

## Embody Center Waiver and Release of Liability Relating to Coronavirus/COVID--19

The disease caused by 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 and respiration of airborne virus. As a result, federal, state, and local governments and their health agencies recommend frequent hand washing and social distancing and have, in many locations, prohibited the congregation of groups of people.

Embody Center has put in place preventative measures to reduce the spread of the virus; however, our practitioners and Embody Center cannot guarantee you will not become infected and develop COVID--19 when accessing or using its facilities, and participation in Gyrotonic sessions may increase your risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of the novel coronavirus and I voluntarily assume the risk that I may be exposed to the virus and may develop COVID-19 by attending Gyrotonic sessions and that such exposure or infection may result in personal injury, illness, permanent disability, and/or death.

I understand that the risk of becoming exposed to or infected by COVID-- 19 during Gyrotonic sessions at Embody Center may result from the actions, omissions, or negligence of myself and others, including, but not limited to my Gyrotonic trainer, other clients, and other inhabitants of our studio space.

I hereby voluntarily assume all of the foregoing risks and accept sole responsibility for any exposure to the novel coronavirus and/or development of COVID-19 in connection with my attendance and participation in Gyrotonic sessions with my Gyrotonic trainer at Embody Center.

I hereby release, covenant not to sue, discharge, and hold harmless my Gyrotonic trainer, Embody Center, its agents and representatives, from any and all Claims, including actions, causes of action, damages, costs or expenses arising out of or relating thereto, and all such claims are hereby voluntarily waived. I understand and agree that this release includes any Claims based on the acts, omissions, or negligence of my Gyrotonic trainer, Embody Center, its agents, and representatives, whether a novel corona virus infection causing COVID-19 occurs before, during, or after participation.

I further agree to undergo non-invasive screening at my Gyrotonic trainer or request before engaging in any activity at Embody Center, and that I may be denied entry to the studio facilities based on the screening. The screening may include taking my temperature, asking if I have been in close contact with a person who has been confirmed as having COVID-19, and whether I have any of the symptoms associated with COVID-19, including:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

This is not a list of all possible symptoms, and as more is learned the list may change.

Generally, if I do not feel well I agree not to participate in my Gyrotonic session.

If I am diagnosed with COVID-19, I agree to inform my healthcare provider(s) that I participated in a Gyrotonic session at Embody Center, such that appropriate contact tracing can occur. I understand that my Gyrotonic trainer and Embody Center request that I notify them directly if I am diagnosed with COVID-19 and I understand that nothing in this Waiver and Release prevents me from doing so.

\_\_\_\_\_ Client Signature Date