

## **Precautionary Coronavirus Liability Release Form for Invoke Rolfing**

Due to the outbreak of the novel Coronavirus, COVID-19, we are taking extra precautions with the intake of each client, health history review, as well as sanitation and disinfecting practices. Please complete the following waiver and sign below.

Invoke Rolfing, operated by Melissa McMaster, is doing everything we can to protect you (our client), ourselves and our community. To this extent, we will be following the Center of Disease Control (CDC) and state/local health department guidelines with regard to social distancing practices and sanitation in order to reduce the spread of novel coronavirus, or COVID-19.

### ***In order to meet or exceed CDC guidelines, we are implementing the following:***

- Limit the number of clients per day to no more than four to ensure adequate time for cleaning, airing out, and to minimize contact with other clients
- All surfaces that you may come in contact with during the session will be cleaned and sanitized prior to the session. This includes, door knobs, hangers, chairs, massage table, bench, etc.
- New sheets and blankets will be provided to each client. Used sheets, pillow cases and blankets will be stored in a plastic, zippered bag.
- Heavy duty vinyl zippered pillow covers and a table cover have been installed and will be sanitized between each client
- There will be an electric air purifier that purifies/filters the air in the room 4x's an hour and HEPA air filters have been installed on each of the heating/cooling vents.
- Hand sanitizer and a new, clean mask will immediately be available to each client
- We will take your temperature with an ear thermometer and check your blood oxygen levels with an oximeter.
- We will scrub any exposed skin between sessions/clients and change into a fresh outfit.

### ***We are requiring clients do the following before coming to each session:***

- If you have any symptoms of illness (cough, sneezing, weakness, elevated temperature, sore throat, etc.) please postpone your appointment.
- Please try to shower and put on clean clothes immediately before your session.
- Please wash your hands immediately upon entry into the building.
- Be prepared to wear a mask to wear during your session. You may bring your own new or recently washed face mask or one will be provided to you at the office.

Invoke Rolfing requires all individuals to utilize approved masks at all times to reduce the risk of exposure to yourself and others. It is also required of everyone to wash and sanitize their hands after using the restroom, sneezing, or coughing. We will postpone serving water during the session, so please bring your own water bottle if needed.

Please complete the following and sign below:

Symptoms of COVID-19 include:

- Fever
- Fatigue
- Dry cough
- Difficulty breathing
- Chills
- Nausea or vomiting
- Diarrhea
- Confusion
- New widespread muscle pain
- Headaches
- Loss of taste & smell
- Bruising, redness, swelling, or cramping in lower legs and feet
- Red or purple toes

I, \_\_\_\_\_ agree to the following:

1. I understand the above symptoms and affirm that I, as well as all household members, do not currently have, nor have experienced the symptoms listed above within the last 14 days.
2. I affirm that I, as well as all household members, have not been diagnosed with COVID- 19 within the last 30 days.
3. I affirm that I, as well as all household members, have not knowingly been exposed to anyone diagnosed with COVID-19 within the last 30 days.
4. I affirm that I, as well as all household members, have not traveled outside of the country, or to any city outside of our own that is or has been considered a “hot spot” for COVID-19 infections within the last 30 days.
5. I understand that this business and my Rolfer/Structural Integration therapist cannot be held liable for any exposure to the virus or any other contagion caused by misinformation on this form or the health history provided by each client.

By signing below: 1) I agree to each above statement, 2) I agree to comply with the written instructions above, 3) I agree that I am entering Invoke Rolfing at my own risk, and 4) I hereby waive and release my Rolfer/Structural Integration therapist and business from any and all liability related to the coronavirus or COVID-19.

Your Rolfer/Structural Integration therapist agrees that they abide by these same standards and affirm the same. We also affirm that we have improved and expanded our sanitation protocols to more thoroughly fight the spread of COVID-19 and other communicable conditions as described above. If we all work together, we can overcome the spread of this virus as well as other infectious diseases.

Signature \_\_\_\_\_ Date \_\_\_\_\_

\*\*\*Please note that if it is determined at the time of your appointment that you have a high risk of being exposed to the coronavirus, we will reschedule you for a later date. Thank you for your understanding and cooperation.\*\*\*