

INFORMED PARTICIPANT AGREEMENT

I understand that the novel Coronavirus (COVID-19) has been declared a global pandemic by the World Health Organization (WHO). I further understand that COVID-19 is extremely contagious and may be contracted from various sources. I understand that COVID-19 has a long incubation period during which carriers of the virus may not show symptoms and still be contagious. I understand that I am the decision maker for my health. Part of Vitality Pilates' role is to provide me with information to assist me in making informed choices. By returning to Vitality Pilates' studios (Mount Baker, Phinney Ridge or Ravenna) I understand that there are risks associated with contracting COVID-19 while working out, but that I am choosing to resume taking private lessons, duet lessons and/or in-studio small group classes. Given the current limitations of COVID-19 testing, I understand that determining who is infected with COVID-19 is exceptionally difficult.

To proceed with working out in the studio, I confirm and understand the following:

- I understand that being in the studio may create circumstances, such as the discharge of respiratory droplets or person-to-person contact, in which COVID-19 can be transmitted.
- I understand that as a result of 1) attending group classes (5 clients maximum) or private lessons for 50 minutes, and 2) the attributes of the virus, I may have an elevated risk of contracting COVID-19 simply by being in the studio.
- I have been given the opportunity not to return to the studios to work out in-person, but I have opted to do so. I am aware that taking Zoom classes are open to me anytime.
- I will continuously wear a reusable cloth mask or disposable mask, as well as socks (socks are required, yoga socks are strongly recommended) while in the studio. The mask will be worn at all times and put on before entering the studio and only removed outside the studio.
- I will follow all safety and cleaning protocols mandated by relevant health authorities and Vitality Pilates' to the best of my ability.
- I confirm that I am not experiencing the following symptoms of COVID-19, and I will cancel any private lessons, duet lessons or group class reservations immediately if I do experience any of these symptoms: -Fever -Dry Cough -Sore Throat -Shortness of Breath -Runny Nose -Loss of Taste or Smell -Nausea or Vomiting -Any other symptoms consistent with the virus
- If I am diagnosed with COVID-19 within two weeks of visiting Vitality Pilates' studios, I will follow all health department recommendations and contact Vitality Pilates at (206) 297-6263 or email info@vitalitypilates.com to inform them.
- I understand that travel increases my risk of contracting and transmitting the COVID-19 virus. I verify that I have NOT in the past 14 days travelled outside of the United States to any Level 3 alert countries affected by COVID-19 by commercial airline, train or coach. If I travel to one of those countries, a 14-day self-quarantine or taking a COVID test 5 days after returning and waiting for test results is required before returning to the studio.

Safety Guidelines: Vitality Pilates' Exposure Mitigation, Containment & Recovery Plan

65+ & High-Risk Clients

All clients are welcome to return to the studio. Clients above the age of 65 and/or people with serious underlying medical conditions like chronic lung disease, moderate to severe asthma and people who are immunocompromised are still encouraged to stay home.

Face Masks & Socks

Anyone entering the studios must wear a face mask (provided by the client) that covers the nose and the mouth. Clients will be expected to wear socks at all times, yoga socks (grip socks) are strongly recommended.

Additional Props

Clients are free to supply their own yoga mats, reformer foot loops or handles. These items are expected to be taken home and washed by the client between workouts.

Temperature & Health Check In

All those entering the studios (including instructors) will have their temperature checked at the door. Anyone with a temperature of **99.9°F** or higher must immediately leave the premises. Instructors will ask clients about their health and overall physical wellbeing. **If a client answers in the affirmative to ANY of these questions, then they are not to be admitted.**

- *Do you have any of these **symptoms** that are not caused by another condition?*
Fever or chills, Cough, Shortness of breath or difficulty breathing, Fatigue, Muscle or body aches, Headache, Recent loss of taste or smell, Sore throat, Congestion, Nausea or vomiting, Diarrhea
- *Within the past 14 days, have you had contact with anyone that you know had COVID-19 or COVID-like symptoms? Contact is being 6 feet (2 meters) or closer for more than 15 minutes with a person, or having direct contact with fluids from a person with COVID-19 (for example, being coughed or sneezed on).*
- *Have you had a positive COVID-19 test for active virus in the past 10 days?*
- *Within the past 14 days, has a public health or medical professional told you to self-monitor, self-isolate, or self-quarantine because of concerns about COVID-19 infection?*
- *Have you returned from international or domestic travel within the last 14 days?*

Hand Washing

Anyone entering the studios (including instructors) must wash their hands with soap and water for a minimum of 20 seconds before and after scheduled sessions, and before and after using the restroom. Hand sanitizer will also be available throughout the studio.

Reducing Touch Points

Clients will not use the sign in computers upon entering the studios—Instructors will take class attendance. Clients must bring their own water bottle to class. The water cooler will be available for refills, but no cups will be provided at this time.

Post-Class Clean Up

At the end of class, instructors will direct clients to spray their equipment thoroughly with a soap and water-based solution and vigorously rub the equipment surfaces with a disposable paper towel (or a microfiber cloth). The surfaces must remain wet for a minimum of 4 minutes after the cleaning is complete. Large trash cans will be conspicuously placed for disposing of paper towels and disinfecting wipes.

Disinfecting Equipment Before Class

Clients are welcome to use disposable, disinfectant wipes provided at the studio. The new 15-minute transition between classes will allow clients the time to disinfect to their comfort level, as well as change out any necessary equipment parts. Clients may also bring their own wipes from home — supplies are in high demand and a group effort is greatly appreciated in this regard.

Increased Disinfection Protocols

CDC-approved cleaning/disinfecting will be used hourly on high touch surfaces around the studio including: bannisters, door handles, toilet handles and lids, sink taps, light switches, computer keyboards, and the like. Bathroom cleaning and disinfecting has been set. At the end of the instructor's shift, the instructor will use disinfecting spray on all hard and soft surfaces of the equipment: vinyl, handles, foam rollers, reformer foot loops, ropes, bolsters, and all props used during classes. Instructors will spray floors and carpets before exiting. Biweekly professional deep-cleaning is performed at each location.

In-Session Health & Safety

- The instructor is the designated compliance officer during their teaching shifts
- More than 6 feet between clients, and between clients and their instructor
- Touch corrections are not allowed, except in an emergency situation
- 15 minutes between classes to allow for safe ingress and egress of clients
- 45 minute classes followed by a 5 minute client cleaning protocol at the end of class
- 50 minute private lessons (the instructor will clean all of the equipment)
- **Clients inhale and exhale through the nose only**
- Clients will maintain a slow pace with longer exercise repetitions
- Avoid direct contact with the face and mask on the equipment surfaces
- Avoid touching the face or face mask

- Sneeze into an elbow or tissue and immediately disposing of the tissue and washing hands

Classes Offered

Level 1 Foundations, Level 2 Equipment, Level 3 Equipment, Open Level Stretch

Prohibited for the foreseeable future

- Touch corrections
- Inhaling & exhaling through the mouth
- Vigorous breathing exercises such as The Hundred or other exercises that require a forced exhale to be executed properly
- Cardio & Jumpboard classes or any jumpboard exercises
- Cardio-Core classes
- Cardio Fusion classes
- Level 4 Equipment, Mat, Chair, Buff Bones and Bodhi classes

Studio Ventilation Procedures

Mount Baker

Doors and windows will be left open as needed for cross ventilation and fans will be on to move the air into, through and out of the rooms. HVAC units will be used to bring fresh air in from outside.

Phinney Ridge

Doors and windows will be left open as needed for cross ventilation and fans will be on to move the air into, through and out of the rooms.

Ravenna:

Doors and windows will be left open as needed for cross ventilation and fans will be on to move the air into, through and out of the rooms. HVAC units will be used to bring fresh air in from outside.

Exposure Response Procedure & Incidence Recovery Plan

In case of confirmed COVID-19 infection and/or exposure within our facilities, Vitality Pilates will immediately close the affected facility, coordinate with health department guidelines, inform all persons affected, and deep clean and sanitize the facility as directed. Closures may affect Vitality Pilates, Elizabeth Rogers Physical Therapy, clients, instructors, administrators, lessees and other community members. Communicate all relevant information to info@vitalitypilates.com or call (206) 297-6263.

Sign the signature sheet to confirm your acceptance of this agreement.