This notice is to formalize my opt-out of wearing a mask on school property. I am hereby exempt from all suggestions, guidelines, and rules that claim to force the wearing of masks. Obstructing breathing is dangerous to my health and forcing me to wear a mask is a violation of Utah’s laws, in addition to moral and religious objections that I have. These objections are protected under both the US and Utah constitutions free exercise of religion clauses.

The governor’s current executive order allows for numerous exemptions. I expect these exemptions to be honored as found in Executive Order 2020-48 Section 3 and State Health Order 2020-11 Section 3

Any attempt to force or intimidate me into wearing a mask may be considered a crime under various applicable laws. Additionally, claiming it is somehow a law is a violation of US Code Title 18 Section 242 which provides criminal penalties for a government representative depriving someone of their rights under the color of law.

In addition to the executive order, there is currently no law in Utah that can force any adult or child to wear a mask under any condition against their will. Article VI of the Utah State Constitution grants legislative power to the legislature and the people through referendum, not to any administrator, school board, health department or governor.

My healthcare decisions are between me and the medical professionals I choose, not the government. I will not jeopardize my health because evidence shows many risks of wearing masks, including, but not limited to, the following:

* Hypoxia: When body tissue does not get enough oxygen
* Hypercapnia: When elevated levels of carbon dioxide in the blood can cause dizziness, shortness of breath, headaches, and in extreme cases, hyperventilation, seizures and possible death (Found in OSHA regulations)

I also believe it to be a religious obligation to care for my health, and find it a violation of religious freedom to be compelled to engage in behavior that I expect to jeopardize health.

I do not need permission to exercise my constitutional rights, nor can I be compelled to go through any bureaucratic process before my rights are honored. Those rights existed and may be exercised by me simply stating them, as I have done here.

Thank you for your compliance with the law.

Signed,