



Please familiarize yourself with the following before attending any Spraoi Yoga Studio classes in the EPIC Gymnastic and Dance facility. You will need to sign that you have read and agree to the Declaration of Compliance upon entering the facility.

MASKS

Masks must be worn to enter EPIC and when circulating in common or high traffic areas within the facility. Please wear your mask until you are settled on your mat.

SOCIAL DISTANCING

In class, maintain TWO-meter distance between yourself and your fellow yogis. **HAND WASHING** You must wash or sanitize your hands upon arrival to the facility before you can participate in the studio.

PERSONAL BELONGINGS

Please keep personal belongings limited and come dressed ready for class, if possible.

MATS AND PROPS

Please bring your own mat, props and water bottle. We no longer have mats and props available for use.

ILLNESS If you are feeling under the weather, have recently travelled or have been in contact with someone who is ill with COVID-19, we ask that you do not come to class. We would like to keep everyone healthy especially the most vulnerable in our community.

CLEANING

EPIC sanitizes all surfaces in the studio with a hospital-grade cleanser (VitalOxide) between classes.

DECLARATION OF COMPLIANCE

In order to safeguard the health and safety of all participants and limit the further spread of COVID-19, EPIC Gymnastics and Dance requires that all Spraoi Yoga participants and teachers who enter their premises adhere to the compliance standards described in this document. A participant who is unable to agree to the terms outlined in this document is not permitted to enter the facility.

I, the undersigned being the participant, hereby acknowledge and agree to the terms outlined in this document:

1) The participant has not been diagnosed with COVID-19 OR if the participant was diagnosed with COVID-19, the participant was cleared as noncontagious by provincial or local public health authorities.

2) If the participant is a front-line worker (such as hospital staff, long term care staff, or other individual who interacts with individuals who have confirmed or suspected cases of COVID-19) or required to travel outside of Canada, the participant has worn proper and approved Personal Protective Equipment at all times whenever they interacted with an individual who has a confirmed or suspected case of COVID-19 in the last 14 days.

3) If the participant is not a front-line worker or travelled outside of Canada, they have not been exposed to a person with a confirmed or suspected case of COVID-19 in the last 14 days.

4) The participant is attending or participating voluntarily and understands the risks associated with COVID-19. The participant agrees to assume those risks, including but not limited to exposure and being infected.

5) The participant has not, nor has anyone in the participant's household, experienced any signs or symptoms of COVID-19 in the last 14 days (including fever, new or worsening cough, fatigue, chills and body aches, respiratory illness, difficulty breathing, nausea, vomiting or diarrhea, pink eye, or loss of taste or smell).

6) If the participant experiences, or if anyone in the participant's household experiences, any signs or symptoms of COVID-19 after submitting this Declaration of Compliance, the participant will immediately isolate, notify Spraoi Yoga (who in turn will notify EPIC Gymnastics and Dance), and not attend the Epic facility until at least 14 days have passed since those symptoms were last experienced.

7) The participant is following recommended guidelines, including but not limited to, practicing physical distancing, trying to maintain separation of six feet from others, adhering to recognized hygiene best practices, and otherwise limiting exposure to COVID-19.

8) The participant will follow the safety, physical distancing, and hygiene protocols of Spraoi Yoga and EPIC Gymnastics and Dance.

9) This document will remain in effect until EPIC Gymnastics and Dance and Spraoi Yoga, per the direction of the provincial government and provincial health officials, determine that the acknowledgements in this Declaration of Compliance are no longer required.

10) EPIC Gymnastics and Dance and/or Spraoi Yoga may remove the participant from the facility at any time and for any reason if either believes that the participant is no longer in compliance with any of the standards described in this document.

Date: _____

Name of Participant: _____ Signature of Participant _____