

## REGISTRATION AND AGREEMENT

I, \_\_\_\_\_, choose to participate in Bikram Yoga classes at Still Hot Yoga (SHY). I understand that Bikram Yoga is a physical activity taking place in a room heated to approximately 105 degrees and that it requires significant exertion and involves certain risks, including, but not limited to, aggravation of preexisting injuries and muscle strain.

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.

I understand that it is my responsibility to consult with my health care provider prior to taking any Yoga class at SHY to determine whether any condition I have or may have makes it inadvisable for me to participate in Bikram Yoga under the conditions described.

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 Bikram Yoga classes or that would make me contagious to others.

I understand that the instructors at SHY will guide me in the Yoga practice but that they will not provide me any medical advice and that there is no health care professional on site or associated with SHY that will do so. I further understand that it is my sole responsibility to determine whether I can safely participate in Bikram Yoga.

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, with the coronavirus. I understand symptoms associated with the coronavirus include shortness of breath or difficulty breathing or 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. I also understand that if I am exhibiting any of these symptoms, or if SHY personnel 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.

I agree that I will not participate in any activity at SHY if I have been exposed to any person I know or believe to have coronavirus, for at least 14 days after exposure.

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.

I understand that SHY is not responsible for safekeeping any item I bring to SHY.

**ASSUMPTION OF RISK:** I understand the risks of Bikram Yoga, and in consideration of being permitted to participate in Bikram Yoga classes at SHY, I agree to assume any and all risk of injury or illness that may be associated with or result from my participation in any class or activity at SHY.

**RELEASE OF LIABILITY:** On behalf of myself, my heirs and legal representative I covenant not to sue, waive, and release and discharge from liability, indemnify, defend, and hold harmless SHY and all of its principals, shareholders, officers, directors, members, instructors, employees, agents, volunteers, and other participants in classes offered at SHY from and against any and all claims that I have or may have against any one of them for, among other things, any injury or illness resulting from or relating to my participation in any Bikram Yoga class or activity offered by SHY.

I have read this Agreement and had adequate opportunity to consider its terms. Having done so I freely and voluntarily agree to the terms stated above and understand that SHY would not permit me to participate in any class or other activity if I choose not to do so.

**Signature:** \_\_\_\_\_

Date: \_\_\_\_\_

Telephone number \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

City, state, zip code: \_\_\_\_\_

Emergency contact name: \_\_\_\_\_

Emergency contact phone: \_\_\_\_\_

Referred by: \_\_\_\_\_