

ANIMAL FLOW MENTORSHIP

AGREEMENT AND LIABILITY WAIVER

Global Bodyweight Training, LLC (GBT), a Florida limited Liability Company with headquarters in Boulder, Colorado, will conduct a weeklong Mentorship for Certified Animal Flow Instructors, at the Bodhi Tree Reort in Costa Rica from November 27 – December 4, 2021. GBT requires that all attendees read this document and execute it to indicate their understanding of, and agreement to, all provisions contained within.

I. CANCELLATION AND REFUND POLICY

We maintain a strict cancellation policy for the Mentorship, as the event requires extensive planning and it is difficult to fill spaces for an international trip at the last minute. You are required to attain your own travel insurance to cover most instances of cancellation.

Refunds will be provided according to this schedule. As noted on this schedule, if we are able to fill your spot after the cancellation deadline(s), we would then issue you a refund covering most of your payment.

- Cancel by July 28 (4 months prior to event): Full refund minus \$75 processing fees.
- Cancel between July 29 and September 28: 50% refund. However, if we are able to fill your spot, we will provide a 95% refund.
- Cancel on September 29 or later: 0% refund. However, if we are able to fill your spot, we will provide a 90% refund.

This schedule applies to your cancellation for any reason, including but not limited to injury or medical issues; family emergencies including death; cancellation or changes to your flights; changes to international travel permission or border restrictions due to COVID-19 or any other reason; and/or any other personal emergency. If we are still holding the retreat, we will not provide a refund beyond the schedule described above, even if your reason for not attending is beyond your control. For this reason, we require you to attain appropriate travel insurance that covers your travel and registration costs. We will not ask for proof of insurance, but by signing this document you indicate you understand the requirement and the refund policy.

If the venue requires us to postpone the event until a future date, we will automatically transfer you to the new date. We will attempt to find a date that is suitable for most people. If you cannot attend the new date, you may need to seek reimbursement from insurance company. We will work with individuals to find best solutions, but cannot guarantee that every person would be refunded the full amount. We therefore may direct you to your travel insurance company under some circumstances.

If our company, Global Bodyweight Training, LLC (owner of the Animal Flow brand) cancels the retreat, we will offer you a credit for a future event, or a full refund.

We reserve the right to change the participation of any of the Master Instructors listed as attending in the promotions for the event.

II. TRAVEL INSURANCE

You must acquire your own travel insurance that would cover your travel and event registration costs in the event you cannot attend for any reason, including any of the issues that might arise due to COVID-19. You can choose any travel insurance provider. The venue we are working with has recommended the following as providers that their groups frequently use: [Sagicor](#) , [Trawick](#) and [INS](#).

Many travel insurance companies require that you purchase the policy soon after purchasing travel, so we recommend that you don't wait for this.

We will not require that provide us with a copy of your insurance. By signing this document, you acknowledge that you understand the requirements and cancellation policy.

Note that the country of Costa Rica will also require you attain their own COVID-19 health insurance policy to enter the country. You can purchase this online ahead of time. More information on the CR requirements can be found below.

III. COVID-19 PRECAUTIONS

All Global Bodyweight Training staff, including the Master Instructor team, who will be involved in the event on-site at the venue will be fully vaccinated.

We will require all participants to present one of two options for entry to the Mentorship: proof of a negative PCR COVID-19 test conducted within last 72 hours; or full COVID-19 vaccination, with an appropriate ID matching the name on their documentation. We are not requiring that you be vaccinated, but would need the negative COVID test in lieu of vaccination.

You must comply with any regulations, requirements or legal standards established by the Costa Rica (CR) government. As of June 1, 2021, CR requires all international visitors to attain COVID specific insurance (see below for more information), but does not require a COVID test or vaccination. This could change at any time, and you must be ready to comply with whatever standards they require. If CR implements requiring a COVID-19 vaccination, and you will not be getting vaccinated for whatever reason, we will not be responsible for issuing any refunds outside of the regular refund policy stated above.

This link provides detailed information on entry Costa Rica, including links to their approved health insurance providers so you can check applicable costs:

<https://www.visitcostarica.com/en/costa-rica/planning-your-trip/entry-requirements>

You must comply with any regulations or requirements established by the Bodhi Tree Resort. As of June 1, 2021, Bodhi does not require wearing masks in the shala areas (ie the spaces where we will practice flow) but does require wearing a mask in common areas. This could change before November to be more or less strict. If you are not prepared to wear a mask in the areas where asked to, we will not be able to have you participate in the retreat. We will not require wearing masks above and beyond any requirements set by the venue.

It is your responsibility to determine if your own country and/or airline that you will travel on has additional COVID-19 requirements for your return.

We will arrange for COVID-19 testing for all participants who need to provide a negative test in order to return to their country. The Bodhi Tree resort works with a local clinic to conduct the tests. We will have the clinic providers come to the resort to conduct the tests. Currently, the test costs \$140 and must be paid by credit card (cash not accepted). You will need to pay for your own test. We assume no responsibility for the length of time it takes for the test results to be provided, and/or for consequences of a positive test result. Tests are conducted by Paradise Medical. More info can be found here:

https://docs.google.com/document/d/1oCYhnsC0nbXZMRV4RyqTdsNZe5JC_V-GR6KYPdr4frY/edit

If you are requesting to share accommodation with another participant, and are requesting that we pair you up with someone else, we will need to know your vaccination status upon registration. We will not pair up a vaccinated person with an unvaccinated person, unless you register together and request to share accommodations. We cannot guarantee that we will be able to pair up all non-vaccinated participants. If you are requesting a roommate, and are not vaccinated, and we cannot find a roommate for you, we will notify you three months in advance and give you the option to upgrade to a single room or to cancel your reservation. We will make every attempt to accommodate all requests before doing so. While it is our goal to accommodate all participants, we also must respect the fact that sharing close living quarters for seven days entails a higher level of risk than most interactions, and thus necessitates that we inquire about vaccination status.

IV. RISK, RELEASE AND WAIVERS

We request that you read and sign the following standard acknowledgement of risk, liabilities and obligations, and related release and waiver:

Acknowledgement of Risk, Liabilities and Obligations

In consideration of being permitted to participate in the Workshop and Activities, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the Workshop. I am aware of and acknowledge the following risks, and numerous other inherent risks, in observing or participating in the Workshop and in using the facilities:

- The activity I am to undertake is a dangerous activity and that I know, understand, and appreciate the inherent risks of participating exercise. I recognize that exercise requires physical exertion, which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved. I know exercise requires physical exertion and may involve strenuous, sustained movement, which can severely tax the cardiovascular, muscular, and joint systems. I know that these risks range from minor scrapes, pulled muscles, strains, sprains, joint injuries, and bruises to significant injuries such as broken bones, eye injury or loss, concussions, paralysis, serious neck and spinal injuries, brain damage, and even death.
- Any apparatus or other provisions provided for my protection, including the active participation of an Instructor, Assistant, or other personnel who will spot or assist in the performance of certain skills, may be inadequate to prevent serious injury. The risk of

harm may be reduced by all of the safety equipment and trained Instructors, but never eliminated

- I may be vulnerable to the reckless actions of others, who may not have complete control over their actions or who may not see others in the facilities. Other persons participating in such activity may cause me injury or may damage my property;
- I may cause injury to other persons or damage their property;
- The conditions in which the activity is conducted may vary without warning;
- There may be no or inadequate facilities for treatment or transport of me if I am injured;
- My personal property may be lost or damaged

I understand that it is my responsibility to consult a physician prior to and regarding my participation in the Mentorship and any follow-up or associated activities. I represent and warrant that I am physically fit and I have no medical condition which would prevent my full participation in these activities.

Release and Waiver

In consideration of my participation in the Mentorship and Activities, I hereby release and covenant not to sue Global Bodyweight Training, LLC and all of its partners, officers, agents, successors, contractors and instructors, including, but not limited to, the Mentorship leader, Master Instructors, staff, and the program creator Michael Fitch, from any and all present and future claims resulting from ordinary negligence on the part of GBT or others listed above, for property damage, personal injury, or wrongful death, arising as a result of (i) engaging in, or receiving instructions in the Mentorship or Activities, and/or (ii) using the facilities or equipment, wherever, whenever, or however the same may occur.

I intend to be legally bound, to hereby, for myself, family, heirs, estate and assigns, waive, release and forever discharge any and all rights and claims for damages resulting from ordinary negligence, both present and future, which I may have hereafter accrue to me against Global Bodyweight Training and all others listed.

I agree to indemnify and hold harmless Global Bodyweight Training and all others listed for any and all claims arising as a result of any of the Mentorship or Activities, whenever, wherever, or however the same may occur.