



Karate Alberta

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

Re: **Government COVID Measures Update**

Dear Members,

It has been almost two months since we have been able to once again engage in activities for our younger athletes and while the province has made some changes for various other sectors little has changed for sport in our context in that time.

As always when there is 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.

This is a reminder that all dojos need to ensure they are drawing a clear distinction between their youth (18&U) members and their adult (19&O) members. **Currently the only way a 19&O member of your dojo can be actively participating is in a 1:1 coach to student ratio where both participants 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.**

Please see below for the information as it relates to the CMOH (Chief Medical Officer of Health) Order 02-2021 as posted currently:

Mandatory restrictions - Province wide - Effective March 8*

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

All participants must be 18 years old or younger, except coaches or trainers. **This revision also applies to members of a collegiate or university athletic program.**

Limited Group Physical Activities Allowed

Children and youth (18&U) 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
 - 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.

!Indoors: As it relates to your athletes 18&U (only), 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, 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 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