

Covide-19 Studio Protocol for 1-on-1 sessions:

- Read screening questions below prior to **each** session on the same day as your appointment.
 - Enter the studio through the back entrance which leads directly into the studio.
 - Use hand sanitizer provided at the door before and after each session
 - Maintain physical distance within the studio
 - If we need to get up close, we will both need to wear a mask
 - Washroom on the same floor as the studio is available for use and disinfected after each client
 - Equipment is sanitized after use
 - Read the disclaimer/waiver below prior to the first session. You'll be asked to sign the disclaimer/waiver when we first meet.
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SCREENING QUESTIONS

Read prior to each session on the same day.

1. Do you currently have any of the following symptoms?

- Fever
- New onset of cough
- Worsening chronic cough
- Shortness of breath
- Difficulty breathing
- Sore throat
- Difficulty swallowing
- Decrease or loss of sense of taste or smell
- Chills
- Headaches
- Unexplained fatigue, muscle aches or malaise
- Nausea/vomiting, diarrhea, abdominal pain
- Pink eye (conjunctivitis)
- Runny nose/nasal congestion without other known cause

2. Have you failed to use physical distancing in the last two weeks?

3. Have you come into contact with anyone that has any of the above symptoms in the last 2 weeks?

4. Have you come into contact with anyone suspected of having Covid-19 in the last 2 weeks?
5. Have you come into contact with anyone diagnosed with Covid-19 in the past 2 weeks?

Come to the session only if you answered “no” to all the questions.

If you have answered “yes” to any of the above questions stay home.

Do not come to the studio for your appointment. We will re-schedule at a later date.

COVID-19 DISCLAIMER & WAIVER

Release of Liability, Waiver of all Possible Claims and Assumption of Risk FOR PRIVATE YOGA THERAPY CLASSES

I acknowledge and accept that there is a risk that I could be exposed to COVID-19 while attending my treatment with Joanne Pineau in her home yoga studio. I also acknowledge and accept that while receiving services, we may need to be closer than the recommended social distancing guidelines in order to assess and/or and work with me. I acknowledge and confirm that I am willing to accept this risk as a condition to receive in person services from Joanne Pineau.

In consideration of Joanne Pineau agreeing to see me in person in her home yoga studio for yoga therapy sessions, I agree to release her from any and all causes of action, claims, demands, requests, damages or any recourse whatsoever in respect to any personal injuries or other damages which may occur or arise as a result of exposure to COVID-19 during my visit and through the provision of services to me.

I do hereby acknowledge and agree that notwithstanding the generality of the foregoing, I declare that I will not commence litigation or otherwise seek to recover damages or other compensation against the Releasee based on any action, claim, demand, request, loss or any recourse whatsoever arising from any potential or actual exposure to COVID-19 while attending Joanne's home studio and/or through the provision of services to me.

I further acknowledge that the Releasee can rely on this Release of Liability, Waiver of all Possible Claims and Assumption of Risk as a complete defence to any and all claims, damages, causes of action, or recourse or liability that may arise at any time. I have carefully reviewed this Release of Liability, Waiver of all Possible Claims and Assumption of Risk and acknowledge that I fully understand the terms as set out above. I acknowledge that I am signing this Release of Liability, Waiver of all Possible Claims and Assumption of Risk voluntarily.

Signed and acknowledged by: