



**Bend Over Backwards Yoga 135 Machleary Street, Nanaimo, BC V9R 2G5**

## **QUESTIONS and ANSWERS about the WAIVER**

### **1. Why is the Studio asking students to sign a waiver now?**

Having students sign a waiver serves two purposes. First, it ensures that you are aware there are risks in taking yoga classes and your responsibility related to those risks. Second, it protects the Studio from claims for injury to person and property. Participants in sport and recreational activities have become increasingly aware of their right, if they become injured, to make a claim against the organizations offering these activities. In order to protect the Studio from the time and cost of defending an injury claim, we have created a release to ask people to think about their rights and responsibilities, and to waive any future claims against the Studio before engaging in any of our yoga classes, workshops or other events. The prevailing line of legal authority in Canada holds that releases relating to recreational sports activities are not unconscionable.

### **2. Do I have to sign the waiver to take classes at the Studio?**

Starting January 2016, all students must sign the waiver prior to attending classes, workshops, retreats, intensives and special events. The initial box insures that students think about each of the four points before signing the full waiver. To make registration easier, please print/download the waiver from the home page of our website [iyengaryogananaimo.com](http://iyengaryogananaimo.com).

### **3. When do I sign the waiver?**

As of July 4, 2016, **students are required to sign a waiver only twice a year:** at the beginning of Summer session and again in January. If you have completed a waiver since July 4, the next time to complete one is in January.

### **4. Why are we signing the waiver on paper and not on an electronic device?**

We do not currently have the infrastructure to allow for a digital waiver at this time. The Studio will keep the paper originals for 3 years. At that point, we will scan them onto a USB stick and hold on to them for another 2-3 years.

### **5. Why is the waiver written in this language?**

This kind of language is consistent with language used in waivers examined by the courts in the prevailing line of legal authority in Canada.

### **6. Why doesn't the Studio just purchase enough insurance to cover damages and legal costs in the event we are sued?**

A waiver provides protection against lawsuits and it would be prohibitive to pay the insurance rates for the amount of insurance required.