

**Date:** March 12, 2021

**From:** Lisa Hardy, Executive Director Skate Canada: Alberta-NWT/Nunavut

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Good afternoon Clubs / Skating Schools, Coaches and Officials:

Through our work with the Province, Alberta Health has agreed to allow age 19 & older skating participants to fall under the low-intensity allowances permitted for fitness centers and gyms. The following guidelines will apply to age 19 + participants effective immediately:

### **High Intensity Activity**

- **Only permitted in a coached 1:1 training lesson**
- 3 metres (9') physical distance must be kept between all participants and coaches at all times (unless members of the same household)
- Coaches must wear masks at all times
- Participants are not required to wear masks during high intensity training but must wear masks at all other times
- Are not permitted to be in the same group as age 18 & under participants. The ice must be split and 2 separate groups formed (with 3 metres distance between the groups) if both age 18 & under, and age 19+ participants will be on the ice at the same time
- Only private lessons are permitted (unless members are from the same household). Semi-Private lessons are not allowed
- Maximum of 10 participants (coaches and skaters) if any person on the ice is not in an active 1:1 coached lesson

### **Low Intensity Activity**

- Does not require active coach supervision – **when not actively in a 1:1 coached lesson, participants are only permitted to engage in low-intensity activity** (ie warm up, stretching)
- **Masks must be worn by the participant at all times during low-intensity activity**
- 3 metres (9') physical distance must be kept between all participants and coaches at all times (unless members of the same household)
- Coaches must wear masks at all times
- Maximum of 10 participants (coaches and skaters) in a group (2 groups of 10 are permitted if there is 3 metres maintained at all times between the 2 groups)
- Coaches and Participants must use the "Perceived Rate of Exertion Guideline" to assess what low-intensity activity is for each individual participant.
- At no point may a participant exceed a 3 (Moderate) rating during a low-intensity activity. This also means that no element, technique, or skating interval can be over a 3 rating unless in a coached 1:1 High-Intensity training session.
- Are not permitted to be in the same group as age 18 & under participants. The ice must be split, and 2 separate groups formed (with 3 metres distance between the groups) if both age 18 & under, and age 19+ participants will be on the ice at the same time



**Can a skater over the age of 19 transition between low-intensity and high intensity in a single session?**

Yes, a skater may transition between low-intensity and high intensity activities in a session however they must follow the guidelines for each specific level of activity.

For example, warm up and low-intensity practice can be on their own (unsupervised) following the requirements for low-intensity activities, and then transition into an active 1:1 coached lesson (following High Intensity Activity requirements) and then transition back to low-intensity practice and cool down (again uncoached and following Low-Intensity requirements).

**Can a coach be assigned more than 1 skater during a session block?**

Yes, but where there are 2 groups sharing the ice, a coach may not cross between 2 groups during the same session.

Thank you for your understanding and patience while we worked with our Provincial contacts to make this possible. If you have any questions, please email [returntoskating@skateabnwnun.ca](mailto:returntoskating@skateabnwnun.ca).

Sincerely,

A handwritten signature in blue ink that reads 'Lisa Hardy'. The signature is stylized and cursive.

*Lisa Hardy*  
*Executive Director*

# RATING OF PERCEIVED EXERTION (RPE)



## 10 POINT SCALE

developed by Foster et al. 1998\* is a global measure of perception of intensity for training and physical activity.

To align with the Chief Medical Officer Health Order CMOH 04-2021 definition of "low-intensity", participants 19 years of age or older should

**NEVER GO OVER  
3**

at any point in the workout/session.

This also means that no element, technique or skating interval should be rated as >3.



### ✓ ALLOWED

- |   |           |                                                                             |
|---|-----------|-----------------------------------------------------------------------------|
| 0 | Rest      | Not skating.                                                                |
| 1 | Very easy | Doing an activity and able to carry on a conversation with no interruption. |
| 2 | Easy      |                                                                             |
| 3 | Moderate  | Easy to breathe.                                                            |

### ✗ NOT ALLOWED

- |    |                 |                                                                       |
|----|-----------------|-----------------------------------------------------------------------|
| 4  | Somewhat hard   | Breathing rate is increased and could only hold a short conversation. |
| 5  | Hard            |                                                                       |
| 6  |                 |                                                                       |
| 7  | Very hard       | Shortness of breath.                                                  |
| 8  | Very, very hard |                                                                       |
| 9  | Nearly maximal  |                                                                       |
| 10 | Maximal effort  | Maximal activity or element.                                          |

\*Foster C. Monitoring training in athletes with reference to overtraining syndrome. Med Sci Sports Exerc 1998;30: 1164-1168.