

# Zero Balancing Health Association

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**To minimize the risks of transmitting COVID-19 in ZB classes, the following policies, updated in August of 2021, apply to all ZBHA faculty and students.**

**These policies are based on the following assumptions:**

- We hold all faculty and class participants in high regard and want to be transparent about our protocols in advance of gathering together.
- We acknowledge that we are deferring to the experts in the fields of public health with respect to infectious disease.
- We recognize that people are making personal choices with respect to vaccinations and other measures that either enhance immunity or protect against exposure to COVID-19.
- Viral transmission rates and local requirements to prevent transmission vary widely.
- We strive to maximize safety and err on the side of caution.
- We consider Zero Balancing classes to be both:
  - Classroom settings that can involve a degree of physical distancing between participants, and
  - Clinical settings where physical distancing is not possible
- Facial masks are considered the standard safety recommendation where physical distancing is not possible.

## **Safe Practices Policies for ZB Classes and Waiver of Liability:**

**Faculty and students are responsible for knowing and adhering to all U.S. federal, state, local, tribal, or territorial law, rules, and regulations (including local business and facility guidelines), or, international health policies pertinent to reducing disease transmission that are in effect where they meet on each day of class.**

**The number of participants** will be limited to allow for physical distancing in the classroom during presentations.

**Should masks not be required by local authorities during classroom lectures**, all students will be clearly notified in class descriptions and follow-up emails prior to class.

**Faculty have the option to mandate additional safety procedures by notifying students in a timely manner in advance of the class.** This includes but is not limited to requiring disclosure of vaccination status, COVID-19 testing in the week prior to the class, and/or requiring masking at all times in the classroom.

**Any student with concerns** about these protocols will have the option to withdraw from the class without penalty.

**Faculty reserve the right** to ask a participant to leave the class should they refuse to reply to pre-class screening questions or to follow safety protocols at any time during class.

**No one may attend a ZB class or gathering if the individual has:**

- Symptoms consistent with a COVID-19 infection and is unable or unwilling to obtain a Covid-19 test before attending class, or
- Potentially been exposed to someone with confirmed or suspected COVID-19 infection, and has not been able to rule out Covid-19 through a test at least 5 to 7 days after the exposure (or current CDC guidelines for testing if they have changed after the drafting of this document). Even with testing, masks should be worn for 14 days after potential exposure while indoors.
- Has had a positive COVID test which has not been followed with a negative test at least 10 days after the first test.

**Pre-Class Screening:**

In the week prior to the start of a class, the teachers will email registered participants requesting a response within 48 hours to the following questions:

1. Have you been exposed to COVID-19?
2. Do you have any symptoms consistent with COVID-19?
3. Do you have any plans to take a COVID-19 test?

Participants will be prepared to discuss any concerns the teacher may have about their attendance.

**Testing for Covid-19** in the week prior to the class is encouraged.

**During class participants will:**

- Bring appropriate masks. *No gator or filtered/vented masks. N95 masks, surgical masks, or double layer cotton masks are advisable. Face shields are not a substitute for proper masks.*
- Wear masks covering their mouth and nose at the tables, and during classroom time when physical distance indoors is not possible.
- Clean hands and sanitize tables and pillows before and after physical contact.
- Monitor their health and risk of exposure for the duration of class and immediately contact the teacher with any concern of exposure or risk.

**Post-Class Contact Tracing:**

Any member of the class who tests positive for COVID-19 in the 2 weeks following the last day of the class is required to immediately contact the instructor who will then notify, within 24 hours, all members of this class.

**Notification and Agreement:**

**During the ZBHA's online registration process** includes a notification and check-box process indicating that the registrant has read, understands and agrees to the policies and waiver of liability outlined in this document.

**Those who register via IAHE**, will be asked to read and agree to these policies via email.

**For classes involving registration outside of the ZBHA's website**, participants will be asked to read and agree to these policies via email.

**Waiver of Liability:**

*I accept sole responsibility for any potential risk and for any injury to myself that may occur while attending this gathering. I release, covenant not to sue, discharge, and hold harmless the ZBHA, its employees, faculty, students, and meeting site of any claims (including all liabilities, claims, actions, damages, costs or expenses of any kind) should a COVID-19 infection occur before, during or after this gathering.*