



### COVID-19 Health Questionnaire for Onsite Yoga Classes

1. In the last 48 hours, have you, or anyone you've been in contact with, had any of the following new symptoms? *check all that apply:*

- Fever of 100° or above, or fever symptoms like alternating chills and sweating
- Cough or sore throat
- Shortness of breath and/or trouble breathing
- Loss of smell or taste, or a change in taste
- Nausea, vomiting or diarrhea
- None of the above

TEMPERATURE

2. Over the past 14 days, have you, or has anyone you've been in close contact with, tested positive for or been diagnosed as having COVID-19? (within 6 feet for at least 5 minutes)

CIRCLE ONE:    Yes                      No

If Yes provide approximate date of illness: \_\_\_\_\_

3. I understand that if the answer to any of these questions is yes, I may be asked to attend class at a later date instead of today.

CIRCLE ONE:    Yes                      No

#### 4. INFORMED CONSENT

Thank you for your trust in our yoga & meditation center. As with the transmission of any communicable disease like a cold or the flu, you may be exposed to COVID-19, also known as "Coronavirus," at any time or in any place. Be assured that we are following state and federal regulations as well as recommended universal personal protection and disinfection protocols to limit transmission of all diseases in our classes.

Despite our careful attention to sterilization, disinfection and use of personal barriers, there is still a chance that you could be exposed to an illness in our yoga & meditation center, just as you might be at your gym, grocery store or favorite restaurant.

"Social Distancing" and wearing masks has reduced the transmission of the Coronavirus. Although we have taken measures to provide social distancing in our classroom, it is not always possible to maintain social distancing between you and the teacher or another student. Also, due to the therapeutic nature of the yoga we provide, you may receive an alignment or adjustment by your teacher to provide you with the most effective and healing support.

In professional trainings, your teacher gives you alignments and adjustments, and you pair with another student to learn and practice alignments and adjustments on each other.

Although exposure is unlikely, do you accept the risk and consent to our classroom protocols?

CIRCLE ONE:    Yes                      No

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Name: \_\_\_\_\_

This questionnaire is not meant to take the place of consultation with your health care provider or to diagnose or treat conditions. If you're in an emergency medical situation, call 911 or your local emergency number.

Information about COVID-19 is constantly changing. The level of COVID-19 activity varies by community, as does the availability of testing. For current updates on COVID-19 and details on testing and other health measures in your state, check with your local public health agency and visit the CDC website at [cdc.gov](https://www.cdc.gov).