



**Apr 06, 2021**

## **Moving back into Step 1 of COVID-19 restrictions | COVID-19 : retour à la case départ avec nouvelles restrictions**

Alberta is returning to Step 1 of the four-step framework to protect the health system and reduce the rising spread of COVID-19 provincewide.

### **Step 1 restrictions**

The following mandatory public health measures come into effect at 11:59 p.m. on April 6:

#### *Retail*

- Retail services must reduce customer capacity to 15 per cent of fire code occupancy, with a minimum of five customers permitted.

- Curbside pickup, delivery and online services are encouraged.
- Shopping malls will be limited to 15 per cent of fire code occupancy.

### *Indoor fitness*

- Only one-on-one training with an individual or household is permitted for indoor fitness activities (e.g., fitness in dance studios, training figure skating on ice, one-on-one lessons).
- No drop-in activities or unsupervised individual fitness.
- Group fitness, high or low intensity, is not allowed.
- Outdoor physical activity is allowed with up to 10 people, provided physical distancing is maintained between households.

### *Adult performance activities*

- Adult performance activities are not permitted. Performance activities include dancing, singing, acting, playing a musical instrument and any rehearsal or theatrical performances.

The following mandatory public health measures come into effect at noon on Friday, April 9:

### *Restaurants, pubs, bars, lounges and cafés*

- Indoor in-person service is no longer permitted
  - Takeout, curbside pickup and delivery services are permitted.
  - Outdoor patio dining is also allowed. Tables and dining parties must be two metres apart or separated by an impermeable barrier that will prevent droplet transmission.

- Household members only, or two close contacts of someone who lives alone.
- Contact information must be collected from one person of the dining party.

The following mandatory public health measures remain in effect unchanged:

### *Places of worship*

- All places of worship will continue to be limited to 15 per cent of fire code occupancy for in-person attendance.
  - Virtual or online services are strongly encouraged.
  - Drive-in services where individuals do not leave their vehicles and adhere to guidance will be permissible and are not subject to capacity restrictions.

### *Social gatherings*

- Indoor social gatherings continue to be prohibited.
- Outdoor social gatherings are limited to 10 participants, provided physical distancing and other measures continue to be followed.

### *Personal and wellness services*

- Personal and wellness services can be open for appointment only. This includes hair salons, nail salons, massage, tattoos and piercing.
- Health services, including physiotherapy or acupuncture, social or protective services, shelters for vulnerable persons, emergency services, child care, and not-for-profit community kitchens or charitable kitchens can remain open for in-person attendance.

### *Indoor and outdoor children's sport and performance*

- K-12 schools and post-secondary children's sport and performance activities, such as physical education classes, can now use off-site facilities to support curriculum-related educational activities.
- Lessons, practices and conditioning activities, but not games, may occur for indoor team-based minor sports/activities and school athletics.
  - All participants must be 18 years old or younger, excluding coaches or trainers.
  - Maximum of 10 individuals, including all coaches, trainers and participants.
  - Participants must stay physically distanced from each other at all times.

Metrics based on cases and growth, including COVID-19 variants, are being monitored and will also be used to guide any decisions around the need to pause further steps or potentially increase restrictions.

Alberta's government is responding to the COVID-19 pandemic by protecting lives and livelihoods with precise measures to bend the curve, sustain small businesses and protect Alberta's health-care system.

## Related information

- [Public health measures](#)
- [The Path Forward \(four step framework\)](#)

## Multimedia

- [Watch the news conference](#)
- [Listen to the news conference](#)
- [View the event photos](#)