



Safety Precautions and Precautionary Coronavirus Liability Release Form

Your safety is important to us at Omaha Integrative Care. Due to the outbreak of COVID-19, we are taking extra precautions. It is recommended to bring your own mat and props for all classes. OIC will provide sanitized mats and props for those who do not have their own. We will have a limited number of spaces and will not have overlapping class times so everybody can maintain social distancing. Live Zoom classes are still available for anybody who would rather practice at home.

For your safety and the safety of others we ask for health history reviews with all clients. Please complete the following and sign below.

Symptoms of COVID-19 include:

- Fever
- Sore Throat
- Fatigue
- Dry Cough
- Headache
- Difficulty Breathing
- Shortness of Breath
- Muscle Pain
- Loss of Taste and/or Smell
- Chills or Shaking with Chills

I, _____ (print name), agree to the following:

- I understand the above symptoms and affirm that I, as well as all household members, do not currently have nor have experienced within the past 14 days, the above symptoms.
- I affirm that I, as well as all household members, have not been diagnosed with COVID-19 within the last 30 days.
- I affirm that I, as well as all household members, have not knowingly been exposed to anyone with COVID-19 within the last 30 days.
- I affirm that I, as well as all household members, have not traveled outside of the country or to any city outside of our own that is or has been considered a “hot spot” for COVID-19 infections within the last 30 days.
- I understand that this business and my yoga instructor cannot be held liable for any exposure to the virus or any other contagion caused by misinformation on this form or the health history provided by each client.
- I will wear a mask any time I am off of my yoga mat.

By signing below, I agree to each above statement and release the yoga instructor and business from all liability for the unintentional exposure or harm due to COVID-19. Your yoga instructor and all employees and contractors of Omaha Integrative Care facility agree that they abide by these same standards and affirm the same. We also affirm that we have improved and expanded our sanitation protocols to more thoroughly fight the spread of COVID-19 and other communicable conditions.

Signature _____

Date _____

Temperature _____