

Gym liability waiver

Participation in gym activities

I voluntarily choose to use the facilities, equipment, services and activities provided by **[Gym Name]**.

Gym activities may include:

- Strength and resistance training
- Cardiovascular exercise
- Functional fitness
- Free weights and weight machines
- Group fitness classes
- Personal training
- Stretching and mobility exercises
- Use of changing rooms, showers and shared facilities
- Participation in fitness challenges, events or assessments

I understand that participation is voluntary and that I may stop exercising at any time.

The gym may restrict, suspend or refuse participation if it reasonably believes that I am unable to exercise safely, have failed to follow instructions or present a risk to myself or others.

Memberships, bookings, deposits and fees remain subject to the gym's payment, cancellation and refund policies.

Health and fitness

I confirm that I am physically and mentally capable of participating safely, except for any health condition, injury or limitation that I disclose before exercising.

I agree to inform the gym, instructor or personal trainer about relevant information, including:

- A current or recent injury
- Pain, swelling or restricted movement
- A heart, circulation or blood-pressure condition
- Asthma or another breathing condition
- Diabetes
- Epilepsy, seizures, fainting or loss of consciousness
- A joint, bone, muscle or neurological condition
- Recent surgery or medical treatment

- Pregnancy or possible pregnancy
- Medication that may affect coordination, heart rate, blood pressure or alertness
- A restriction recommended by a healthcare professional
- Any need for assistance or reasonable adjustments

I understand that gym staff and fitness instructors are not medical professionals unless expressly stated otherwise.

The gym may recommend that I obtain medical advice or clearance before exercising.

I remain responsible for deciding whether I am fit to participate and for stopping if I feel unwell, injured or unable to continue safely.

Risks of gym participation

I understand that exercise and use of gym equipment involve ordinary and inherent risks that cannot be completely eliminated.

Possible risks include:

- Slips, trips and falls
- Cuts, bruises and abrasions
- Muscle soreness and fatigue
- Strains, sprains and fractures
- Joint, tendon or ligament injuries
- Back, neck or spinal injuries
- Dropped weights or moving equipment
- Collisions with people, equipment or objects
- Overexertion
- Dehydration or heat-related illness
- Dizziness, fainting or loss of balance
- Breathing difficulties
- Unexpected cardiovascular or medical events
- Equipment failure or misuse
- Aggravation of an existing injury or condition
- Serious injury, permanent disability or, in rare cases, death

I understand that the likelihood of injury may depend on my health, fitness level, technique, exercise intensity and use of equipment.

I voluntarily accept the ordinary and inherent risks of gym participation.

Exercise intensity and personal limits

I understand that I am responsible for exercising within my own ability and physical limits.

I agree to:

- Begin at an appropriate intensity
- Use suitable resistance and weights
- Maintain appropriate form and technique
- Take reasonable breaks
- Stay adequately hydrated
- Avoid exercising through severe pain
- Stop immediately if I feel dizzy, faint, unusually short of breath or unwell
- Tell a member of staff about any injury or concerning symptom

I understand that exercise programs, classes and trainer recommendations are general fitness guidance and do not guarantee a particular result.

Fitness progress, weight loss, strength, endurance and other results vary between participants.

Equipment use

I agree to use gym equipment only for its intended purpose and according to instructions.

I will not use equipment that I do not understand or feel capable of using safely.

I agree to:

- Check equipment before use
- Follow posted instructions
- Use safety clips, guards and restraints where required
- Return weights and equipment safely
- Keep exercise areas reasonably clear
- Ask staff for assistance when uncertain
- Stop using and report damaged or malfunctioning equipment

Where appropriate, I will use a spotter or other recommended safety measures.

I accept responsibility for injury or damage caused by my intentional misuse, reckless conduct or failure to follow reasonable instructions.

I am not responsible for ordinary wear and tear or pre-existing equipment damage.

Free weights and resistance training

I understand that lifting weights may involve additional risks, including dropped weights, failed repetitions, incorrect technique and loss of control.

I agree not to attempt a weight, movement or exercise beyond my reasonable ability.

I will use appropriate racks, supports, collars and safety equipment where available.

I will not stand unnecessarily close to another person who is lifting.

I understand that using a spotter may reduce certain risks but cannot eliminate every possibility of injury.

Group classes and personal training

Where I participate in a class or personal training session, I agree to follow the instructor's reasonable directions.

I understand that instructors may provide exercise options or modifications, but I remain responsible for choosing an appropriate level.

I will inform the instructor of relevant injuries, health conditions or limitations before the session begins.

I understand that the instructor may ask me to stop, modify or avoid an exercise for safety reasons.

I may decline an exercise or stop the session at any time.

Hygiene and shared facilities

I agree to follow the gym's hygiene and facility rules.

I will:

- Clean equipment after use where required
- Use appropriate clothing and footwear
- Avoid attending when I have a contagious illness
- Keep personal belongings out of exercise areas
- Use changing rooms, showers and shared spaces appropriately

- Report spills, hazards or damaged facilities

I understand that shared facilities may involve exposure to bacteria, viruses, fungi and other communicable conditions despite reasonable cleaning measures.

Alcohol, drugs and impairment

I will not use gym equipment or participate in activities while impaired by:

- Alcohol
- Recreational or illegal drugs
- Medication that affects coordination, judgment or alertness
- Extreme fatigue, illness or another condition that makes exercise unsafe

I understand that the gym may refuse or end participation if it reasonably believes that I am impaired or unable to exercise safely.

Personal conduct

I agree to behave responsibly and respectfully.

I will not:

- Use equipment recklessly
- Distract or interfere with another participant
- Engage in threatening, abusive or violent behaviour
- Enter restricted or staff-only areas
- Damage or alter equipment
- Ignore reasonable safety instructions
- Create an unnecessary hazard for other people

The gym may suspend or terminate access where a participant behaves dangerously, repeatedly breaks facility rules or seriously disrupts other users.

Personal belongings

I understand that personal belongings may be lost, stolen or damaged while at the gym.

I am responsible for securing phones, jewellery, clothing, bags and other personal property.

I agree not to leave valuable or unnecessary items unattended.

To the fullest extent permitted by applicable law, the gym is not responsible for ordinary loss, theft or damage to personal belongings unless caused by liability that cannot legally be excluded.

Emergency assistance

If I become ill or injured, I authorise the gym and its staff to:

- Provide reasonable first aid
- Stop me from continuing the activity
- Contact my emergency contact
- Contact emergency medical services
- Arrange transportation to an appropriate healthcare facility
- Share relevant information with emergency responders
- Take reasonable action to protect my immediate safety

I understand that the gym cannot guarantee that my emergency contact will be reached before assistance is provided.

I accept responsibility for medical, ambulance and treatment expenses unless applicable law or legally established liability requires otherwise.

Assumption of risk

I knowingly and voluntarily accept the ordinary and inherent risks associated with using the gym and participating in fitness activities.

I accept responsibility for injuries, losses or complications caused or materially contributed to by:

- Relevant health information I concealed or provided inaccurately
 - A medical condition or limitation I failed to disclose
 - My failure to follow reasonable safety rules or instructions
 - My incorrect or unauthorised use of equipment
 - My decision to exercise beyond my ability
 - My reckless, unlawful or prohibited conduct
 - My participation while impaired, injured or medically unfit
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Liability release

To the fullest extent permitted by applicable law, I release **[Gym Name]** and its owners, directors, employees, instructors, personal trainers, contractors and representatives from claims arising solely from:

- Ordinary and inherent gym and exercise risks knowingly accepted in this form
- Relevant information I concealed or provided inaccurately
- My failure to follow reasonable safety instructions
- My incorrect or unauthorised use of equipment
- My reckless, unlawful or prohibited conduct
- The actions of another participant where they were outside the gym's reasonable control
- Events outside the gym's reasonable control

This release does not exclude or limit liability that cannot legally be excluded or limited.

It does not apply to fraud, intentional misconduct, gross negligence, reckless conduct, violations of mandatory consumer rights or any other liability that applicable law prohibits the gym from waiving.

Participants under the legal age of consent

Where I sign on behalf of a minor or dependant, I confirm that:

- I am legally authorised to provide consent.
- I have provided accurate health and support information.
- I understand the nature and risks of gym participation.
- I give permission for the participant to use the gym and take part in approved activities.
- I agree to help ensure that the participant follows all facility rules.
- I authorise reasonable emergency assistance where necessary.

The gym remains responsible for complying with applicable supervision, safeguarding and child-protection requirements.

Privacy and recordkeeping

I understand that the gym may collect and retain information where reasonably necessary to:

- Register and identify members and participants
- Manage memberships, bookings and services
- Understand relevant health or support needs

- Maintain consent, attendance and safety records
- Respond to injuries, incidents, complaints or legal claims
- Communicate about the membership or service
- Meet insurance and legal obligations

Information will be handled according to the gym's privacy notice and applicable data-protection laws.

Final declaration

By completing and signing this form, I confirm that:

- I have read and understood the entire waiver.
 - The information provided is complete and accurate.
 - I understand the nature of gym and fitness activities.
 - I understand and accept the ordinary and inherent risks.
 - I will use equipment responsibly and follow safety instructions.
 - I will exercise within my own ability and physical limits.
 - I will not participate while impaired or medically unfit.
 - I authorise reasonable emergency assistance where necessary.
 - I had an opportunity to ask questions before signing.
 - Participation is voluntary.
 - I understand that this form does not remove rights or protections that cannot legally be waived.
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Participant completion

Contact details

First name *

Last name *

Phone

Email *

- ☐ I have read, understood and agree to the Gym Liability Waiver and Assumption of Risk above. I confirm that the information provided is accurate, that I am authorised to sign for the participant where applicable and that I voluntarily accept the risks of gym and fitness participation. *

Signature *