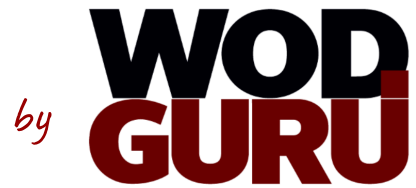


# GYM WAIVER OF LIABILITY



*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:** \_\_\_\_\_