



BALANCE • FLEXIBILITY • FOCUS • REST

ATHLETES + ADULTS

## Client Participation & COVID-19 Required Waiver Form

Please check one:  Absolute Beginner  Advanced Beginner  
 Intermediate  Pro - I've totally got this!

Print Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Phone (Mobile Preferred): \_\_\_\_\_ Accepts Text Messages:  Y  N

Print E-Mail: \_\_\_\_\_

E-mail me periodically about Specials Offers, Classes, At-Home Practices & Exercises  Y  N

Address/City: \_\_\_\_\_

Referred By: \_\_\_\_\_

### Acceptance of Responsibility, COVID-19 Preventative Measures and Waiver of Liability

This waiver of liability is on behalf of Joy Zazzera Yoga, LLC, operating and doing business as "Yoga with Joy".

I acknowledge and agree that I am voluntarily participating in the yoga and/or movement classes or the workshops offered both in-person and online by Yoga with Joy during which I will receive instruction and information about said classes. I recognize that yoga and/or movement classes offered through Joy Zazzera Yoga, LLC/Yoga with Joy, require physical exertion, which may be strenuous and could cause injury. I agree to take full responsibility for not exceeding my limits in the practice of yoga and/or other fitness-related movement and for any injuries or discomfort I might experience in said practices, not excluding in the hours or days following my participation. I am fully aware of the risks and hazards involved.

I agree to take care of myself. I understand that it is my responsibility to consult with a physician prior to and regarding participation in yoga and/or movement classes and workshops offered both in-person and online. If I am pregnant, or become pregnant, or am postnatal, my signature verifies that I am participating in yoga at Joy Zazzera Yoga, LLC/Yoga with Joy with my doctor's full approval. I understand and accept that to properly teach and correct yoga and/or movement technique, physical contact between student and instructor may be necessary. I consent to such contact and recognize that the instructor will apply any necessary contact in a professional manner. I knowingly, voluntarily, and expressly waive any claim I may have against Joy Zazzera Yoga, LLC/Yoga with Joy its owners, instructors, or employees for injury or danger that I may sustain as a result of participating in any yoga and/or movement classes or workshops both in-person and online. I, my heir(s), or legal representative forever release, waive, discharge, and covenant not to sue Joy Zazzera Yoga, LLC/Yoga with Joy, its owners, instructors, or employees for any injury or death caused by their negligence or other acts.

*please continue on flip side...*

I understand that Joy Zazzera Yoga, LLC/Yoga with Joy is taking all cautionary measures to prevent the spread of the COVID-19 virus and agree to the assumption of risk involved with taking in-person yoga and/or movement classes.

**ASSUMPTION OF RISK:** By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume risk that I may be exposed to or infected by COVID-19, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury, illness, damage, costs, or expenses of any kind arising out of or relating to COVID-19.

I accept that this waiver must be signed and all points initialed by every person entering Joy Zazzera Yoga, LLC/Yoga with Joy to practice in-person. Joy Zazzera Yoga, LLC/Yoga with Joy strongly discourages usage of the in-person facility for persons who are in at-risk categories. You must check-in to the front desk every time you enter the facility. ***Please initial next to each item stating that you agree.***

\_\_\_\_\_ I agree to wear a mask upon entering/exiting Joy Zazzera Yoga, LLC/Yoga with Joy, and at all times moving throughout the facility, including during check-in and restroom usage, until I am ON my yoga mat. I agree to wash my hands prior to taking a seat for class.

\_\_\_\_\_ I will adhere to all physical distancing measures by staying a minimum of 6' from any other person while at Joy Zazzera Yoga LLC/Yoga with Joy.

\_\_\_\_\_ I will hold myself responsible for cleaning any equipment made available or surface I touch before I touch it and again after I'm done using it.

\_\_\_\_\_ I understand that Joy Zazzera Yoga, LLC/Yoga with Joy strongly discourages the usage of the facility if I'm in an at-risk category, have come into contact with an infected person or if I am showing signs of illness.

\_\_\_\_\_ I acknowledge and accept any increased risk of contracting COVID-19 that may occur by utilizing Joy Zazzera Yoga, LLC/Yoga with Joy's facilities.

\_\_\_\_\_ I agree to hold Joy Zazzera Yoga/Yoga with Joy harmless in the event that I am exposed to or contract COVID-19.

\_\_\_\_\_ I take full responsibility for my personal belongings and to bring as little as possible into the facility. I agree to keep my phone off and leave valuable items at home. I agree to bring my own yoga mat, towel, spill-proof water bottle and a positive attitude each time I enter the facility for instruction.

\_\_\_\_\_ I agree to keep my opinions about COVID-19, the general population and politics to myself at all times while in the facility, and to respect the instructor, and other facility users space and time for desiring peace and quiet, keeping all small talk to a minimum until after class has ended.

All COVID-19 guidelines listed under ASSUMPTION OF RISK are in effect until further notice. Failure to follow any of these guidelines may result in a suspension or termination of your participation at in-person classes. I hereby acknowledge that I have read, understand and agree to the above references terms and conditions.

**Signature:** \_\_\_\_\_ **Today's Date:** \_\_\_\_\_

**Emergency contact (name, relationship, phone):** \_\_\_\_\_

**Parent Signature (If under 18):** \_\_\_\_\_ **Today's Date:** \_\_\_\_\_