

SPORT, PHYSICAL ACTIVITY AND RECREATION BRANCH - SPAR -



March, 2021

COVID-19 Sport, Physical Activity and Recreation Organizations (SPAR) Update

Alberta has moved to Step 2 of the four-step framework to ease restrictions while maintaining strong measures to limit the spread of COVID-19 province wide.

Effective March 8, updated health measures are in place for indoor fitness. At this time, the following activities are **restricted in Step 2**:

- Adult (19 and older) sports group or individual unsupervised (without a trainer) training/practice.
 - Fitness, sport or dance events/competition/festivals -- all ages. High intensity activities are not permitted, except during one-on-one supervised training (i.e. no group or unsupervised high intensity exercise permitted).

The following activities are permitted (with restrictions):

- Individual and group (low-intensity) fitness activities.
- Youth group physical activities - continued from Step 1.

Please visit the following for more information:

1. www.alberta.ca/enhanced-public-health-measures.aspx
2. [Chief Medical Officer of health order 02-2021](#)

Please contact the SPAR Branch SPAR@gov.ab.ca or contact your respective SPAR consultant if you require assistance.

Alberta Health continues to review best practices and emerging research on sport, physical activity and recreation in the COVID-19 context.

Congratulations to Olympian Erica Wiebe on induction to the Canada West Hall of Fame

Erica Wiebe, Olympic gold medalist and Alberta's Ambassador of Sport and Active Living, has another honor to add to her outstanding sport resume as the latest inductee in the Canada West Hall of Fame.

Before bursting onto the international scene, she was a standout with the Dinos wrestling team from 2007 to 2012. Wiebe was a three-time CIS gold medalist and part of three Canada West team championships along with one CIS championship team.

For more information, [please visit](#) Dino Athletics.

2020 Sport Tourism Canada Awards

On March 4, 2021, Sport Tourism Canada held the Sport Tourism Canada Prestige Awards, with several Albertans and Alberta sport organizations taking home awards!

Canadian Sport Event of the Year Award (Group A: budget greater than \$1 million)

- 2019 Canada Winter Games, (Red Deer, Alberta)

Sport Event Volunteer of the Year Award

- Lyn Radford (2019 Canada Winter Games), (Red Deer, Alberta)

Sport Tourism Rising Star of the Year Award

- Cindy Medynski, Event Attraction Manager, Edmonton Events, (Edmonton, Alberta)

Congratulations to these Alberta finalists in their respective categories:

Canadian Sport Event of the Year Award (Group B: budget less than \$1 million)

- 2019 Canadian Ultimate Championships, (Edmonton, Alberta)

International Sport Event of the Year Award (Group B: budget less than \$2 million)

- Basketball Week (FIBA 3X3 Challenger & FIBA 3X3 Women's Series), (Edmonton, Alberta)

Sport Event Legacy of the Year Award

- 2019 Canada Winter Games, (Red Deer, Alberta)

The award presentation can be viewed at the [here](#). More information about these awards is available on the [website](#).

Kananaskis Ski Trail Grooming meets Fundraising Goals

Thanks to the support of thousands of cross-country skiers and more than a hundred dedicated volunteers, enough funds were raised to sustain ski trail grooming throughout Kananaskis for the remainder of the 2020–21 winter season!

Here's a quick look at the latest numbers:

- 5,200 season passes sold.
- 2,500 day passes sold. approximately \$270,000 in
- net sales after expenses.

For more information on the program, please visit the Nordiq Alberta [website](#).

The Lieutenant Governor's Leadership for Active Communities Award

Launched in 2008 by then-Lieutenant Governor the Hon. Norman Kwong, this award program from the Alberta Recreation and Parks Association and the

Recreation for Life Foundation recognizes individuals and groups who are working to keep their communities healthy and active places to be.

This province-wide awards program recognizes the achievements of teams and individuals who:

- Demonstrate the very best of active community leadership.
- Engage citizens in planning.
- Use leadership to get people more active more often.
- Work to create places, spaces and opportunities for people to be active and engage in their communities, using recreation as a catalyst.

Nominations are now open. For more information please visit arpaonline.ca/awards/post/lg-awards.

The Canadian Fitness and Lifestyle Research Institute (CFLRI) launches new Webseries

In 2018, [*A Common Vision for Increasing Physical Activity and Reducing Sedentary Living in Canada*](#) (Common Vision) was released as a new, collective way forward to guide the country towards ways of increasing physical activity and reducing sedentary behaviour.

To build on ongoing multi-sector efforts to help Canadians move more and sit less, the Federal/Provincial/Territorial Physical Activity and Recreation Committee selected the champions of each of the six areas of the Common Vision.

In celebration of their 40th anniversary, the CFLRI recently launched a new and interactive website and initiated a new webinar series.

The webinar series is aimed at policy-makers, decision-makers, and leaders in physical activity, sport and recreation. The series will discuss how Canadian data influences pan-Canadian and provincial/territorial policies, best practices in physical activity surveillance from around the world and the development of new research tools and indicators both nationally and globally.

Webinar 1: Physical Activity Policy and Surveillance - The Relevance of a Sustained National and Provincial/Territorial Monitoring System
Thursday, March 25, from 2:30 – 3:30 p.m. EDT.

The guest speaker is the renowned Dr. Adrian Bauman, professor of Public Health at Sydney University.

For more information about the webinar and on how to register click [here](#).



CANADIAN SPORT
HELpline

1-888-83SPORT (77678)

8 am - 8 pm (ET)
7 days a week

info@abuse-free-sport.ca

www.abuse-free-sport.ca



Concussion Awareness

The [#HeadstrongCanada](#) campaign is based on the Government of Canada's Concussion Framework and the [Concussion Awareness toolkit](#), is designed to give every sport organization the resources they need to show they are concussion smart and to learn the key points in concussion awareness.

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Our mailing address is:

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5/13/2021

SPAR Newsletter - March

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