



Executive Director

J. Sheehey

Clinic Manager

G. Brouillette

Sport & Exercise Medicine

T. De Freitas, Director

K. Anstey

B. Boyko

S. Karpman

A. Keough

B. Gredianus

C. Lebrun

Dr. O Markevych

S. Minnett

D. Naidu

J. Obst

E. Persson

J. Robinson

R. Tulis

M. Wesner

Orthopaedics

M. Bouliane, Co-Director

D. Otto, Co-Director

R. Balyk

R. Chow

J. Cinats

R. Glasgow

C. Hui

A. Lalani

M. Lapner

D.C. Reid

D. Sheps

Physical Therapy

I. Hallworth, Director

D. Bles

H. Bredy

J. Gill

R. Highland

C. Le

B. Shular

L. Truong

C. Williams

R. Williams

Y. Wong

Neuropsychology

M. Mrazik

Massage Therapy

Y. Casciaro

J. Matheson

N. McLeod

Orthotic Treatment

A. MacLeod

Dr. D. Hinshaw
 Chief Medical Officer of Health
 Edmonton, Alberta

May 30, 2020

Dear Dr. Hinshaw,

I am writing to express my support of an early relaunch of private and public ice-rink facilities in Alberta to foster the return of more than 20 000 Albertans to figure skating.

In Canada, and Alberta in particular, we have been very successful at ‘flattening-the-curve’ and mitigating the devastating consequences of COVID-19. However, the importance of physical distancing need not exclude physical activity. The Canadian Academy of Sport and Exercise Medicine (CASEM) has published a position statement that outlines the significant detrimental physical, mental and social health consequences from restricting the populations ability to exercise. Exercise has very positive psychological effects and benefits the immune and cardiopulmonary system. Limiting physical activity will negatively impact chronic disease management. The CASEM has called upon policy makers, urban planners and public health officials to use informed guidance that will allow and encourage healthy physical activity with allowance for physical distancing.

Skate Canada: Alberta-NWT/Nunavut has developed a very well thought-out and inclusive plan to safely and effectively allow an early return to sport for a large swathe of Albertans who are struggling with the loss of everything normal and familiar. Figure skating is primarily an individual sport conducted in a cold rink with participants wearing mittens or gloves. The sport involves a natural social distance on a large ice surface as skaters practice their skills and individual elements of figure skating. The very nature of the sport mitigates risk of contracting or spreading the COVID-19 virus.

I urge you to give learned consideration to the Skate Canada: Alberta-NWT/Nunavut proposal for a more expedited reopening of ice rinks and skating facilities. As a former skater and coach, as well as a sport medicine physician who has travelled internationally with Skate Canada for many years, I am happy to discuss any concerns you may have regarding the risk assessment for figure skating training and the proposed means to mitigate risk during this pandemic.

Sincerely,

Electronic Signature

Marni Wesner, MD, MA, CCFP(SEM), FCFP, Dip Sport Med

