



May 15, 2020

**To Members of Canada Shotokan Karate**

The nationally imposed isolation measures to address Covid-19 are being scaled back in the coming weeks. Likely those measures will still impose restrictions on group size, distancing, duration or type of activity, and possibly additional preventive measures.

Please follow the provincial health officer guidelines for your particular province and also consider the extent to which those guidelines may need to be further strengthened due to the size or type of facility you practice at, the rules imposed by that facility, as well as your own particular health situation or that of your close friends and family. Certain types of karate practice, such as kumite or drills with a partner carry specific risks relating to close distances which must therefore be avoided.

During this next phase over the course of the summer, properly distanced outdoor practice will likely be safer than practicing in a confined space. In these challenging times we must keep a strong collective spirit and consider creative ways to maintain our realistic practice.

Remember that the health and well-being of each of our members is our first priority.

Please let me know if you have any questions or concerns.

Thank you,

Donald Gee  
President, Black Belt Council