



Disclosure, Liability, and Release Form – September 29-October 1, 2023

Sept 29-Oct 1, 2023
Eisner Camp
Great Barrington, MA

It is a pleasure to have you take part in Camp Atta Girl! Please read over the following information, and then sign and date.

General Information

The Happiness Element, LLC and Lisa Sullivan have created Camp Atta Girl! and it includes movement and dance. Lisa is a **Let Your Yoga Dance®** instructor and has completed thorough, professional training. As such, she is responsible for providing you with competent instruction and a caring, compassionate space for learning. While Let Your Yoga Dance is a gentle, user-friendly practice, you acknowledge that all exercise programs, including gentle yoga movements and user-friendly dance, can involve a risk of injury. You acknowledge that Camp Atta Girl! and all Camp Counselors and Instructors are not responsible for any injuries, and that you will go at your own pace to create a safe practice for you.

Also, all information provided at Camp Atta Girl! is provided for informational or educational purposes only and is not intended to be, or serve as a substitute for, professional medical/psychological advice, examination, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical or psychological condition. Never disregard professional medical advice or delay in seeking it because of information found in any portion of this handbook.

Also, you understand that Camp Atta Girl! may use and publish any images in any format taken during the event. These images are exclusively for promotion of Camp Atta Girl! and Let Your Yoga Dance and not for any commercial gain.

COVID Information:

All of us at Camp Atta Girl! take the health and well-being of our campers and counselors very seriously.

Camp Atta Girl! is a unique retreat where women connect, laugh, dance, move, smile. To make the experience the best and safest for everyone attending, we are following the guidelines of the CDC and we are requiring that every camper be vaccinated. We know that vaccinations do not keep you from getting COVID and even those vaccinated can carry COVID, catch the virus and transmit it. But vaccinations are effective per the CDC:

- COVID-19 vaccines are safe and effective at preventing COVID-19, including severe illness and death.
- COVID-19 vaccines are effective against severe disease and death from variants of the virus that causes COVID-19 currently circulating in the United States, including the Omicron and Delta variants.
- Infections happen in only a small proportion of people who are fully vaccinated, even with the Delta or Omicron variant. When these infections occur among vaccinated people, they tend to be mild.
- If you are fully vaccinated, you can spread the virus to others.
- People with weakened immune systems, including people who take immunosuppressive medications, may not be protected even if fully vaccinated.

Therefore, here is our policy:

We recommend all campers be COVID vaccinated and boosted. We also recommend that you take an at-home COVID test 1 day prior. Not mandatory, but we recommend. If it shows positive, do not come to Camp Atta Girl!

By signing below...

I acknowledge the contagious nature of the Coronavirus/COVID-19.

I further acknowledge that Happiness Element, LLC/Camp Atta Girl! cannot guarantee that I will not become infected with the Coronavirus/Covid-19. I understand that the risk of becoming exposed to and/or infected by the Coronavirus/COVID-19 may result from the actions, omissions, or negligence of myself and others.

I attest that:

- I am not experiencing any symptoms of illness such as cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell.
- I have not traveled internationally within the last 14 days.
- I have not traveled to a highly impacted area within the United States of America in the last 14 days.
- I do not believe I have been exposed to someone with a suspected and/or confirmed case of the Coronavirus/COVID-19.
- I have not been diagnosed with Coronavirus/Covid-19.
- I am following all CDC recommended guidelines as much as possible and limiting my exposure to the Coronavirus/COVID-19.
- I know that despite being vaccinated, there is always a risk that I could be exposed and can spread the virus to others. I agree that there is an inherent risk being among people who may expose me to COVID-19, including sickness and death, and I take responsibility for this.

By signing below...

- I have read the above and realize I am responsible for ensuring my safety in regard to movement, yoga movements and user-friendly dance. I know that all exercise programs involve risk of injury, and I will do only what I'm capable of doing.
- I understand that Camp Atta Girl! may use and publish any images in any format taken during the event. I understand the images are exclusively for promotion of Camp Atta Girl! and Let Your Yoga Dance and not for any commercial gain.
- I understand all information provided at Camp Atta Girl! is provided for informational or educational purposes only and is not intended to be, or serve as a substitute for, professional medical/psychological advice, examination, diagnosis, or treatment. I know to seek the advice of my physician or other qualified health provider with any questions I may have regarding a medical or psychological condition.

By signing below...

I hereby release and agree to hold Happiness Element, LLC/Camp Atta Girl! harmless from, and waive on behalf of myself, my heirs, and any personal representatives any and all causes of action, claims, demands, damages, costs, expenses and compensation for damage or loss to myself and/or property that may be caused by any act, or failure to act of Happiness Element, LLC/Camp Atta Girl!, or that may otherwise arise in any way in connection with this retreat. I understand that this release discharges Happiness Element, LLC/Camp Atta Girl! from any liability or claim that I, my heirs, or any personal representatives may have against Camp Atta Girl! with respect to any bodily injury, illness, death, medical treatment, or property damage that may arise from, or in connection to Happiness Element, LLC/Camp Atta Girl!. This disclosure, liability waiver and release extend to the retreat together with all owners, partners, retreat centers, camp counselors, and employees.

I have read, understood, and agree to all the content of this Disclosure, Liability, and Release Form.

Name: (please print) _____

Signature: _____ Date: _____