

PUBLIC HEALTH ACTIONS - AS OF SEPTEMBER 16

Alberta has declared a state of public health emergency. COVID-19 cases and hospitalizations continue to rise, largely in unvaccinated Albertans. New measures to protect the health care system, stop the spread, and increase vaccination rates come into effect starting September 16.

****** Clubs must follow the restrictions in their training facilities.**

The Restrictions Exemption Program

This program permits in-scope businesses, entities and organizers to operate without most public health restrictions as outlined in **Order 43-2021**. Masks are still mandatory indoors.

Operators that are out-of-scope or choose not to fully implement the program must comply with all public health restrictions outlined in **Order 42-2021**.

Operators do not need to apply, but must follow or exceed the program requirements at all times, including requiring all patrons/attendees aged 12 and over to provide valid:

- proof of vaccination, or
- proof of a privately-paid negative rapid test result taken within 72 hours of service, or
- documentation of a medical exemption

To learn more about the acceptable documentation for proof of vaccination, proof of negative test or medical exemption:

<https://www.alberta.ca/covid-19-public-health-actions.aspx>

WHAT DOES THIS MEAN FOR YOUR BATON CLASSES?

If the facility you are holding baton classes in is NOT following the Restriction Exemption Program:

Youth (under 18) sport, fitness and performance activities

- Indoor group classes, training, and competitions are permitted, but participants are required to:
 - screen for symptoms
 - maintain 2 metres distancing, except youth while engaged in physical activity
 - wear a mask, except youth while engaged in physical activity
- Spectator attendance is restricted to 1/3 fire code capacity, attendees are limited to a single household or 2 close contact if living alone and must be masked and maintain 2 metres physical distancing.
- Outdoor activities can continue with no restrictions.

Adult (18-plus) sport, fitness and performance activities

- Indoor group classes and activities are not permitted.
- Indoor competitions are paused except where vaccine exemptions have been granted.
- Indoor one-on-one training and solo activities are allowed with 3 metre physical distancing.
- Outdoor activities can continue with no restrictions.

EXAMPLE:

An athlete 18 years of age or older cannot train indoors in a group class with athletes under the age of 18 years if the Restriction Exemption Program is not being implemented. They may train indoors with a coach one-on-one or solo training without other athletes.

All masking, distancing and sanitizing guidelines need to be followed.

If the facility you are holding baton classes in IS following the Restriction Exemption Program:

Youth (under 18) sport, fitness and performance activities

- Proof of vaccination status or negative rapid test result
- Indoor group classes, training, and competitions are permitted, but participants are required to:
 - screen for symptoms
 - maintain 2 metres distancing, except youth while engaged in physical activity
 - wear a mask, except youth while engaged in physical activity

Adult (18-plus) sport, fitness and performance activities

- Proof of vaccination status or negative rapid test result
- Indoor group classes, training, and competitions are permitted, but participants are required to:
 - screen for symptoms
 - maintain 2 metres distancing, except youth while engaged in physical activity
 - wear a mask, except youth while engaged in physical activity

Youth (under 18) sport, fitness and performance activities AND Adult (18-plus) sport, fitness and performance activities

- Spectator attendance is restricted to 1/3 fire code capacity, attendees are limited to a single household or 2 close contact if living alone and must be masked and maintain 2 metres physical distancing.
- Outdoor activities can continue with no restrictions.

EXAMPLE:

An athlete over 18 years of age may train indoors in a group class with athletes under the age of 18 years if the Restriction Exemption Program is being implemented. All participating athletes over the age of 12 years must provide proof of vaccination or a negative rapid test result to the facility.

In this scenario all athletes, regardless of age, may train together in an indoor setting while following masking, distancing and sanitizing guidelines.

Monitor your symptoms

Albertans should monitor their symptoms every day to help protect others and prevent the spread of COVID-19.

- Adults over 18 should stay home and get tested if they have COVID-19 symptoms.
- Children under 18 should refer to the daily screening checklist for instructions.

Core Symptoms

If you have any of these core symptoms, you need to isolate for at least 10 days from the start of your symptoms or until they are gone, whichever is longer, or until you test negative.

Core and other symptoms apply to all COVID-19 strains, including variants.

Adults over 18

- cough
- fever
- shortness of breath
- runny nose
- sore throat
- loss of taste or smell

Children under 18

- cough
- fever
- shortness of breath
- loss of sense of taste or smell

Other Symptoms

Adults over 18

Any symptom: Stay home and limit contact with others until symptoms are gone. Testing is recommended.

- Stuffy nose
- Painful swallowing
- Chills
- Headache
- Muscle or joint aches
- Feeling unwell or fatigue
- Nausea, vomiting, diarrhea or unexplained loss of appetite
- Conjunctivitis, also known as pink eye

Children under 18

1 symptom: Stay home for 24 hours, get tested if symptoms don't improve.

2+ symptoms: Get tested and stay home until well or test is negative.

- Sore throat
- Runny or stuffy nose
- Painful swallowing
- Chills
- Headache
- Muscle or joint aches
- Feeling unwell or fatigue
- Nausea, vomiting, diarrhea or unexplained loss of appetite
- Conjunctivitis, also known as pink eye

Monitor your health and call Health Link 811 or your health care provider if you have questions or concerns.

Call 911 immediately if experiencing severe symptoms of COVID-19, including difficulty breathing, severe chest pain, feelings of confusion or loss of consciousness.

Get tested

Testing is currently available to:

- Any person exhibiting any symptom of COVID-19
- All workers and/or residents at specific outbreak sites

We call on everyone involved – administrators, coaches, athletes, volunteers, families, and the broader community – to take individual responsibility and respect the health of those around you.
