



Karate Alberta

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

Re: **Government COVID Measures Update from 15 APR 21**

Dear Members,

There have been some newly announced changes to public health measures specifically as they relate to any athletes in grades 7-12 in the Calgary school system. Those specific changes are as follows:

Additional measures for Calgary youth in grades 7 to 12

- **Extra-curricular indoor sport and recreation activities are not permitted for grade 7 to 12 youth in the Municipality of Calgary, effective April 19. This includes homeschooled students.**
- **These activities will be permitted again when in-person learning resumes.**
- **Outdoor sport and recreation activities and 1-on-1 indoor fitness with a trainer or coach are still permitted.**
- **Indoor activities may be moved outdoors, provided all safety requirements for outdoor physical activities are followed.**

These changes can be found [here](#) on the **stronger public health measures guidance page** (Business and sector restrictions < Youth and collegiate sport and recreation activities).

This is a reminder that all dojos need to continue to ensure they are drawing a clear distinction between their youth (18&U) members and their adult (19&O) members. **Calgary dojos: you must also distinguish your grade 7-12 members as their restrictions are the same as your adult (19&O members) as of Monday the 19th of April.** Currently the only way a 19&O member of your dojo (and a grade 7-12 member) can be actively participating is in a 1:1 coach to student ratio where both are at a distance of 3m from each other and from any other participants in the dojo. If an instructor/coach/sensei is working in a 1:1 capacity with an adult member of his or her dojo they may not also, or at the same time, be working with their youth members that are also present in the dojo.

Mandatory restrictions - Province wide - Effective April 15*

***Changes highlighted. As there are no collegiate or university Karate teams in the province this change has no material impact on our programs.**

Eligible participants include:

- youth 18 years old and under (except for Calgary youth in grades 7 to 12 – see above)
- members of a collegiate or university athletic program

- coaches or trainers

Limited group physical activities allowed

- Lessons, practices and physical conditioning activities are allowed for indoor and outdoor minor sports/activities and school athletics (for example, school sport activities that are outside of a physical education class or related part of the school curriculum).
- Games are not allowed.

Safety requirements

- Maximum of 10 total individuals, including all coaches, trainers, and participants.!
 - Indoor and outdoor playing surfaces (for example, arena, field, court or swimming pool) may be occupied by more than one youth group, as long as 3-metres of physical distancing can be maintained between groups of 10 and the groups do not intermingle.
- Physical distancing must be maintained between participants at all times:
 - 3 metres physical distance for indoor activities
 - 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 high intensity physical 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.

Off-site facilities

K-12 schools and post-secondary institutions are allowed to use off-site facilities to support curriculum-related educational activities.

!Indoors: 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.). Outdoors: As it relates to all people in groups of 10 or less.

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

#As per previous memos 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