**CONFIRMATION OF COVID-19 MITIGATION PRACTICES**

**Before participating in the FALL 2021 Session, clients must acknowledge and agree to abide by the following mitigation practices**

1. If you have travelled outside of Canada in the past 14 days you will not attend class
2. If you have experienced any of the following symptoms in the past 72 hours (3 days), you will not attend class:

Fever or chills

New onset of cough, or worsening of a chronic cough

Shortness of breath, or difficulty breathing

Sore throat, hoarse voice, difficulty swallowing

Runny nose, sneezing or nasal congestion (without other known cause)

Feeling unwell, unexplained fatigue/malaise, headaches, muscle aches

Decrease or loss of sense of taste or smell

Diarrhea, Abdominal pain, Nausea, or Vomiting

1. If you have tested positive for COVID-19 or had close contact with a confirmed case of COVID-19 you will not attend class until cleared by a physician or received a negative test result
2. If any children in your home are attending school in person or are in day-care and have been in contact with someone who has tested positive, you will not attend class unless you have received a negative test result or have been symptom free for at least 72 hours since contact was made
3. If you are 70 years of age or older, are experiencing any of the following symptoms delirium or unexplained / increased number of falls, acute functional decline, or worsening of chronic conditions you will not attend class until cleared by a physician

I agree that I will promptly notify ANNaerobic Fitness & Personal Training if I or a close physical contact tests positive for COVID-19 and I grant permission to ANNaerobic Fitness & Personal Training to notify clients who participated in a class with me of my positive test results.

I acknowledge and agree to abide by other COVID-19 policies or guidelines that may be enacted by ANNaerobic Fitness & Personal Training at any time during the course of this session.

Print name Signature

Date