Jewel Heart Self-Health Screen and Safety Confirmation/Acknowledgement Form

I understand that I must complete this Self-Health Screen and Safety Confirmation/Acknowledgement Form and in doing so must confirm/certify to the below prior to participating in person at the October 2021 Jewel Heart Fall Retreat: Delam - The Easy Path(the "Retreat") at the Jewel Heart Center in Ann Arbor Michigan. I understand that this Form and the information certified, are policies and procedures Jewel Heart has in place for my benefit and the benefit of all in attendance to try to protect myself and others from Covid-19. Each time I enter the Jewel Heart Center I confirm/ certify the following:

1. Vaccination Status: I have been fully vaccinated for Covid-19, and the time for the vaccine to be fully effective has passed. Present proof of vaccination - card or photo on phone - on your first day attending retreat.

2. Temperature: I will allow Jewel Heart to take my temperature knowing that if I do have a temperature of 100.4 or above, I will not be allowed to participate in person and will be asked to leave for the duration of the Retreat.

3. Currently and/or in the past (14) days I have not:

i. Had a fever of 100.4 or higher.
ii. Had a cough.
iii. Experienced shortness of breath or difficulty breathing, chills, body aches and pain, loss of taste or smell, sore throat.
iv. Been in close contact with anyone who has tested positive or had symptoms of Covid-19 in the past 14 days.
v. Been diagnosed with Covid-19.

4. If at any point I develop any of the above symptoms in (i-iv above), learn I have Covid-19, or believe that I have been exposed to COVID-19:

i. I will leave if at Jewel Heart immediately if there, and if not there at the time I learn this, I will no longer come in person to Jewel Heart.
ii. I will immediately notify Jewel Heart of my exposure and/or diagnosis.
iii. I will not return to Jewel Heart for the duration of the Retreat.

5. Covid-19 diagnosis prior earlier than 14 days prior to Retreat: If I have had Covid in the past (outside and before the 14 day period). I have recovered and received a negative Covid test confirming I was negative.

6. Requirements while at Jewel Heart:

i. **Mask:** I will wear a face mask at all times while inside at Jewel Heart.
ii. **Social Distancing**: I will maintain social distancing six (6ft) while at Jewel Heart other than with family members. No congregating in the building. Exit the building immediately after the teachings.
iii. **Singing and Chanting**: I will refrain from group singing, chanting and recitation of prayers out loud while at Jewel Heart.
iv. **Personal Hygiene**: I will wash my hands or use hand sanitizer frequently for my protection and the protection of others.
v. **Eating and Drinking**: I will not eat or drink inside Jewel Heart, and if I do so outside on Jewel Heart property, I will follow the social distancing rules above.

7. Jewel Heart's Full Discretion: Jewel Heart reserves the right to change these policies and procedures and/or cancel in-person attendance at Jewel Heart Center if circumstances warrant, including if anyone attending in person tests positive for Covid-19. Jewel Heart also reserves the right to ask anyone not following these policies and procedures to leave immediately and I agree to this.

8. Assumption of Risk: I understand Jewel Heart is relying on the good faith of attendees regarding the confirmations/certifications given in this Form and I assume all risk of getting sick with Covid-19 and the ramifications, up to and possibly including death, in attending this Retreat. I am attending the Retreat voluntarily fully aware of and at my own risk.

Signed_____ **Date**_____