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UPDATE # 2 re: Coronavirus (COVID-19) - March 15, 2020, 10:30pm Message from Calgary North Edge Skating Academy Owner, Lyndsey Ford

Dear members,

For the health and safety of our skaters, families and coaches, as of Monday March 16, 2020, I am suspending ALL programs at Calgary North Edge Skating Academy until further notice.

This decision is based on information provided this afternoon by the Alberta Minister of Health regarding the closure of schools and daycares. The decision was also formed based on an announcement this evening by City of Calgary Mayor, Naheed Nenshi, announcing a state of local emergency in Calgary.

I will continue to monitor the COVID-19 situation in Calgary and follow recommendations set by the Alberta Minister of Health and City of Calgary. Members will be updated on the status of programs as information becomes available. Please check your email in the following days for information regarding accounts and registration fees. I ask for your patience and understanding as we navigate this process.

Lastly, I understand this has been a fast paced situation leaving many families in difficulty and uncertainty. As a parent myself, my thoughts are with you all as we take these aggressive measures to slow COVID-19 and keep our community safe.

We are all in this together. Stay safe and healthy, Coach Lyndsey

Government of Alberta - Prevent the spread

All Albertans are encouraged to take personal steps to help prevent the spread.

To protect yourself and others:

- stay home and away from others if sick or in isolation
- wash hands often
- cover coughs and sneezes
- avoid touching face with unwashed hands
- avoid travel outside Canada
- <u>self-isolate</u> for 14 days if returning from travel outside Canada or were exposed to COVID-19
- Monitor your symptoms

If you have symptoms, like a dry cough, fever, fatigue or difficulty breathing:

- stay home do not go to an ER or clinic
- take the <u>COVID-19 self-assessment</u>
- call <u>Health Link 811</u> for instructions and testing