

# COVID-19 LIABILITY RELEASE WAIVER

By signing this form, I agree to the following:

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. Your Pietra Fitness Instructor has put in place preventative measures to reduce the spread of COVID-19; however, Pietra Fitness LLC and your Pietra Fitness Instructor cannot guarantee that you will not become infected with COVID-19. Further, participation could increase your risk of contracting COVID-19.

Symptoms of COVID-19 include fever, fatigue, dry cough, sore throat, and difficulty breathing. I agree to the following:

- understand the above symptoms and affirm that I, as well as all household members, do not currently have, I nor have experienced the symptoms listed above within the last 14 days.
- I affirm that I, as well as all household members, have not been diagnosed with COVID-19 within the past 30 days.
- I affirm that I, as well as all household members, have not knowingly been exposed to anyone diagnosed with COVID-19 within the past 30 days.
- I affirm that I, as well as all household members, have not traveled outside of the country within the past 30-days.
- I understand that Pietra Fitness, LLC, or the Pietra Fitness Instructor cannot be held liable for any exposure to the COVID-19 virus caused by misinformation on this form.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19 while attending a Pietra Fitness class and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at the Pietra Fitness class may result from the actions, omissions, or negligence of the instructor or others attending the class.

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 a Pietra Fitness class or (“Claims”). On my behalf, I hereby release, covenant not to sue, discharge, and hold harmless Pietra Fitness and the instructor leading the class of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating to it. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of Pietra Fitness, the Pietra Fitness Instructor or others taking the class, whether a COVID-19 infection occurs before, during, or after attending the Pietra Fitness class.

**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.**

Print Name:	Under 18?	Signature (If under 18, a guardian must sign)
Phone:	Email Address:	
Date:	Location:	

# COVID-19 GUIDELINES FOR PIETRA FITNESS CLASSES

These guidelines are intended to assist you with safely reopening your Pietra Fitness classes and providing services due to COVID-19. These guidelines are subject to change.

In addition to strict adherence to CDC guidelines, each state recommends gyms, fitness/ exercise facilities, or substantially similar facilities and activities put into place an assortment of measures to protect participants and instructors, including:

- The instructor should wear a mask before class as you greet and talk with the participants. The instructor should also wear a mask after class as you communicate with the participants. If an instructor can wear the mask during class, they should do so.
- Encourage participants to wear a mask.
- Keep doors and windows open where possible to improve ventilation.
- The instructor should practice increased hygiene practices, and consider having sanitizer available for everyone.
- Have participant wash their hands upon arrival.
- Besides the waiver and daily sign-in sheet, every participant needs to sign the COVID-19 waiver.
- Sanitize the pens participants use to sign in, and then re-sanitize after someone uses it. Or, have enough pens that you can have a stack of used ones to sanitize later.
- Have all participants bring their mats and blocks. Do not supply props during this time.
- Mats should be at least 6 feet apart or further.
- Limit capacity based on available space and ability to have at least six feet between mats.