief interactions with participants (for example, to correct form or technique)~*
- Participants must be masked at all times, except during the training activity. Coaches and trainers must remain masked at all times.#
- Access to change rooms must be limited, including accelerated arrival and departure, emergencies (for example, first aid) and washroom use.

*!This is the biggest change. Now, as it relates to your athletes 18&U, as long as you do not exceed 10 participants you can work in a ratio that suits your dojo (ie 1:9, 2:8, 3:7, etc.).*

*^Whereas before AHS was distinguishing between high and low intensity activities now all indoor activities are classified the same with a 3m distancing requirement.*

*~This is new as well. We would recommend that this for both the safety of our coaches and our participants be avoided as best you can during this period of activity - particularly if you are not asking your athlete's to be masked.*

*#As per our previous memo 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.*

**Source of posted information above:** alberta.ca < Stronger Public Health Measures < Business & Service Restrictions < Children's Sport & Performance Activities

[Path Forward Documents](#)

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 at anytime and we will be happy to work with you on providing you the answers to your questions.

Jasen Pratt, Executive Director