

Outdoor Yoga: Waiver & Release Form

Participants First & Last Name: _____

Participants Email: _____

Participants Phone Number: _____

Calgary Outdoor Yoga / Jade Fire Yoga values the health and safety of its teachers and participants. To mitigate the risks during the COVID-19 pandemic, all participants are required to complete and sign this Waiver & Release. By signing this document / participating in these yoga classes, whether in person or online, I acknowledge that I understand the expectations outlined below.

1. I agree to adhere to the physical distancing requirements of 2 metres/6 feet at all times.
2. I understand the benefits of frequent hand-washing and will undertake to wash my hands for 20 seconds prior to class. Access to alcohol-based hand sanitizers has been identified for me to utilize upon arrival at class.
3. I agree to follow to basic illness prevention hygiene strategies including leaving class if I feel unwell
4. As the Centres for Disease Control and Prevention guidelines are regularly modified and updated, I accept full responsibility for familiarizing myself with the most recent updates and guidelines.
5. I understand that yoga includes physical movements as well as an opportunity for relaxation, stress reduction and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, discontinue the activity, and ask for support from the instructor. I will continue to breathe smoothly. I assume full responsibility for any and all damages, which may incur through participation whether in person or during online yoga classes.
6. Yoga is not a substitute for medical attention, examination, diagnosis, or treatment. Yoga is not recommended and is not safe under certain medical conditions. By signing, I affirm that a licensed physician has verified my good health and physical condition to participate in such a fitness program.
7. In addition, I will make the instructor aware of any medical conditions or physical limitations before class. If I am pregnant, become pregnant or I am post-natal or post-surgical, my signature verifies that I have my physician's approval to participate. I also affirm that I alone am responsible to decide whether to practice yoga and participation in outdoor activities during the COVID-19 pandemic is at my own risk. I hereby agree to irrevocably release and waive any claims that I have now or may have hereafter against Calgary Outdoor Yoga/Jade Fire Yoga and the instructor.

I have read and fully understand and agree to the above terms of this Liability Waiver Agreement. I am signing this agreement voluntarily and recognize that my signature serves as complete and unconditional release of all liability to the greatest extent allowed by law in the Province of Alberta.

If you are under **18 years** of age, a parent/guardian must sign this form. I certify that I am of legal age and have the right to contract in my own name and on behalf of each minor. I have read and understand, and agree to the terms of this waiver and release form. I have voluntarily signed this document and my signing constitutes a release of valuable rights and that I have the right to receive a copy of this form.

Participant Signature: _____

Date: _____