



Balanced Rock Day Hike and Yoga Notice of Policies

Dear Yoga Participants,

Welcome to summer 2020! Balanced Rock has adopted operating procedures to protect the health of staff, instructors, participants, and our community while providing day hikes and outdoor yoga classes. Please read this letter carefully prior to your registration as it contains important information for what to expect and what to bring.

The resurgence of COVID-19 is a very real possibility. Our ability to gradually and sustainably return to 'normal' hikes and yoga classes will depend on everyone's commitment to physical distancing and other safety measures in class and in our personal lives.

Balanced Rock Risk Reduction Practices

1. Reduced class/group sizes.
2. Providing outdoor classes as appropriate.
3. Requirement of all participants to read and sign this form prior to arrival.

Please expect the following:

- Face coverings will be required when six feet of physical distancing cannot be maintained.
- Participants must bring their own mats and props.
- Participants will bring their own food and water. No sharing of food or water will be allowed except within your vector pod.
- No person-to-person contact (e.g., hugs, handshakes, and hands-on adjustments) will be allowed.
- Frequent hand washing and sanitizing will be required.
- Participants must affirm they are well to participate.
- Class/group size will not exceed 10 people including the instructor.

Items to procure and bring with you:

- Face coverings. Home-made or non-medical masks are okay. Tightly woven, double layer, washable fabric preferred.
- Hand sanitizer containing at least 60% alcohol
- Yoga mat or other mat (e.g., foam sleeping pad)
- Sturdy footwear, sun hat, and adaptable clothing layers
- Water and snacks
- Sunblock and insect repellent
- Small daypack
- A sarong can be really nice

*All participants are required to read and acknowledge this form **within the 2-day window prior to participation** in class. These protocols are subject to change and will be updated based upon our perceived levels of public exposure risk.*

Reservation policy

Prior registration is required for all classes. Participation may be denied, revoked, or cancelled at any time as conditions change with no penalty for COVID-19 related cancellations.



Criteria Prohibiting Participation in Balanced Rock Programming

1. Individuals having travelled from high risk exposure areas, or who have been in close contact with such individuals will not be permitted to participate until the quarantine period (14 days) has passed. High-risk exposure areas may include those identified by the [CDC](#), and also includes any [State](#) or [California County](#) with greater than 9 cases per 100,000 people, and any California County that has not moved to [Phase 3 allowing non-essential travel](#).
2. Individuals experiencing key symptoms of the virus, or who have been in close contact with people with these symptoms within 14 days prior to class, are not permitted to participate. These symptoms include but are not limited to fever, cough, shortness of breath, fatigue, muscle aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.

Face Covering

Face coverings must be worn in all common areas and outside if there is a reasonable expectation of passing within six feet of other individuals. Non-medical masks are acceptable, ideally double layered, tightly woven, and washable fabric. All participants are responsible for providing their own face covering.

Physical Distancing

Individuals shall maintain at least six-foot distance from other individuals. Individuals will cover coughs or sneezes into the sleeve or elbow, not hands. Individuals will not shake hands or hug. Only those belonging in the same vector pod should travel in the same vehicle.

Personal Hygiene

All participants should carry their own personal supply of hand sanitizer. Hand sanitize prior to entering any building or restroom. Individuals should immediately wash their hands thoroughly with soap and water for at least 20 seconds every time they enter a building, after using the restroom, and before using common areas. Avoid touching your eyes, ears, nose, and mouth with unwashed hands.

I acknowledge that I have read the Notice of Policies and Pre-Screen in full and will comply with all provisions.

Printed Name of Participant

Date

Signature of Participant

Date