



**Karate Alberta**

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

Re: **Government COVID Measures Update from 29 APR 21**

Dear Members,

More changes today for those in listed Alberta “Hot Spots”. Current “Hot Spot” regions are as follows (the list can be found [here](#)):

Fort McMurray  
Red Deer  
Grande Prairie  
Calgary  
Airdrie  
Strathcona County  
Lethbridge  
Edmonton

Those specific changes are as follows:

***Mandatory, additional restrictions for hot spot regions – Effective April 30***

All indoor fitness activities are prohibited. This includes:

- group physical activities, such as team sports, fitness classes and training sessions
- one-on-one lessons and training activities
- practices, training and games

Outdoor fitness activities may continue if all other province wide restrictions and safety measures are followed.

- All youth and adult indoor sport and recreation activities are prohibited. This applies to all youth activities, including for students still learning in classrooms.
- All indoor recreation facilities must close. Outdoor recreation amenities can be open to public access unless specifically closed by public health order.

**[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