



## MEMO

**Date:** Thursday, February 4, 2021  
**To:** ASAA Member Schools  
**From:** ASAA Executive Committee  
**Re:** The Path Forward Public Health Restrictions Effective February 8, 2021

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Dear ASAA Member Schools:

**School sport TEAM practices and/or any form of competition in Alberta are NOT permitted under Step 1 of “The Path Forward” public health measures from the Government of Alberta (GoA). This applies to both team and individual sports.**

On Friday, January 29, 2021, Alberta Premier Jason Kenney gave a news conference. During that news conference, he said the following in relation to schools:

*“Step 1 will include some easing of restrictions related to the functioning of schools, including indoor and outdoor children’s sports and performance... now, these activities will still be bound by clear limitations for example, there will be physical distancing requirements, activity restrictions, group size limitations, and masking amongst other mandatory measures.”*

This segment can be found at approximately 5:25 minutes into the news conference video which can be viewed in full by clicking [HERE](#). The ASAA sought clarity on the above “statement from the Premier” from representatives of the Government of Alberta’s (GoA) Sport, Physical Activity and Recreation (SPAR) branch. SPAR representatives confirmed that **no school sport TEAM practices or any form of competition are permitted under Step 1**. However, one-on-one training is permitted by the GoA under Step 1 and the guidelines for this type of training are available [HERE](#). The allowance of one-on-one training is still subject to the approval of the respective school jurisdiction and individual school administration. Please review Appendix A of this document for additional information.



The Government of Alberta published details on January 29, 2021 regarding the enhanced mandatory restrictions Province-wide effective on February 8, 2021 which can be accessed [HERE](#). The ASAA sought clarification from the Government of Alberta SPAR branch on how these measures should be interpreted. SPAR provided the following clarifications:

Government of Alberta Restrictions	SPAR Clarification to ASAA
<p><i>Children's sport and performance activities: Mandatory restrictions – Province wide - Effective Feb. 8</i></p> <ul style="list-style-type: none"> <li><i>Children's sport and performance activities are permitted if related to school activities, such as physical education classes.</i></li> </ul>	<p>During Step 1, with the exception noted below, the only activities allowed at K-12 schools would have to be curriculum based (P.E. Classes / Academy Programming) and that the pending changes of February 8, 2021 do not allow for any extra-curricular sports practices or competition (e.g. basketball, curling etc.) to take place. That is, any school related physical activity must be part of an educational program where participation in the activity is limited to students undertaking the educational program.</p> <p><b>Exception:</b> one-on-one practices are permitted – see Appendix A for details</p>
<p><i>Children's sport and performance activities: Mandatory restrictions – Province wide - Effective Feb. 8</i></p> <ul style="list-style-type: none"> <li><i>K-12 schools and post-secondary institutions are allowed to use off-site facilities to support curriculum-related educational activities.</i></li> </ul>	<p>PE Classes &amp; Academy Programs would now be allowed to book and use off-site facilities such as arenas, curling rinks, etc., if those facilities choose to re-open.</p> <p><b>Exception:</b> There can be one-on-one school sport practices at offsite facilities</p>
<p><i>Indoor fitness: Mandatory restrictions - Province wide - Effective Feb. 8</i></p> <p><i>Group or team sports not permitted</i></p> <ul style="list-style-type: none"> <li><i>No sports games, competitions, team practice, league play or group exercise of any kind is allowed.</i></li> </ul>	<p>During Step 1, there can be no competitive school sport <b>TEAM</b> practices or competition.</p> <p><b>Exception:</b> The allowed one-on-one practices may allow more than one coach and more than one athlete to be in the gym/facility at the same time – see Appendix A for details</p>

The GoA will make a final announcement at the end of this week to officially announce if Step 1 will proceed on February 8, 2021 as planned.

If you have any questions, please contact [info@asaa.ca](mailto:info@asaa.ca)



## Appendix A – One-on-One Training Guidance

In Step 1 of “The Path Forward” public health measures from the GoA, one-on-one training is permitted. To view available guidelines for one-on-one training, please visit the GoA website [HERE](#). Note that the guidelines allow for training sessions to occur with one coach and two athletes if both of the athletes are siblings. **The allowance of one-on-one training in a school is still subject to the approval of the respective school jurisdiction and individual school administration. In all cases, sanitizing, masking and physical distancing are required.**

Here are sport specific **examples only** of potential one-on-one training activities that are permitted and NOT permitted by the GoA:

Examples of Activities <u>Permitted</u> by GoA	Examples of Activities <u>NOT</u> Permitted by GoA
A single <b>badminton</b> coach and a single athlete volley back and forth on a single court. Occasionally the coach may come over to the student-athlete’s side and demonstrate various techniques.	One badminton coach and one athlete on one side of the net, and another coach and athlete on the opposite side practice doubles against each other. This is NOT permitted because even though distancing is maintained, training may only be one-to-one, not two-to-two as in this example.
A <b>basketball</b> team with 3 coaches can each do a one-on-one training session simultaneously in a school gym with 3 different athletes as long as they are physically distanced 3m or more (one coach and one student athlete at a basket). A coach could schedule a session with one athlete and then another session with a different athlete.	If there are 3 coaches and 3 students in a single school gym, student athletes are NOT allowed to cycle through coaches or stations during a single session.
One <b>cheerleading</b> coach works on tumbling skills with one athlete at one end of the mat.	One coach works with 3 athletes who are all maintain 3m of physical distancing. This is NOT permitted since coaching must remain one-on-one.
A <b>cross country</b> team has three coaches. Each coach may go for a one to one run with a single student, but each coach/student pairing must remain at least 3m away from others at all times.	A cross country team with 8 student-athletes and 2 coaches goes for a run together, with everyone maintaining 3m distance from one another at all times. This is NOT permitted because coaching must only be one-to-one.
A <b>curling</b> coach may work with a single curler on their throws alone on a sheet of ice. The coach should wear a mask and maintain 3m distance. If a team has multiple coaches, they may occupy other sheets simultaneously with other student-athletes as long as they are physically distanced 3m or more (one coach & one student-athlete per sheet).	Each of a curling team’s 5 team members occupies a single sheet at a rink, the one coach provides coaching and feedback to each curler, moving between sheets to offer guidance. This is NOT permitted because coaching must only be one-to-one.

Examples of Activities <u>Permitted</u> by GoA	Examples of Activities <u>NOT</u> Permitted by GoA
A single <b>football</b> coach works with two athletes who are siblings on throwing techniques.	A single football coach works with two athletes who are not siblings on throwing techniques.
One <b>golf</b> coach runs a technique session for a single athlete. After that session is completed and the first athlete leaves, the coach runs a new technique session with a different athlete.	Two golf coaches run a technique session for two different athletes while maintaining 3m of physical distancing between pairs. The pairings swap students' half-way through the session. This is NOT permitted since athletes can NOT cycle through coaches during a single session.
One <b>Rugby</b> coach working out in the gym with a single student providing strength and conditioning training on a one-to-one basis.	A coach works with his team in the gymnasium on ruck strategy and technique. The coach stays 3+ meters away and does not physically engage with the student-athletes. This is NOT permitted because a coach can only work one on one, even if distancing is maintained.
A <b>team handball</b> coach works with one athlete on perfecting her penalty throw into an empty net. On the other side of the court, another coach works on the same skills with a second athlete. They do not interact with others on opposite ends of the court.	In a gymnasium with two handball nets set up on opposite ends, a single student practices penalty throws at each end, with a single coach alternating back and forth to provide feedback and guidance to both athletes. This is NOT permitted because a coach may only work with a single student-athlete at a time. There must be two coaches to make this example permitted.
A coach in <b>track and field</b> can provide one-on-two training with two students at the same time <b>if the two students are siblings</b> .	A coach is NOT permitted to provide one-on-two training with two student athletes if they are NOT siblings.
A single <b>wrestling</b> coach and a single athlete may practice grappling techniques alone on a mat together, while another coach and another athlete practice on an adjacent mat. They are more than 3m apart from one another.	A coach and athlete practice grappling on one mat, another coach and athlete practice pins on another mat. After a period of time, the athletes swap to work with the other coach. This is NOT permitted because athletes may not cycle between coaches

For additional information on the ASAA seasons of play, please visit the ASAA [website](#). For information on a particular sport, be sure to review the [sport specific guidelines](#) from the respective Provincial Sport Organization.

