

QIGONG/DAO YOGA CLASS REGISTRATION/WAIVER FORM

Name: _____

Email: _____ Phone: _____

Emergency contact name and phone: _____

Waiver:

If at any time during a class, you feel discomfort or strain, please rest or take care of your needs as you see fit. In other words, please respect and listen to your body.

I, the undersigned, understand that a qigong class is not a substitute for medical attention, examination, diagnosis, or treatment. If I feel uncertain about practicing qigong, I will consult a physician prior to class. I recognize that it is my responsibility to notify my instructor of any serious illness or injury, or any change of health status, including pregnancy. I will not perform any movements to the extent of strain or pain. I accept that neither my instructor, nor the venue, is liable for any injury, illness, or damages to person or property, resulting from my participation in a class.

In relation to COVID-19 Safety Plan restrictions, by signing below I also agree to the following:

- I will not attend class if I have any cold or flu symptoms within the 10 days leading up to a class (including fever, chills, new or worsening cough, shortness of breath, sore throat, and new muscle aches or headache).
- I will not attend class if I have been exposed to someone who has the COVID-19 flu, or who has been travelling outside Canada in the 14 days, leading up to a class.
- I will not attend class if I have been directed by Public Health to self-isolate.
- I will keep a strictly social distance of 2 metres (6 feet) between myself and others before, and after the class, both inside and outside of the Hall, and practice only within my “qi zone” of 2.5 metres.
- I agree that my instructor may keep my attendance and contact information for a time period of 14 days for the purpose of contact tracing by Public Health should that become necessary.
- I have read, understand, and agree to the COVID-19 Safety Plan and Protocols, which are available on the QiSandra.ca website, posted at the Hall, and are included on page 2 of this document.

Signature: _____

Date: _____



QIGONG/DAO YOGA CLASS COVID-19 SAFETY PLAN AND PROTOCOLS

PUBLIC HEALTH MEASURES:

- Adherence to the most up-to-date orders from the Provincial Health Officer.
- All participants must be scheduled in advance. No drop-ins allowed.
- Health-monitoring COVID-19 safety check-in with all class participants upon arrival of each class.
- Contact tracing of each participant in each class.

ENVIRONMENTAL MEASURES:

- Disinfecting of all contact surfaces, including door knobs, light switches, bathroom, any chairs used, etc. each morning and after classes, using Health Canada-approved products.
- All participants (other than household members) maintain a social distance of 2 metres (6 feet) from others at all times and 2.5 metres while practicing. Class participants limited to eight people.
- Signs instructing social distancing, hand washing, and staying home when sick are posted in the Hall.
- The Hall will be heated with the furnace before class begins and then turned off, leaving just electric heaters. Two windows will be left open for fresh air circulation.

PERSONAL MEASURES:

- All participants are asked to stay home when they are sick, if they have had symptoms of sickness in the 10 days leading up to class, have been in contact with anyone who has been exposed to the COVID-19 virus or to someone who has travelled outside Canada in the last 14 days.
- Participants are asked to practice social distancing, hand hygiene (use disinfectant pump upon arrival, after use of washroom, and before leaving), and respiratory etiquette (If a participant has reason to sneeze or cough they should do so into their elbow. No heavy breathing is required to participate in these classes.)

PERSONAL PROTECTIVE EQUIPMENT:

- All participants must wear a mask at all times other than when in their 2.5-metre “qi zone,” which will be marked on the wall and will be personally shown to each participant on their first day of classes.

CLASS PROTOCOLS:

The following are additional requirements and/or suggestions from Cranberry Community Hall and the BC Ministry of Health Guidelines for Group Low Intensity Exercise.

- Do not arrive earlier than 5-10 minutes before class (Saturday yoga class, please do not enter until the earlier class has left). Please arrive on time so the Hall door may be locked to prevent the public from entering.
- Enter the actual Hall one at a time so you may answer the COVID-19 safety questions.
- Only four people (with social distance) may be in the lobby at one time. If you open the Hall door and see the lobby with more than four, please line up (with social distance) on the deck.
- Only one washroom (the one on the right) may be used.
- No one but the instructor is allowed in the kitchen area.
- Please leave the Hall directly after class, without pausing to socialize.

