May 25, 2020 WELCOME BACK PROTOCOL Thank you all for your loyalty, support, and dedication during this unprecedented shutdown due to COVID-19. Even though Embody Minneapolis LLC (the “Studio”) is still closed pursuant to the Governor’s order that groups us in the Gym category until July or August, we wanted to give you, our community, insight into what we are doing behind the scenes to prepare for reopening in the future and what you can expect will be our “new normal” as we work together to keep each other safe and prevent the spread of COVID-19. As this is a highly dynamic situation and new information is released frequently, we will continue to evolve our protocol as appropriate.

CLEANING OF EQUIPMENT AND STUDIO Our Studio will be implementing a strict policy to wipe down equipment after every use with anti-bacterial soap and a disinfectant of Chlorhexidine Gluconate Solution. For the rest of this year, we will book at least a 15-minute interval between clients to perform an even more careful and thorough wipe down of any and all equipment used; in addition, we will use medical grade alcohol wipes to wipe down shared areas such as the foyer and bathroom. The 15- to 30-minute interval between clients will also help limit overlap and interaction between clients in the foyer. Upon request and as is reasonable given the volume of activity in the Studio on the day/time, we are willing to space up to 30 minutes between appointments. We have also invested in air purifiers for the Studio, all of which have extra HEPA filtration to ensure cleaner air in the Studio. We will also be using fans to create extra cross ventilation between teacher and client.

SOCIAL DISTANCING In reopening businesses, the CDC recommends no gatherings larger than 10 at a time. We have decided to limit our Studio occupancy to no more than 4 at a time, and we are encouraging clients to maintain 6 feet of social distancing when waiting for appointments – though this should not be an issue, as we are staggering the schedules. Feel free to ask your practitioner how many people will be at the Studio during your appointment. We have always arranged the machines, so they are at least 6 feet apart. You may purchase your own Gyrotonic straps for hand and foot use through www.gyrotonic.com.

TRAVEL Per current CDC recommendation to limit non-essential travel, we ask that, if you travel during this period, you either quarantine for 2 weeks upon your return or provide evidence that you have not contracted the virus via a COVID-19 test reflecting negative results before returning to the Studio. Once the current travel guidelines are eased and the world begins to travel again, we anticipate “hot spots” may flare up; in such event, we will ask clients traveling to and from “hot spots” to again quarantine for 2 weeks or provide evidence that you have not contracted the virus via a COVID-19 test reflecting negative results before returning to the Studio. Similarly, our staff will also announce on the “out of town” board where they will be travelling to and will either test for COVID-19 or self-quarantine for 2 weeks if returning from a “hot spot”. In addition to travel related potential exposure, if you have been to local facilities where COVID-19 may be prevalent such as hospitals or nursing homes, we ask you to quarantine for 2 weeks or provide evidence that you have not contracted the virus via a COVID-19 test reflecting negative results before returning to the Studio.

MASK/GLOVES As our city and nation moves through the phases of re-opening businesses, we will require clients and staff entering the Studio to wear masks at all times. Though we may re-examine this requirement on a case-by-case basis, as the presence of cross ventilation and air filters may be enough.

UPON ENTERING STUDIO

-Please enter through the back door – at least for the summer.

- Take off your shoes immediately and place them on the mat.

-Wash your hands immediately with soap and water for at least 20 seconds and repeat again at the end of your session, before leaving.

-Avoid touching your face or hair with unwashed hands

-Cover any coughs or sneezes with a tissue, immediately discard tissue in the trash, and wash your hands again.

SHOULD YOU CONTRACT COVID-19 Per CDC guidelines, contact tracing will be an important practice to help minimize the spread of COVID-19. Notify us immediately if you are sick and have tested positive for COVID-19. In the event a client or practitioner contracts the virus, we will contact trace and ask everyone involved to get tested for COVID-19 or self-quarantine for 2 weeks. We will also close down the Studio for 48 hours—24 hours for a deep disinfection and then 24 hours for the Studio to air out. During this 48-hour period, we will try to provide movement sessions virtually through Zoom.

KEEPING YOU HEALTHY IS OUR BUSINESS We cherish the community that we have and its safety. We do NOT take this pandemic lightly. Your health is our greatest concern. Please remember that lifestyle is YOUR best medicine. Eating, sleeping, and regular exercise are key to maintaining a strong immune system. We are here to help you with discovering, educating, and promoting positive lifestyle choices in your life. Communication will be key to everyone’s success for the next year. Please don’t hesitate to call, e-mail, or text us for concerns, questions, and suggestions. We look forward to seeing and working with you all soon in the coming months.

ASSUMPTION OF THE RISK AND WAIVER OF LIABILITY RELATING TO Coronavirus/COVID-19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations including Minneapolis, prohibited the congregation of groups of people. The studio has put in place preventative measures (see Welcome Back Protocol) to reduce the spread of COVID-19; however, the Studio cannot guarantee that you will not become infected with COVID-19. Further, attending the Studio could increase your risk of contracting COVID-19.

By signing this agreement, I acknowledge that I have read the Welcome Back Protocol and the contagious nature of COVID-19; and I agree that I voluntarily assume the risk that I may be exposed to, or infected by, COVID-19 by attending the Studio and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at the Studio may result from the actions, omissions, or negligence of myself and others, including, but not limited to, Studio staff and other clients. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I may experience or incur in connection with my attendance at the Studio (“Claims”). I hereby release, covenant not to sue, discharge, and hold harmless the Studio, its employees, consultants, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of the Studio, its independent contractors, consultants, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any Studio session.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Print Name

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date