

YOGA LIABILITY WAIVER & INTAKE FORM COVID-19 RELEASE OF LIABILITY & PROCEDURES

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have limited the number of group gatherings. PROCEDURES FOR ATTENDING YOGA AT THE PARK WITH CAITLIN MACDONALD (E-RYT 200) I understand that to participate in Caitlin Macdonald's fitness classes that I may be subject to the following to be allowed to practice in the outdoor space, receive services, or purchase inventory items:

- Social distancing upon arrival, using designated markers to ensure I am 6 feet away from others
- Wearing a facial covering to protect others upon arrival as advised by state order
- Proper hand washing hygiene and use of hand sanitizer as needed
- Covering of coughing and or sneezing
- Not being of ill health or currently sick
- Being asked to leave if I have a fever
- Adhering to state mandate if deemed high risk by state, federal and CDC guidelines

RELEASE OF LIABILITY I understand that the risk that I may become exposed to or infected by COVID-19 is my sole responsibility and Caitlin Macdonald waives all liability as aforementioned best practices will be followed. I release all liability from Caitlin Macdonald from the actions, omissions, or negligence of myself and others, including, but not limited to, Caitlin Macdonald, volunteers, and participants and their families. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I may experience or incur in connection with my attendance at Yoga at the Park with Cat. I hereby release liability and hold harmless Caitlin Macdonald and representatives from all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any claims based on the actions, omissions, or negligence of Caitlin Macdonald, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation. I understand my responsibility in staying home when ill, informing Caitlin Macdonald of an expected or confirmed case of COVID-19 exposure, maintaining proper hygiene, and following the proper social distancing procedures when participating or attending Movement Mindfulness and Me classes and services. YOGA LIABILITY WAIVER & INTAKE FOR CHILDREN, TEENS and ADULTS I hereby agree to the following: I and/or my child has permission to attend a yoga class from Caitlin Macdonald E-RYT 200. I and/or my child are participating in classes or services during which we will receive information and instruction about yoga and health. I recognize that yoga requires physical exertion, which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved. I understand that it is my responsibility to consult with a physician prior to and regarding my and/or my child's participation in any physical fitness program, including yoga. I represent and warrant that I and/or my child have no medical condition that would prevent us from participation in physical fitness activities. In consideration of being permitted to participate in the yoga classes, I agree to assume full responsibility for any risks, injuries or damages, known and unknown, which I and/or my child might incur as a result of participating in the program. In further consideration of being permitted to participate in the yoga classes, I knowingly, voluntarily, and expressly waive any

claim I and/or my child may have against the instructor, the owner, or the leaseholder of the building for injuries or damages that I and/or my child may sustain as a result of participating in classes or workshops conducted by Caitlin Macdonald. If I and/or my child participates in other classes or events Caitlin Macdonald, I will also assume full responsibility for any injuries that may result from our participation, with the same considerations that this waiver stipulates for yoga. For classes taken with an instructor that is also a medical professional, my signature below further acknowledges that in this setting the instructor is acting solely as a yoga instructor. PHOTO RELEASE: I give my permission for Caitlin Macdonald to use my or my child's image (photo or video) for website or newsletter and teaching seminars. I and/or my child will not be identified by name in such images. I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above

Name:

SIGNATURE:

DATE:

Parents or Guardian's Name (if applicable):

Child's Name if applicable:

Parent's or Guardian's Signature:

Date:

Emergency Phone Number:

Please list any medical concerns the yoga teacher should be aware of:

How did you hear about this class?
