

COVID-19 Safety Restrictions Comparison List Blood Reserve – Province of Alberta

This document was created to show Tribal members the current COVID-19 Enhanced Safety Restrictions for both the Blood Reserve and the Province of Alberta.

All information found in this document originates from the Blood Tribe Chief and Council Order - Enhanced Safety Measures, and the Province of Alberta COVID-19 State of Public Health Emergency – Mandatory Measures, which was revised on February 8, 2021.

Please be advised, if there is a conflict with the measures in this document and or any Federal or Provincial law or regulation, the Order issued by Chief and Council on January 15, 2021 are the Main Restrictions that must be followed on the Blood Reserve.

All restrictions and safety measures, from the Order issued by Chief and Council on January 15, 2021, will be strictly enforced through the coordination of Blood Tribe Department of Health, Director of Management/team, and Blood Tribe Police Service.

COVID-19 Safety Restrictions

Overview

Blood Reserve – (On Reserve)

Pursuant to its inherent authority and the *Blood Tribe/Kainai Emergency Protection By-law*, on January 15, 2021 the Blood Tribe Chief and Council Ordered that the following measures shall be in force on the Blood Reserve effective immediately.

These measures shall continue for at least the next 30 days and until further Order of Chief and Council.

Province of Alberta – (Off Reserve)

Restriction changes to outdoor gatherings, funerals and personal and wellness services come into effect January 18. All other mandatory restrictions remain in place until further notice.

Provincial and regional health trends will continue to be monitored and assessed over the coming weeks to determine if further easing of restrictions may be considered.

Social Gatherings

Indoor Gatherings

(Mandatory restriction – Blood Reserve – Effective Dec. 9)

- There shall be no social gatherings for any purpose, including at private residences
 - All scheduled community functions and gatherings (including Blood Tribe Administration Departments and Entities) shall be cancelled until further notice
 - Any in person meetings shall be limited to a maximum of 10 persons with all safety measures taking place, including masking, physical distancing of at least 2 meters and hand sanitizing
 - **NO** visiting other households and **NO** gatherings in any household
 - All Blood Tribe members and other persons residing on the Blood Reserve shall remain with their own family cohort
- *All persons shall continue to physical distance at least two meters when in public unless they are with their family cohort

Indoor Gatherings

(Mandatory restriction – Provincewide – Effective Dec. 8)

- All indoor social gatherings – public and private – are **prohibited**.
- Close contacts are limited to household members only
 - People who live alone can have up to 2 close contacts:
 - must be the same two contacts throughout the duration of the restriction
 - if the close contacts do not live alone, visits cannot be held at their home
 - single parents who only live with their children under 18 are permitted to have up to 2 close contacts
- This does not apply to:
- co-parenting arrangements
 - service visits from caregivers, health or childcare providers
 - home maintenance and repairs
 - mutual support group meetings
- Indoor settings**
- No group performances in indoor settings are permitted.

Outdoor Gatherings

(Mandatory restriction – Blood Reserve – Effective Dec. 9)


- There shall be no social gatherings for any purpose, including at private residences
- *All persons shall continue to physical distance at least two meters when in public unless they are with their family cohort

Outdoor Gatherings

(Mandatory restriction – Provincewide – Effective Jan. 18)

- Outdoor social gatherings are limited to 10 people maximum and must not have an indoor component.
 - Backyard gatherings that require movement in/out of homes are not permitted
 - Attendees should remain distanced at all times and follow all public health measures
- Sports and Performance activities include dancing, singing, theatre and playing wind instruments, rehearsals and practices are permitted up to a maximum of 10 participants

	<ul style="list-style-type: none"> ○ Physical distancing and other relevant guidelines must be followed. <p>*This will be enforced with \$1,000 fines</p>
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<p>Wakes & Funerals <i>(Mandatory restriction – Blood Reserve – Effective Dec. 9)</i></p> <ul style="list-style-type: none"> • No wakes will be permitted at private residences and all families are advised to follow all Alberta Health Services safety measures at funeral homes – especially gathering limits <ul style="list-style-type: none"> ○ Refer to Province of Alberta restrictions for wakes and funerals <p style="text-align: center;"></p> <p>*No Blood Tribe Department or Entities staff shall attend at funerals or wakes unless they are immediate family;</p>	<p>Wakes & Funerals <i>(Mandatory restriction – Provincewide – Revised Jan. 18)</i></p> <p>Wedding and funeral receptions are not permitted Wedding ceremony and funeral service attendance is limited to:</p> <ul style="list-style-type: none"> • 10 people maximum for wedding ceremonies • 20 people maximum for funeral services (as of Jan. 18), with mandatory masking and 2 metre physical distancing between households <p>The maximum limit:</p> <ul style="list-style-type: none"> • includes the officiant, bride/groom and witnesses does not include funeral service or facility staff, funeral clergy or event organizers who are not considered an invited guest <ul style="list-style-type: none"> ○ applies to any facility, including places of worship and funeral homes ○ applies to services held indoors or outdoors, seated or non-seated <p>*This measure will help limit exposure, reduce outbreaks and protect vulnerable attendees</p>
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Places of Worship

<p><i>(Mandatory restriction – Blood Reserve – Effective Dec. 9)</i></p> <ul style="list-style-type: none"> • Please refer to Blood Tribe – Indoor Gatherings (Restrictions) 	<p><i>(Mandatory restriction – Provincewide – Effective Dec. 13)</i></p> <p>Faith services are limited to 15% of fire code occupancy for in-person attendance:</p> <ul style="list-style-type: none"> • Physical distancing between households must be maintained • Mask use is mandatory <p>Alternatively:</p> <ul style="list-style-type: none"> • Virtual or online services are recommended • Drive-in services where people do not leave their vehicles and adhere to guidance are allowed
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	<p>Additional safety measures:</p> <ul style="list-style-type: none"> • In-person faith group meetings and other religious gatherings are: <ul style="list-style-type: none"> ○ not permitted in private homes while these measures are in effect ○ permitted when conducted at a place of worship as long as physical distancing and public health measures are followed • Faith leaders and other speakers can remove their masks while speaking if there is a distance of 2 metres. The mask must be put on again once finished speaking • Group performance activities, such as choir singing and playing music, are permitted if they are normal worship practices and not for the purpose of entertainment. Performers must wear masks at all times
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Travel/Home

<p>Travel <i>(Mandatory restriction – Blood Reserve – Effective Dec. 9)</i></p> <ul style="list-style-type: none"> • The current curfew is now 8 pm to 6 am and shall be strictly enforced • Travel on the Blood Reserve is restricted to essential reasons only, including authorized work, to purchase food and fuel and for medical purposes <p>Home</p> <ul style="list-style-type: none"> • All Blood Tribe members and other persons residing on the Blood Reserve shall remain with their own family cohort • All individuals that are ordered to be in quarantine by Blood Tribe Department of Health or by Alberta Health Services through contact tracers must stay in strict quarantine as directed or they will be subject to applicable penalties 	<p>Travel (Visitors)</p> <ul style="list-style-type: none"> • Out-of-town visitors cannot stay in other people's homes while these restrictions are in place, regardless of where they are coming from <p><i>*While we appreciate this may affect your travel plans as you may wish to visit or stay with family, the increase in COVID cases is being taken very seriously and these enhanced public health measures are required to stop the spread of COVID-19</i></p> <p>Returning Home</p> <ul style="list-style-type: none"> • If the individual belongs to the household (e.g., a such as a child returning home from post-secondary), then they would be permitted to return to the home <ul style="list-style-type: none"> ○ If participating in the Border Testing Pilot Program, all program directives must be followed before rejoining the household • If you do not have a household in Alberta, you must not stay in other people's homes while these restrictions are in place
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Businesses and Services

Departments & Entities

(Mandatory restriction – Blood Reserve – Effective Jan. 15)

1. All Blood Tribe departments and entities services are limited to essential operations and further work site limitations, including:
 - a. Non-essential Departments will be open Monday, Wednesday and Friday and staff will be on rotation for the 3 days. Staff must work at home on Tuesday and Thursday or any other work day when not in the office. Reception services shall be available from Monday to Friday
 - b. Essential services shall remain open to ensure the Blood Tribe community continue to receive quality support and services. Each department/entity shall create a work schedule to ensure staff are on rotation for 3 days at the office and 2 days working from home

2. All entry ways to Blood Tribe Departments and Entities will require temperature checks and all persons accessing public services shall provide contact information

Retail

(Mandatory restriction – Provincewide – Effective Dec. 13)

Retail services must reduce customer capacity to 15% of fire code occupancy (not including staff) or a minimum of 5 customers:

- Curbside pick-up, delivery and online services are encouraged
- Shop alone if possible or only with the people you live with
 - For more advice, see [tips for shoppers](#)
- Shopping mall:
 - capacity limits of 15% include common areas and individual stores for information on how to assess capacity limits, see [calculating occupancy limits](#)
 - food courts open for grab and go only

Retail services include but are not limited to:

- Retail businesses operating within a shopping centre or mall
- Shopping centres and malls
- Pet supply stores
- Grocery stores
- Pharmacies
- Clothing stores
- Computer and technology stores
- Hardware
- Automotive
- Sporting goods
- Liquor and cannabis
- Gift shops
- Markets

Restaurants, bars, pubs, lounges and cafes

(Mandatory restrictions - Provincewide - Effective Feb. 8)

Restaurants, pubs, bars, lounges and cafes can open for in-person service, with restrictions.

- 6 people per table maximum – individuals must be from the same household or the 2 close contacts for a person living alone.

- Tables and dining parties must be 2 metres apart or separated by an impermeable barrier that will prevent droplet transmission.
- Contact information must be collected from one person of the dining party.
- Liquor service ends at 10 pm.
- In-person dining must close by 11 pm.
- No entertainment allowed (VLTs, pool tables, live music, etc.).

Entertainment and recreation facilities

(Mandatory restriction – Provincewide – Effective Dec. 13)

All entertainment businesses and entities must close, including:

- Casinos, bingo halls, gaming centres
- Racing centres, horse tracks, raceways
- Bowling alleys, pool halls
- Legions and private clubs (nightclubs must remain closed)
- Art galleries, libraries and museums
- Science and interpretive centres
- Amusement and water parks
- Children’s play centres and indoor playgrounds
- Movie theatres, auditoria and concert halls
- Banquet halls, conference centres and trade shows

Facilities used for indoor recreation may open only for the purposes of 1-to-1 fitness training and youth group physical activities. Facilities may include:

- Gyms and studios
- Fitness and recreation centres
- Spas, pools, indoor rinks and arenas
- Community halls and centres

Personal and wellness services

(Mandatory restriction – Provincewide – Effective Jan. 18)

All personal and wellness services can open by appointment only.

- Walk-in services are not permitted.
- Appointments should be limited to one-on-one services.

- Businesses must follow all current public health guidance.
- Home-based businesses must follow the restrictions for the type of service they provide.

Personal services include:

- esthetics, manicure, pedicure, body waxing, make-up
- body, nose and ear piercing, and tattoos
- artificial tanning and spray tanning
- facial, eyebrow and eyelash treatments
- cosmetic skin and body treatments
- laser hair and tattoo removal
- hairstyling and barbering

Wellness services include:

- floatation tanks
- reflexology
- colonic irrigation

Health, social and professional services

(Mandatory - Provincewide - Revised Jan. 18)

The following services can open by appointment only as long as public health orders and sector guidance is followed. Appointments should be limited to one-on-one services.

[Regulated health services](#) can open by appointment only

- physicians, dentists
- physical therapists
- optometrists
- chiropractors
- hearing aid practitioners
- acupuncturists
- naturopaths

Non-regulated health services can open by appointment only (effective Jan. 18, 2021)

- massage therapists (a prescription or referral is no longer required)
- manual osteopaths
- kinesiologists
- athletic therapists

Professional services can remain open by appointment only:

- lawyers
- mediators
- accountants
- photographers

Social services can remain open for in-person services, including:

- social, protective or emergency services
- shelters for vulnerable persons
- not-for-profit community kitchens, religious kitchens and soup kitchens

Home-based businesses should follow the restrictions for the type of service they provide.

Hotels, motels and hunting and fishing lodges

(Mandatory - Provincewide - Effective Feb. 8)

Hotels, motels, hunting and fishing lodges may remain open but must follow conditions for dine-in establishments, indoor fitness and personal/wellness services (for example, spa services).

Children's sport and performance activities

(Mandatory restrictions - Provincewide - Effective Feb. 8)

All participants must be 18 years old or younger, except coaches or trainers.

Youth group physical activities

Children and youth will be allowed to participate in limited group activities.

- Lessons, practices and physical conditioning activities are allowed for indoor and outdoor minor sports/activities and school athletics (for example, school sport activities that are outside of a physical education class or related part of the school curriculum).
- Games are not allowed.

- Maximum of 10 total individuals, including all coaches, trainers, and participants.
 - A playing surface (for example, arena, field, court or swimming pool) may be occupied by more than one youth group, as long as 3-metres of physical distancing can be maintained between groups of 10 and the groups do not intermingle.
- Physical distancing must be maintained between participants at all times:
 - 3-metres physical distance for indoor activities
 - 2-metres physical distance for outdoor activities
 - coaches or trainers may enter physical distancing space for brief interactions with participants (for example, to correct form or technique)
- Participants must be masked at all times, except during the training activity. Coaches and trainers must remain masked at all times.
- Access to change rooms must be limited, including accelerated arrival and departure, emergencies (for example, first aid) and washroom use.

Performance activities

Children’s performance activities are permitted if related to school activities, such as music class.

Off-site facilities

K-12 schools and post-secondary institutions are allowed to use off-site facilities to support curriculum-related educational activities.

Performance activities

(Mandatory restriction – Provincewide – Revised Feb. 8)

Performance activities include dancing, singing, theatre and playing wind instruments.

Outdoor settings

- Rehearsals and practices are permitted up to a maximum of 10 participants. Physical distancing and other relevant guidelines must be followed.

- Performances with audiences are not permitted.

Indoor settings

- No group performances in indoor settings are permitted.
- Rehearsals, practices and lessons involving 2 or more are not permitted unless it is 1-to-1 with a coach or instructor.

Lessons

- 1-to-1 in-person lessons are permitted.
- Virtual lessons are strongly encouraged where possible.
- Lessons can't occur in facilities that are closed under the current measures.

Places of worship

- Indoor group performance activities conducted in a place of worship, such as choir singing and playing music, are permitted provided these are normal activities conducted as part of worship practices and not for the purpose of entertainment.

Indoor fitness

(Mandatory restrictions - Provincewide - Effective Feb. 8)

Group or team sports not permitted

- No sports games, competitions, team practice, league play or group exercise of any kind is allowed.

One-on-one training is permitted

- Only one-on-one or one-on-one household training is permitted for indoor fitness activities (for example, in dance studios, swimming pools, training figure skating on ice, one-on-one lessons).
- Sessions have to be scheduled or by appointment. No drop-in or groups allowed.
- Individual workouts without a trainer are not permitted.

Safety requirements:

- One-on-one sessions cannot interact with others and there must be a minimum of 3 metres distance

between pairs of trainers and clients (aka sessions) in the same facility.

- Trainers must be professional, certified and/or paid trainers who are providing active instruction and correction. Passive supervision of a physical activity is not considered training.
- Trainers must remain masked during the session. Clients are not required to wear a mask while doing high intensity exercise.
- Regardless of the type or intensity of exercise, trainers and clients must be separated by 3 metres at all times.
- More than one trainer and client 'pair' are allowed into the facility, studio, rink, court, pool, ice surface, etc. with restrictions:
 - Each trainer and client pair must stay 3 metres away from all other trainers and clients at all times, including in entryways and exits.
 - Each trainer can only interact with their assigned client, and each client can only interact with their assigned trainer.
 - No interaction between clients or between trainers is allowed.
 - No 'cycling through' multiple trainers as in circuit training.

Outdoor sport and recreation activities

(Mandatory restriction – Provincewide – Revised Feb. 8)

Group activities

Adult group physical activities, including team sports, fitness classes and training sessions, are prohibited or restricted across Alberta. See [guidance for outdoor winter recreation](#).

- Outdoor team sports and group activities where 2 metre distancing cannot be maintained at all times are prohibited (shinny, tag and pick-up hockey are prohibited).
- Outdoor group physical activity must be limited to 10 people or fewer.
 - Keeping the activity to members of the same household is strongly recommended.

	<ul style="list-style-type: none"> Members of different households must maintain 2 metre distancing at all times. Outdoor recreation amenities can be open to public access unless specifically closed by public health order. <ul style="list-style-type: none"> This includes outdoor skating rinks, sledding hills and Nordic ski areas. More than 10 people may use an outdoor recreation amenity at the same time (for example, public access to a local rink) as long as physical distancing is maintained between households. <p>One-on-one training</p> <ul style="list-style-type: none"> One-on-one training with a fitness trainer or coach is allowed, with restrictions. See the Indoor fitness section for more information on one-on-one training. <p>Working from home <i>(Mandatory - Provincewide - Effective Dec. 13)</i></p> <p>Working from home is mandatory unless the employer requires the employee's physical presence to operate effectively.</p> <p>Public health orders and exemptions</p> <p><i>Public health orders</i></p> <ul style="list-style-type: none"> Order 02-2021 (public health measures effective across the province to limit the risk of transmission) <p><i>Exemptions</i></p> <ul style="list-style-type: none"> Equestrian exercise
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Face Masks	
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<p><i>(Mandatory restriction – Blood Reserve – Effective Dec. 9)</i></p> <ul style="list-style-type: none"> Mandatory masking on the Blood Reserve 	<p><i>(Mandatory restriction – Provincewide – Effective Dec. 8)</i></p> <p>Masks are mandatory in all:</p> <ul style="list-style-type: none"> indoor public places places of worship indoor workplaces and facilities outside the home, except:
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- when working alone in an office or a safely distanced cubicle or a barrier is in place
- rental accommodations used solely for the purposes of a private residence
- farm operations (exempt)

This workplace requirement:

- applies to all employees, customers, visitors, delivery personnel and contractors
- includes any location where employees are present in-person
- includes all workplace locations where masks won't pose a safety risk
- does not change current student mask requirements in schools

Learn more about [wearing a mask](#) to help prevent COVID-19

Exceptions:

There may be [situations where some people are unable to wear a mask](#).

If you are unable to wear a mask:

- you don't need to provide proof
- consider contacting the business to learn more about options and requirements
- you must follow all other public health measures, such as keeping 2 metres apart from other people

**Private businesses may set their own policies as long as they also meet the minimum provincial requirements. This can include requiring individuals to wear masks while attending their business*

Alberta COVID-19 State of Public Health Emergency - Mandatory Measures

(The information provided below can be found at alberta.ca website.)

Moving forward safely

Alberta is bending the curve to protect our health system, but we must be careful not to lift restrictions too quickly.

A Path Forward is a roadmap to help Albertans understand how restrictions will be eased in steps over the coming months. It outlines the sectors that will see gradual restriction changes at each step based on hospitalization benchmarks.

Step 1 restriction changes came into effect February 8.

The path forward

Public health measures will be eased in steps based on hospitalization benchmarks. Each step sets a more predictable path for easing restrictions, while protecting the health system.

Once hospitalizations are within range of the benchmark, decisions to move to the next step will be considered. The lowest-risk activities in each sector will be considered for change first.

Moving between steps will happen at least 3 weeks apart to assess the impact on cases.

*Steps based on hospitalization benchmarks

STEP 1 <600 hospitalizations	STEP 2 <450 hospitalizations	STEP 3 <300 hospitalizations	STEP 4 <150 hospitalizations
<p>Restrictions eased Feb. 8:</p> <ul style="list-style-type: none"> • Restaurants • Indoor fitness • Children's sport and performance activities 	<p>Potential easing in these areas:</p> <ul style="list-style-type: none"> • Retail • Banquet halls • Community halls • Conference centres • Hotels • Further easing of indoor fitness and children's sport and performance 	<p>Potential easing in these areas:</p> <ul style="list-style-type: none"> • Adult team sports • Casinos, racing centres and bingo halls • Indoor social gatherings, with restrictions • Indoor seated events (movie theatres and auditoria) • Libraries • Museums, art galleries, zoos, interpretive centres • Places of worship 	<p>Potential easing in these areas:</p> <ul style="list-style-type: none"> • Amusement parks • Concerts (indoor) • Festivals (indoor and outdoor) • Funeral receptions • Indoor entertainment centres and play centres • Performance activities (singing, dancing and wind instruments) • Sporting events (indoor and outdoor) • Tradeshows, conferences and exhibiting events • Wedding ceremonies and receptions • Workplaces (lift working from home)

Why restrictions are needed

Albertans have a responsibility to slow the virus's spread and make sure the health system can continue supporting patients with COVID-19 and many other needs.

There is a time lag between when people get infected and when new cases are identified. This means the cases we see today were infected up to 2 weeks ago.

We must work together to protect each other. The greater the community spread, the more likely it will infect our loved ones [most at-risk of severe outcomes](#), including death.

What else you should do

Continue following existing public health measures to keep everyone safe:

- Stay 2 metres apart from others
- Wear a mask in public spaces, indoor workplaces and places of worship
- Practice good hygiene: wash your hands often and cover coughs and sneezes
- [Monitor your symptoms](#) every day
- If sick, stay home, get tested, and follow [mandatory isolation requirements](#) while waiting for results:
 - if positive, isolate for 10 days or until symptoms are gone, whichever is longer
 - if negative, stay home until you're better
- Download and use the [ABTraceTogether contact tracing app](#) when out in public

Enforcement

If you violate a [public health order](#), you may be subject to a \$1,000 fine. Additionally, you can be prosecuted for up to \$100,000 for a first offense.

If you are concerned someone is not following public health orders, you can:

- remind them that not following orders is against the law and puts people at risk
- request service from AHS public health inspectors online or call [1-833-415-9179](#)