

GYM WAIVER OF LIABILITY



I/We understand that participating in training sessions, fitness programs, or events at [Gym Name] involves certain inherent risks. These risks include, but are not limited to, the possibility of injury, illness, accidents, or even death. By choosing to participate, I/we accept full responsibility for any risks, including those related to falls, physical contact with others, environmental conditions such as extreme heat or humidity, and other potential hazards that may arise.

I/We also acknowledge that it is my/our responsibility to inform the gym staff of any physical, mental, or medical conditions that may affect my/our ability to safely participate in activities. I/we confirm that I am physically and mentally prepared to engage in the activities I/we have chosen to participate in.

Having read this waiver, I/we understand the risks involved and, in consideration of being allowed to participate and receive services from [Gym Name], I/we agree to release and hold harmless [Gym Name], its officers, employees, agents, representatives, and affiliates from any liability or claims arising from my participation in any gym activities.

By signing below, I/we confirm that I/we have read and understood this Waiver of Liability. I/we are aware that this document is a release of liability and voluntarily agree to its terms.

Participant's Name (Printed): _____

Participant's Signature: _____

Date: _____

Emergency Contact Name: _____

Phone: _____

If participant is under 18:

Parent/Guardian Name (Printed): _____

Parent/Guardian Signature: _____

Date: _____

