



INTERNAL FIRE | PILATES

Assumption of the Risk and Waiver of Liability Relating to Coronavirus / COVID-19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and wearing a mask or facial covering when in public, and have, in many locations, prohibited the congregation of groups of people.

Internal Fire Pilates, Inc. has put in place preventative measures to reduce the spread of COVID-19; however, Internal Fire Pilates, Inc. cannot guarantee that you will not become infected with COVID-19. Further, visiting Internal Fire Pilates studio could increase your risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19 by visiting Internal Fire Pilates and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at Internal Fire Pilates may result from the actions, omissions, or negligence of myself and/or others, including, but not limited to, Internal Fire Pilates, Inc. Owner and staff, Ultimate Fitness Owner and staff and clients and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I may experience or incur in connection with my attendance at Internal Fire Pilates. On my behalf, I hereby release, covenant not to sue, discharge, and hold harmless Sharon Gallagher-Rivera, Internal Fire Pilates, Inc. and staff members, Randy Green, Ultimate Fitness and staff members and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of Sharon Gallagher-Rivera, Internal Fire Pilates, Inc. its staff, agents, and representatives, as well as Randy Green, Ultimate Fitness, its staff, agents and representatives, whether a COVID-19 infection occurs before, during, or after participation in any Internal Fire Pilates activity, including classes and appointments.

I voluntarily agree to forgo participation and attendance at Internal Fire Pilates if I have any of the following confirmed COVID--19 symptoms:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

I agree to not visit the studio until symptom-free and a negative test of after 10 days from the onset of symptoms if suffering any of the above systems or if I have been exposed to someone with COVID-19. This list is not all possible symptoms. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea.

I voluntarily agree to notify and inform Internal Fire Pilates, Inc. if I have tested positive for COVID--19 after visiting Internal Fire Pilates. remain confidential after notifying Internal Fire Pilates, Inc. of a positive COVID--19 test.

SIGNATURE

DATE

Please email this completed form to info@internalfirepilates.com
If opening on a mobile device, you may need to download Adobe fill and sign.