

Covid-19 Acknowledgement and Waiver

1. Acknowledgement

- 1.1. I acknowledge that I am aware of the contagious nature of Covid-19 and that there is a risk of exposure and infection when attending any class or event at Hot Yoga South (a trading name of Bikram Yoga Brighton Limited).
- 1.2. I acknowledge and confirm that I have had no symptoms (such as: a cough, shortness of breath or difficulty breathing, a fever, chills, repeated shaking with chills, muscle pain, headaches, sore throat or a loss of taste or smell) or recorded a positive test in the past 21 days and that as far as I am aware I have not come into contact within anyone who has shown symptoms or recorded a positive test in the past 21 days.
- 1.3. I acknowledge and confirm that I have not travelled internationally in the past 21 days.
- 1.4. I acknowledge that Hot Yoga South (a trading name of Bikram Yoga Limited) has put in place preventative measures, including the practicing of social distancing and increased hygiene, in order to reduce the risk of the spread of Covid-19.
- 1.5. I accept that I am responsible for following any guidance, signage, procedure or policy in place by Hot Yoga South.
- 1.6. I further acknowledge that Hot Yoga South cannot guarantee that I will not become infected with Covid-19, and I understand and accept that the risk of becoming exposed to Covid-19 may result from the actions, omissions, negligence or otherwise of myself or others.
- 1.7. I acknowledge that I must therefore follow all guidelines provided by Hot Yoga South and I therefore agree to comply with those procedures in order to reduce the risk of contracting Covid-19 or spreading Covid-19 to other people. I undertake not to, by any act or omission, undermine, contravene or otherwise detract from the measures and guidelines put in place by Hot Yoga South.

2. Waiver

- 2.1. I hereby, absolutely, irrevocably and unconditionally waive any right to sue Hot Yoga South, unless such right cannot be waived or limited, should I contract Covid-19.
- 2.2. I hereby release and agreed to hold Hot Yoga South harmless from any and all causes of actions, claims, demands, damages, costs, expenses and compensation, unless any such cause of action cannot legally be released or limited, which arises from contracting Covid-19.
- 2.3. I acknowledge and accept that nothing in this Acknowledgement and Waiver limits the liability of Hot Yoga South for any liability which cannot legally be limited, including, but not limited to, liability for death or personal injury caused by negligence.

Name: _____

Signature: _____

Date: _____