Mandatory restrictions

Mandatory public health measures are in effect across Alberta to slow the spread of COVID-19 and protect the health system.

Gatherings

**Indoor gatherings**
All indoor social gatherings prohibited.
- Individuals who live alone and single parents who only live with children under 18 years of age can choose two people they can visit during these restrictions.

**Outdoor gatherings**
All outdoor social gatherings are limited to 20 people maximum and must not have an indoor component.

**Weddings and funerals**
All wedding ceremonies and funeral services are limited to 20 people. Receptions are permitted outdoor only with no more than 20 people.

**Places of worship**
All places of worship are limited to 1/3 of fire code occupancy for in-person indoor attendance.
- Mask wearing is mandatory.
- People in one household must stay two meters apart from other households at all times.

Business restrictions

**Entertainment and recreational facilities**
Entertainment businesses and entities can open with capacity limited to 1/3 of fire code occupancy. Examples include theatres, casinos, recreation centres, museums and libraries.

**Food services**
Restaurants, pubs, bars, lounges and cafes can open for indoor and outdoor dining. Maximum of 6 people per table. Liquor sales end at 11 p.m. and dining must close at midnight for in-person service.

**Retail services**
All retail services and shopping malls must reduce customer capacity to 1/3 of fire code occupancy or 5 customers (whichever is greater), not including staff.

**Health and professional services**
Health and professional services can open by appointment only for one-on-one services. All public health and sector guidance must be followed. Examples include dentists, optometrists, therapists, acupuncturists, lawyers and accountants.

**Personal and wellness services**
Personal and wellness services can open for appointments and walk-in service. Services should be limited to one-on-one services. All public health and sector guidance must be followed. Examples include hair and nail salons, esthetic services and massage therapy.

Masking

Masks are mandatory in all indoor public spaces, workplaces and places of worship.

Working from home

Working from home is recommended – but no longer mandatory – if the employer does not require the employee’s physical presence to operate effectively.
Events and recreation activities

**Fitness, recreation and sport activities**
All indoor and outdoor sport and recreation activities are permitted, including:
- team sports
- group practices or training
- games, competitions and league play
- youth activities (such as day and overnight camps and indoor play centres)

**Indoor fitness and recreation facilities**
Gyms and fitness studios can open for solo and drop-in activities, one-on-one training and indoor fitness classes. Safety requirements apply.

Indoor recreation facilities (such as arenas, pools and rec centres) can open at 1/3 of fire code occupancy.

**Performance activities**
Indoor performance activities are permitted, including:
- dancing, singing, acting or playing a musical instrument
- rehearsals or theatrical performances

**Outdoor public events and gatherings**
Outdoor non-fixed seated events (such as concerts and festivals) are permitted with up to 150 people.

Outdoor fixed seating facilities (such as grandstands) are limited to 1/3 of their total seated capacity.