

Group Pilates and Fitness Class Consent Form (Covid-19)

September 2021

I understand the risk of face to face group classes during the Covid-19 pandemic. I acknowledge and understand the notes below and I am happy to proceed and attend the group class.

Filling out below form will help contact tracing and reducing the likelihood of spreading the virus, in case of a class participant being diagnosed with Covid-19.

Notes:

1. Martin aims to adhere to the HSE and Irish government guideline with regards to the class participants interaction and he aims to maintain social and physical distancing during the classes.
2. Class participants may or may not choose to wear face masks during the group classes. Please bring your own face mask.
3. Please **use hand sanitizer** where provided and **wash your hands and arms before and after** the classes.
4. **Hand sanitiser gel or liquid is available** at various points in the community centre.
5. Class participants are asked to avoid using the bathroom facilities if possible.
6. Cleaning and sanitisation of the exercise room or hall is performed by the venue staff between each group class. An extra 15-30 mins is now allocated between group classes to allow this to happen.
7. Any class participant exhibiting the following symptoms (high temperature, cough or shortness of breath) or who has travelled to a country of high transmission, will be asked not to attend the group class and stay at home.

In addition, the instructor will not start the class if a class participant displays symptoms and the class will be postponed or cancelled.

(Full name - BLOCK CAPITALS)

(Mobile Phone Number)

(Signature - full name)

(Date & Class Time)