

CollabFitness & Yoga Student Code of Conduct

EVERYONE BELONGS HERE.

Yes, everyone. In our classes, we are one community, coming together to experience this yoga. Say hi to your neighbor. Welcome them. Welcome one another.

COME AS YOU ARE.

The way you present yourself to the world is a reflection of your own identity. No matter how you come, you are welcome here.

YOUR EXPERIENCE HERE IS PERSONAL.

You are allowed to laugh, to ask questions, explore and learn. So are your neighbors. These are live movement-based classes. Teachers share their energy with you and you, in turn, share your energy with them. Everyone must engage for the class to succeed.

WORDS CAN HAVE A BIG IMPACT.

If you choose to share your opinions (either via social media, with our staff over the phone, or in person at one of our shows) about our classes, sessions, policies, location, or staff, please refrain from using language that may be viewed as offensive or hurtful; especially language that is commonly used to offend or disparage marginalized groups. Ask yourself if what you have to say contributes to someone's wellbeing or destroys it.

SHOW KINDNESS.

Show kindness to yourself, to others, and to our staff. We offer a space where light and hope and joy are celebrated. Leave negativity out of our shared space.

Health & Safety Code of Conduct

In order to provide a safe and healthy experience for all Participants and Team Members, CollabFitness & Yoga (CF&Y) has adopted this Code of Conduct. The Code of Conduct (the "Code") is intended to provide health and safety standards that can be applied by CF&Y to its Participants and Team Members. The primary goal is the welfare and protection of the Participants and Team Members involved in the participation of fitness activities, programs or participation of services.

CF&Y grants the privilege of participating in fitness activities; therefore, CF&Y may cancel your participation (and any services or products purchase CF&Y) at any time for breach of the Code. I pledge to uphold the CF&Y Code of Conduct, which offers a general guide to my conduct as a participant of CollabFitness.

As a Participant, I agree I will:

- In conjunction with the Code of Conduct, adhere to all CF&Y 'Rules and Regulations' both verbal and written.
- Abide by current CDC Guidelines for COVID-19.
- If indoors, wear a facemask covering the nose & mouth before, during and after class.
- Participate in a temperature check prior to the beginning of class, if indoors according to clinic and CDC requirements.
- Minimize and avoid unnecessary physical contact.
- NOT attempt to use equipment of any other Participant or Team Member or of the facility classes are held in..
- Provide and use only my own equipment including but not limited to towel, water bottle, & other miscellaneous fitness equipment (ex. Yoga mat).
- Provide my own sanitization tools for personal use (hand sanitizer, wipes, etc.) for my own equipment and WILL NOT SHARE sanitization tools with others.
- Not arrive more than 10 minutes prior to any session and will leave promptly after all fitness sessions and activities are over.
- Understand that if I miss the temperature check window (10 min prior to class start), I will not be allowed to participate in the class and I forfeit the class including the payment for class.
- Practice proper hygiene by washing hands before and after workouts and sessions.
- NOT visit or participate in CF&Y activities if (1) displaying symptoms of illness or Covid-19, (2) have been diagnosed of illness or Covid-19. Symptoms include fever, cough, and shortness of breath. A negative COVID test is required to return to class if you have tested positive and did the proper amount of quarantine days required by the CDC.
- NOT hold CF&Y nor any of its Participants liable for any sickness or virus including the contraction of Covid-19. Additionally, as guidelines related to sanitation, social distancing and Participant safety change, CF&Y rules may be altered, and specific amendments may be made.

Initial: _____

Date: _____

CollabFitness+Yoga WAIVER INFORMED CONSENT FOR EXERCISE PARTICIPATION

I desire to engage voluntarily in an exercise program given by Michelle Spore of CF&Y in Redmond, WA. I understand that the activities are designed to place a gradually increasing workload on the body in order to improve overall fitness. I understand that I am responsible for monitoring my own condition throughout my workouts and should any unusual symptoms occur, I will cease my participation and inform the staff of the symptoms. In signing this consent form, I affirm that I have read, accept and understand this form in its entirety and that I understand the nature of exercise. I know that there may be risks associated with fitness classes and willingly accept those possibilities. I know that it is my responsibility to ensure my own safety. I take full responsibility for my own health and safety in participating in the fitness class and to the extent I deem advisable, will consult a physician before participating in any of the activities. I agree to pay all reasonable costs related to the classes, including any medical costs, building or equipment damage I incur. Fitness results are not guaranteed.

You agree that by participating in physical exercise or training activities, you do so entirely at your own risk. Any recommendation for changes in diet including the use of food supplements, weight reduction and/or body building enhancement products are entirely your responsibility and you should consult a physician prior to undergoing any dietary or food supplement changes. You agree that you are voluntarily participating in these activities and use of these facilities and premises and assume all risks of injury, illness, or death. We are also not responsible for any loss of your personal property including but not limited to your home and all property inside. If in-home a safe, distraction-free space inside your home, clear of debris and clear of other persons is required.

MEDIA RELEASE - Only with your verbal permission will images of students be used by CF&Y for promotional purposes. If you have agreed verbally for your image to be used:

- I hereby acknowledge that all right, title and interest in the video(s), audio recording(s), and or/photographs (aka "multimedia") in which I have participated being original works belong to CF&Y (Michelle Spore) and the said multimedia may be used for online and printed promotional and marketing purposes, public and web presentations, and other various electronic media. I hereby release CF&Y from all claims from which I may now or in the future for compensation of any kind arising out of my participation the the said multimedia and acknowledge that CF&Y may use my images in such media for promotional and business development purposes.

AGREEMENT AND WAIVER / RELEASE OF LIABILITY In consideration for being allowed to participate in this activity, which I do freely and voluntarily for my own personal benefit, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors and assigns to: 1. Waive, release and discharge from any and all liability to Michelle Spore, their elected and appointed officials, employees, students, agents, and volunteers for my death, disability, personal injury, property damage, or property theft, or actions of any kind which may hereafter accrue to me. 2. Indemnify and hold harmless Michelle Spore, their elected and appointed officials, employees, students, agents, and volunteers, from any and all liabilities or claims made by other individuals or entities as a result of or relating to my participation in this activity. Therefore, intending to be bound and as a condition of being allowed to participate in the fitness class, I have freely signed this waiver on the date indicated. Please note payments to CF&Y services are non-refundable & we have a 72 hour cancellation policy.

Please print clearly

Signature: _____

Printed Name: _____

Date: _____

Student Cell # _____

Student Email: _____

Emergency Contact Name: _____

Emergency Contact Phone #: _____