



Yoga with Mark – Student Covid self-declaration form

Name

First Name

Last Name

Due to the ongoing and rapidly changing situation with the novel-coronavirus (COVID-19), Yoga with Mark is requiring all students to fill-out the self-declaration form below for track and trace to help stop the spread of Covid-19.

Your participation is important to help us take precautionary measures to protect you and everyone attending our yoga classes.

Coronavirus self-declaration form- Do you have any of the following flu-like symptoms

- Fever (38 degrees or over)
- Cough
- Breathlessness
- Sore throat
- Lost sense of taste

I declare that I have no symptoms and take all precautions with social distancing, hygiene, Hands, Face, Space while attending the yoga class.

Signature:

Date