



### **Birthday Party Covid-19 Protokoll**

1. Bleibt bei Symptome oder unwohl fühlen zu Hause
2. Maskenpflicht in Gebäude  
Keine Maske ist erforderlich, wenn:
  - unter 12 Jahre
  - beim Essen/Trinken, nur sitzend und nur an der gekennzeichneten Stelle im Erdgeschoss
3. Mindful App herunterladen und an/abmelden bei Ankunft/Abfahrt
4. Nur Haupteingang benützen und verlassen nur über Ausgang im Erdgeschoss
5. Nur 2 Personen sind in der Garderobe erlaubt
6. Essen und Trinken sind im Gym/Obergeschoss nicht erlaubt

### **Birthday Party Covid-19 Protocol**

1. In case of symptoms or feeling unwell please stay at home
2. Mask requirement in building
3. No mask is required if:
  - under 12 years
  - while eating/drinking, only seated and only at designated stations downstairs
3. Download Mindful App and check in and check out when leaving
4. Enter using front door. Exit only downstairs through restroom
5. Only two people allowed in restroom at one time
6. No food allowed upstairs. Food must be eaten at designated stations downstairs

Wir danken für Eure Geduld und Achtsamkeit sowie Engagement

Bleiben Sie gesund!

We thank you for your patience, mindfulness and commitment.

Stay healthy!

Best Regards,

CrossFit Thalwil

## **Covid-19 Liability Release Waiver**

In consideration of my participation in the foregoing, the undersigned acknowledge and agree to the following: I am aware of the existence of the risk on my physical appearance to the venue and my participation to the activity of the Organization that may cause injury or illness such as, but not limited to Influenza, MRSA, or COVID-19 that may lead to paralysis or death.

I have not experienced symptoms that of fever, fatigue, difficulty in breathing, or dry cough or exhibiting any other symptoms relating to COVID-19 or any communicable disease within the last 14 days.

I have not, nor any member (s) of my household, traveled by sea or by air, internationally within the past 30 days.

I did not, nor any member of my household, visit any any area within the United States that was reported to be highly affected by COVID-19, in the last 30 days.

I have not been, nor any member (s) of my household, diagnosed to be infected of COVID- 19 virus within the last 30 days.

Following the pronouncements above I hereby declare the following: I am fully and personally responsible for my own safety and actions while and during my participation and I recognize that I may be in any case be at risk of contracting COVID-19. With full knowledge of the risks involved, I hereby release, waive, discharge the Organization, its board, officers, independent contractors, affiliates, employees, representatives, successors, and assigns from any and all liabilities, claims, demands, actions, and causes of action whatsoever, directly or indirectly arising out of or related to any loss, damage, injury, or death, that may be sustained by me related to COVID-19 while participating in any activity while in, on, or around the premises or while using the facilities that may lead to unintentional exposure or harm due to COVID-19. I agree to indemnify, defend, and hold harmless the Organization from and against any and all costs, expenses, damages, lawsuits, and / or liabilities or claims arising whether directly or indirectly from or related to any and all claims made by or against any of the released party due to injury, loss, or death from or related to COVID- 19.

By signing below I acknowledge that I have read the foregoing Liability Release Waiver and understand its contents; that I am at least eighteen (18) years old and fully competent to give my consent; That I have been sufficiently informed of the risks involved and give my voluntary consent in signing it as my own free act and deed; that I give my voluntary consent in signing this Liability Release Waiver as my own free act and deed with full intention to be bound by the same, and free from any inducement or representation. This waiver will remain effective until laws and mandates relevant to COVID-19 are lifted.

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