

Gym waiver form

Gym Liability Waiver & Assumption of Risk

Please read this agreement carefully before using the gym, fitness equipment, training areas, classes, or other facilities and services.

Participation in gym activities

I understand that gym and fitness activities may include cardiovascular exercise, resistance training, free weights, weight machines, functional training, stretching, bodyweight exercises, group fitness classes, personal training, and other physical activities.

I understand that these activities may be physically demanding and that participation involves risks that cannot be completely eliminated even when equipment is properly maintained, instructions are followed, and reasonable safety precautions are used.

Assumption of risk

I understand that risks associated with gym participation may include overexertion, muscle soreness, strains, sprains, joint injuries, falls, slips, collisions, dropped weights, equipment malfunction or misuse, injuries caused by other participants, and aggravation of existing injuries or medical conditions.

Exercise may also involve less common but potentially serious risks, including fractures, head injuries, cardiovascular events, loss of consciousness, permanent disability, or death.

I voluntarily choose to participate and accept the inherent risks associated with exercise, fitness activities, and use of gym facilities and equipment.

Health & physical condition

I am responsible for determining whether I am physically able to participate in exercise and use gym equipment safely. I agree to disclose relevant injuries, medical conditions, physical limitations, or restrictions when appropriate.

If I have been advised by a healthcare professional to restrict physical activity, have symptoms that may make exercise unsafe, or am uncertain whether exercise is appropriate for me, I understand that I should seek appropriate medical advice or clearance before participating.

I agree to stop exercising and notify gym staff if I experience chest pain, unusual shortness of breath, severe dizziness, fainting, significant pain, or another concerning symptom while participating.

Equipment & facility safety

I agree to use gym equipment only for its intended purpose and to follow posted rules, equipment instructions, and reasonable directions from gym staff.

I will not use equipment that I believe is damaged or unsafe and will report unsafe equipment or facility conditions to gym staff. If I do not know how to use a piece of equipment safely, I will seek instruction before using it.

I understand that I am responsible for selecting weights, resistance levels, exercises, and training intensity appropriate for my experience and physical condition unless I am participating under the direct instruction of a qualified trainer.

Conduct & responsibility

I agree to exercise responsibly, respect other participants, maintain reasonable awareness of my surroundings, and follow gym rules intended to protect members, visitors, employees, and equipment.

I understand that the gym may restrict or stop my participation if staff reasonably believe my conduct, equipment use, or physical condition creates an immediate safety risk.

Emergency medical care

If an injury or medical emergency occurs and I am unable to provide instructions, I authorize gym staff or representatives to provide reasonable first aid and to contact emergency medical services when they believe it is appropriate.

I understand that gym staff may not be medical professionals, that the gym does not guarantee the availability or outcome of medical care, and that I am responsible for medical expenses arising from my participation to the extent permitted by law.

Personal belongings

I am responsible for safeguarding my personal belongings while using the facility. Lockers or storage areas, if provided, do not guarantee protection against loss, theft, or damage.

Release of liability

In consideration for being permitted to use the gym and participate in its activities, I voluntarily assume the inherent risks associated with fitness activities, exercise equipment, and use of the facility.

To the fullest extent permitted by applicable law, I release and waive claims against the gym, its owners, employees, trainers, instructors, contractors, volunteers, representatives, and facility owners or operators arising from injury, illness, death, loss, or property damage connected with my participation or use of the facility, including claims arising from ordinary negligence where such claims may legally be waived.

This agreement does not release liability or waive rights that cannot legally be released or waived under applicable law.

Participants under the age of majority

If the participant is under the legal age of majority, a parent or legal guardian must complete and sign this agreement. The parent or legal guardian confirms that they have authority to consent to the minor's participation and agrees to these terms on their own behalf and on behalf of the minor to the extent permitted by applicable law.

Participant information

Participant full name *

Participant date of birth *

Who is completing and signing this waiver? *

- ☐ Participant — I am of legal age
- ☐ Parent or legal guardian of a minor participant

Contact details *

First name *

Last name *

Phone *

Email *

Parent or legal guardian name, if applicable**Emergency & health information****Emergency contact name *****Emergency contact phone number ***

List any injuries, medical conditions, medications, pregnancy, physical limitations, or other health information that may affect safe participation in exercise.

Has a healthcare professional advised you to restrict or avoid exercise? *

- ☐ No
- ☐ Yes
- ☐ Unsure

Do any of the following currently apply? Select all that apply.

- ☐ Chest pain during physical activity
- ☐ Unexplained dizziness or fainting
- ☐ Unusual shortness of breath
- ☐ Known heart or cardiovascular condition
- ☐ Recent surgery or hospitalization
- ☐ Recent significant injury
- ☐ Joint or mobility limitation
- ☐ Other condition that may affect exercise

If you selected any health concern above, provide any relevant details, restrictions, or medical guidance.

Gym activities

Which gym activities may you participate in? Select all that apply.

- ☐ Cardio equipment
- ☐ Resistance machines
- ☐ Free weights
- ☐ Functional training
- ☐ Bodyweight exercise
- ☐ Group fitness classes
- ☐ Personal training
- ☐ Stretching or mobility work

Acknowledgment & signature

- ☐ I have read and understand the risks associated with exercise, gym equipment, free weights, physical exertion, and use of the facility. *

- ☐ I voluntarily accept the inherent risks associated with gym participation and exercise. *

- ☐ I confirm that I am responsible for exercising within my abilities and for obtaining medical advice or clearance when appropriate. *

- ☐ I agree to follow gym rules, use equipment responsibly, stop exercising if I experience concerning symptoms, and report unsafe equipment or conditions. *

- ☐ I authorize reasonable first aid and emergency medical assistance if needed and understand that I am responsible for resulting medical expenses to the extent permitted by law. *

- ☐ I agree to the release of liability described above to the fullest extent permitted by applicable law. *

- ☐ If I am signing for a minor, I confirm that I am the participant's parent or legal guardian and have authority to consent to their participation. If I am signing for myself, this statement does not apply. *

- ☐ I confirm that I have read this waiver, understand its terms, had the opportunity to ask questions, and am signing voluntarily. *

Participant (legal age) or parent/legal guardian signature *