

# KNS AGM Sport NS PSO Coordinator Report

August 25<sup>th</sup>, 2021

The past two years have been challenging for most sports in Nova Scotia and across Canada due to the effects of COVID-19. For large segments of the past two years Karate Nova Scotia (KNS), like all sports, has dealt with the changing restrictions and guidelines from the Province of NS and the uncertainty that have not allowed in person activities or have put restrictions on the size and types of activities that were allowed.

As the Sport NS coordinator that assists and supports KNS, it was great to see that the KNS Board of Directors remained active and meeting regularly through the entirety of the pandemic. This was crucial to ensure that KNS stayed up to date with their funding and Sport NS requirements. Although there were many times where KNS and its dojos were not permitted to be active, the Board was proactive in meeting, planning and trying to put themselves in the best position to keep the membership engaged and active throughout the past 18 months. In my experience at Sport NS I saw that this was a very challenging task for many Provincial Sport Organizations and clubs to deal with the constantly changing and often confusing rules, but KNS was able to put a COVID lead in place early on in the pandemic who was in contact with myself, Sport NS and the Province of NS regularly to ensure the KNS dojos were as up to date as possible to be able to provide karate to its members safely and within the restrictions of the province.

KNS was also able to get organized to continue its Provincial Program and training which is key to ensuring that NS's top karate athletes did not lose a full year of growth and development to COVID. Additionally, KNS took advantage of the slower activities on the mat and used that time to improve and update their governance by updating and creating new policies and drafting new bylaws which are in front of you this evening. Once cases were lower and restrictions began to ease KNS was active in trying to move forward with events and activities to engage and bring karate members back into the sport. Although I am sure the events were a learning curve for KNS and for the members pushing forward with events such as camps and virtual offerings when safe to do so will help KNS in the years to come and was something that many smaller sports in Nova Scotia were not able to do.

Although Sport NS, the Province of NS and Canadian Sport Centre Atlantic (CSCA) put on a number of coaching courses for free throughout the pandemic, a trend that was seen was that there were challenges in certifying and training umpire and coaches. Many National Sport Organizations (NSO's) were slow moving to online training for coaches and umpires so this is something that KNS should be monitoring over the next two years to ensure those important builders of the sport are not affected.

Prior to the pandemic, KNS was gaining momentum in many metrics such as organizational effectiveness, participation, coaching and umpiring and excellence that are assessed every four years by Sport NS in a tool called the Sport Development Tool. The tools help Sport NS assess Provincial Sport Organizations for three main avenues of funding that Provincial Sport Organizations are eligible for – Core Funding, Excellence Funding and Participation Funding. Although many sports across Nova Scotia may see a decline in the number of participants in the sports due to COVID and rebuilding of programs and clubs may be required, I think KNS put themselves in a strong position to be a growing and popular sport over the next 2-4 years and to hopefully continue its current level of funding when they are next required to complete the Sport Development Tool.

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