



## **RELEASE OF LIABILITY WAIVER FORM**

As the parent or legal guardian over the age of 18 of a Warrior Kids Yoga participant(s) or as a participant myself in consideration of the services to be provided by Warrior Kids Yoga, do hereby release and discharge Warrior Kids Yoga and its officers, owners, contractors, and employees as follows:

- I understand that yoga is an activity that involves physical movements and opportunities for relaxation, stress reduction, and relief of muscular tension.
- As in the case with any physical activity, the risk of physical or illness injury, whether minor or serious and disabling, cannot be entirely eliminated, including the transmission of communicable diseases. I know of no physical or mental condition that would prevent my children from participating in yoga activities, exercise or instruction. I will inform the instructor of any health or mental conditions that may prevent my child from safe participation in yoga or if any modifications are necessary for my child to safely participate.
- Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. I understand that I alone am responsible for keeping the instructor informed of my child's health needs and deciding if she/he should practice yoga.
- I have fully read this Release of Liability Waiver Form carefully. I voluntarily give up certain legal rights and possible claims, demands, and rights of action which are or may be related to or arise out of my child's participation in yoga instruction, and release Warrior Kids Yoga, its officers, owners, contractors and employees from any omissions, acts or negligence of any sort.
- I understand that photographs of my child may be taken during class and give Warrior Kids Yoga permission to use photographs of my child for promotional purposes. I understand that my child will not be identified by name, nor will any compensation be extended for such use. I will inform Warrior Kids Yoga in writing if I do not wish my child to be photographed.

**I further agree to abide by these practices to mitigate the risk of COVID-19 infection.**

- Students with a household member or close contact diagnosed with a confirmed or probably case of COVID-19 14-days prior to class will not be allowed to participate.
- Less than 3 hours before each class student's temperature should be checked and if their temperature exceeds 100.0°F students should not report to class.
- Students are encouraged to wear masks and will be asked to social distance when masks are not in use.
- Students are asked to inform Warrior Kids Yoga if they, a member of their household or close contact are diagnosed with a confirmed or probably case of COVID-19 14-days post or while attending a class or activity. Warrior Kids Yoga can be contacted at [info@warriorkidsyoga.com](mailto:info@warriorkidsyoga.com) to report an exposure.
- Warrior Kids Yoga with the guidance from the Department of Health will track and inform students, families, other employees and site coordinators when applicable with whom the child has had contact of potential exposure without identifying name of the infected child.
- Students must also stay home and not report to class if they or any members of their household or close contacts have or develop any symptoms of COVID-19 (as identified by the CDC at: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>) within the past 14 days. These symptoms include:
  - Fever or chills
  - Cough
  - Shortness of breath or difficulty breathing
  - Fatigue
  - Muscle or body aches
  - Headache
  - New loss of taste or smell
  - Sore throat
  - Congestion or runny nose
  - Nausea or vomiting
  - Diarrhea
- Students who exhibit symptoms of COVID-19 as defined by the CDC during class will be asked to leave the class or activity immediately.
- Children must bring their own mats for class. For family's convenience mats can be purchased from Warrior Kids Yoga.
- When applicable, student will be given supplies (other than mats) for use during class, the supplies will be disinfected before and after class and will not be shared during class.
- Students may be asked to disinfect their hands when they arrive at class and periodically throughout class including if the instructor notices them touching their face or another's

belongings.