

**Personal Coaching - One-to-One Coaching
Consent Form (Covid-19)**

January 2021

I understand the risk of face to face personal coaching, one-to-one coaching during the Covid-19 pandemic. I acknowledge and understand the notes below and I am happy to proceed and attend personal coaching sessions.

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

Notes:

1. Martin aims to adhere to the HSE and Irish government guideline with regards to personal coaching participant interaction and he aims to maintain social and physical distancing during the sessions.
2. Coaching participants should wear face masks during the coaching sessions. Please bring your own face mask.
3. Please **use hand sanitizer** where provided and **wash your hands and arms before and after** the coaching sessions.
4. **Hand sanitiser gel or liquid is available** and should be used before the start and after the coaching session.
5. Coaching session 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 classes to allow this to happen.
7. Any coaching 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 coaching session and stay at home.

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

(Full name - BLOCK CAPITALS)

(Mobile Phone Number)

(Signature - full name)

(Date & Class Time)