

WELCOME TO GET HOT YOGA, MAPLE VALLEY

Please read the following outlining the basic rules of the studio room. Let one of the GHY staff members know if you have ANY questions.

- *The studio room that you will be in is heated. Because you are working hard you may feel dizzy, light headed, or nauseous. Do not panic, take your time, and be persistent! It may take a few consecutive classes to allow your body to adapt to the heat and it is worth it!
- *Please show up for class on time! We do not allow students to walk into a class after it has begun to keep from disrupting the practice of our fellow students.
- *Come to class prepared! For each class you will need a bottle of water, a yoga mat, and a large towel to place over your mat. A hand towel is also recommended to clean up your area after class.
- *NO TALKING once in the studio room. Please save any questions until after class. Allow your practice to be a silent moving meditation.
- *Please leave all belongings in the cubbies throughout the studio or in your vehicle and silence your cell phone. **NO SHOES IN THE HOT ROOM!**

COVID-19 AGREEMENT OF RELEASE & WAIVER OF LIABILITY

My signature below indicates that I agree to the following:

1. I understand that engaging in physical activity in the environment described with multiple other people all of whom are exerting themselves creates additional risk related to the coronavirus.
2. I represent and warrant that I am physically fit and that I do not have, and do not have reason to believe I may have, any physical illness or injury that would prevent my participating in Yoga classes or that would make me contagious to others.
3. I agree that I will not participate in any Yoga class if I have reason to believe I may be contagious, including, but not limited to, the coronavirus. I understand symptoms associated with the coronavirus include shortness of breath, difficulty breathing, dry cough, or at least two of the following: repeated shaking with chills, fever, muscle pain, headache, sore throat, new loss of taste or smell.
4. I also understand that if I am exhibiting any of these symptoms above, or if a GHY staff member otherwise have reason to believe I may be carrying the coronavirus or that I am contagious in any way, I may be asked to leave and not return until at least 14 days after the symptoms disappear.
5. I agree that I will not participate in any activity at GHY if I have been exposed to any person I know or believe to have coronavirus, for at least 14 days after exposure.
6. If I am diagnosed with coronavirus, I agree that I will not participate in any class until I have been symptom free for at least 14 days.
7. I agree to adhere to the health and wellness guidelines implemented by GHY to ensure the safety of the staff and members.

Agreement of Release & Waiver of Liability

My signature below indicates that I agree to the following:

1. That I am participating in the yoga class offered by GET HOT YOGA, LLC during which I will receive instruction about yoga and health. I understand this is not medical advice. I recognized that yoga requires physical exertion which may be strenuous. I am fully aware of the risks involved.
2. **Students 17 or younger must be accompanied by a parent or legal guardian.**

****Please note, instructors reserve the ability to excuse minor students if they appear to become a distraction to class****

3. No Show/Cancellation Policy: If you pre-register for class and fail to show or cancel less than 2 hours in advance, a \$20 fee will automatically be assessed to your card on file.
4. I acknowledge and grant permission to Get Hot Yoga, LLC the use of any photographs or videos that may be taken in the studio for social media use and/or marketing material.
5. I understand that it is my responsibility to consult a physician prior to and regarding my participation in the yoga class. I represent and warrant that I am physically fit and have no medical condition which would prevent my full participation at GET HOT YOGA, LLC.
6. I will assume full responsibility for any risks, injuries and or damages known or unknown, which I might incur as a result of participating in the program.
7. I, along with my heirs and assigns, knowingly waive any claim I may have against GET HOT YOGA, LLC for injury or damages that I may sustain as a result of participating in the yoga practice. Additionally, I, along with my heirs and assigns, release, discharge and hold GHY and others harmless from liability for injuries, illness, medical bills, etc. incurred and in any way related to my practice. Also, my personal property is my responsibility and GET HOT YOGA, LLC and others have no responsibility for loss or damage.

Participants PRINTED Name: _____

Participants Signature: _____ **Date:** _____

Parent/Guardian Signature (if 17 or younger): _____ **Date:** _____

Contact Phone Number: _____ **Email:** _____

EMERGENCY CONTACT INFORMATION:

Name and Phone number: _____

