Ninja gym waiver

Participation in ninja gym activities

I voluntarily choose to participate, or give permission for the participant named in this form to participate, in ninja gym activities provided or organised by **[Ninja Gym Name]**.

Ninja gym activities may include:

- Open gym sessions, classes, camps and birthday parties
- Warped walls, salmon ladders, rings, cargo nets, hanging holds, balance obstacles and climbing elements
- Timed runs, competitions and team challenges
- Strength and conditioning exercises and warm-ups
- Use of foam pits, crash mats, trampolines and rigs, where provided

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

The gym may refuse, restrict or end participation if it reasonably believes that a participant cannot take part safely, has failed to follow instructions or presents a risk to themselves or others.

Bookings, memberships and fees remain subject to the gym's cancellation and refund policies.

Eligibility and age groups

I confirm that the participant meets the gym's age, height and ability requirements for the session or obstacle they are using.

I confirm that the participant's name and age are accurately recorded. The gym may place participants in age or ability groups, and I understand that some obstacles may be restricted by group.

I confirm that the participant is physically and mentally capable of taking part, except for any condition or limitation disclosed to the gym before participation.

I understand that older and younger participants, or participants of different abilities, may share the gym during open sessions unless the gym has separated them.

Parent or guardian sign-off

Where the participant is a minor or another person who cannot legally provide their own consent, I confirm that I am their parent, legal guardian or otherwise legally authorised to provide consent on their behalf.

I confirm that I have explained the gym's rules and the risks of participation to the participant in a way suited to their age and understanding.

If someone else brings the participant to the gym, I confirm that I have told them about any restriction or health information that applies.

The gym may ask to see evidence of my authority to sign, and may refuse participation if it cannot confirm that consent has been given.

Children's supervision

I understand that coaches supervise sessions, but that they cannot watch every child at every moment.

A parent, guardian or responsible adult must remain on site for any child the gym requires to be accompanied. Adults must stay in viewing areas unless staff allow them on the gym floor.

I agree that children who are not taking part must not climb on or play near obstacles, mats or foam pits.

I will collect the participant on time at the end of their session and tell staff if someone else is authorised to collect them.

Ninja gym risks

I understand that ninja training involves climbing, jumping, swinging, hanging and landing, often at height and at speed, and that it requires a level of strength, grip and coordination.

I understand that falls are a normal part of ninja training and may happen even when the participant is careful and has been properly coached.

Possible risks include:

- Falls from height, including from warped walls, rigs, rings and cargo nets
- Hard or awkward landings, including on the edge of a mat or between mats
- Sprains, strains and fractures, particularly of the wrists, arms, elbows, shoulders, ankles and knees
- Head, face, neck and spinal injuries, including concussion
- Tears, blisters and friction burns on the hands from grip work
- Being struck by a swinging obstacle, or another participant
- Finger, hand or limb injuries from rungs, holds, ropes and netting
- Collisions on run-ups, and with people passing under an obstacle
- Exhaustion, overuse injuries and muscle damage

- Serious injury, permanent disability or, in rare cases, death

I understand that the gym cannot eliminate every risk associated with ninja training.

I voluntarily accept the ordinary and inherent risks of participation.

Warped walls, height and landing

I understand that warped walls involve a fast run-up, a steep curved surface and a possible slide or fall back on to the mat.

I understand that a participant may hit the wall, slip, roll backwards, or fall on to someone else who is too close to the landing area.

I understand that mats, foam pits and padded floors reduce some impacts but do not prevent all injury. A participant may still be injured even when landing on a mat.

A participant must not attempt a wall height or an obstacle that staff have not cleared them for, and must leave the landing area immediately after a fall or a completed attempt.

Grip, rigs and spotting

I understand that a participant's grip may fail without warning because of fatigue, sweat, chalk, or a damaged or slippery surface.

I understand that hanging holds, ropes, rings and other rig elements can spin, swing or move, and that despite inspection and maintenance any equipment may fail, loosen or break.

I understand that spotting is a coaching aid only. Coaches do not spot every attempt, and a spotter may not be able to prevent a fall or injury.

I agree to tell staff immediately about any loose, worn or damaged hold, rope, ring, mat or fixing, and not to use it until staff have checked it.

Gym rules

I agree to attend the gym's safety briefing and to follow all instructions from coaches and staff.

I agree that participants will:

- Warm up before using any obstacle
- Use obstacles only one at a time, and wait until the landing area is clear
- Use each obstacle only as instructed, without adding, moving or adjusting holds

- Never climb on the outside or top of a rig, or use an obstacle upside down without clearance
- Remove jewellery, watches and any hard items from pockets, and tie back long hair
- Wear suitable sports clothing and the footwear the gym requires
- Stop immediately when told to stop, and report any injury, however minor

The gym may remove any participant who ignores safety rules or behaves recklessly, violently or disruptively.

I may be charged for damage caused deliberately or through misuse.

Physical condition and health

I agree to inform the gym about any condition that may affect safe participation, including:

- A current injury or physical limitation
- Wrist, elbow, shoulder, back, knee or ankle problems
- A previous concussion or head injury
- Heart, circulation or blood-pressure conditions
- Asthma or breathing difficulties
- Epilepsy, seizures, fainting or loss of consciousness
- Hypermobility or joint instability
- Limited vision or balance difficulties
- Recent surgery or medical treatment
- Pregnancy or possible pregnancy
- Medication that thins the blood or affects coordination, judgment or alertness
- A restriction recommended by a healthcare professional

I understand that staff are not medical professionals unless expressly stated otherwise.

I will stop and inform a staff member if I experience pain, dizziness, breathing difficulty, unusual weakness or another concerning symptom.

Alcohol, drugs and impairment

I will not participate while impaired by:

- Alcohol
- Recreational or illegal drugs
- Medication that affects judgment, coordination or alertness

- Fatigue, illness or another condition that makes participation unsafe

I understand that the gym may refuse or end participation if it reasonably believes that a participant is impaired.

Personal belongings

I understand that clothing and personal belongings may become dirty, wet, damaged, lost or stolen.

I am responsible for protecting phones, jewellery, glasses, clothing and other personal property.

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

Emergency assistance

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

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

I understand that the gym cannot guarantee that an 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 ninja gym training.

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

- Relevant information I concealed or provided inaccurately
- A health condition or limitation I failed to disclose
- Failure to follow gym rules or staff instructions

- Attempting an obstacle or height that has not been cleared by staff
- Incorrect use of obstacles, mats or equipment
- Failure of the participant’s grip during normal use
- Reckless, unlawful or prohibited conduct
- Participation while impaired or medically unfit

Liability release

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

- Ordinary and inherent ninja training risks knowingly accepted in this form
- Relevant information I concealed or provided inaccurately
- Failure to follow reasonable safety rules or instructions
- Attempting obstacles or heights without staff clearance
- Incorrect or unauthorised use of obstacles or equipment
- Reckless, unlawful or prohibited conduct
- The conduct of another participant where it was 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, breaches of mandatory safeguarding duties, violations of mandatory consumer rights or any other liability that applicable law prohibits the gym from waiving.

Privacy and recordkeeping

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

- Register and identify participants
- Confirm consent and eligibility
- Manage bookings and activities
- Understand relevant health or support needs
- Maintain safety and incident records
- Respond to injuries, complaints or legal claims
- Meet insurance, safeguarding 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 that ninja training involves falls and may cause serious injury.
- I understand that mats, foam pits and spotting do not prevent all injury.
- I understand and accept the ordinary and inherent risks.
- I agree to follow all gym rules and staff instructions.
- Where the participant is a minor, I am authorised to sign and will meet the gym’s supervision requirements.
- I will not allow participation 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.

Participant completion

Contact details

First name *

Last name *

Phone

Email *

Participant’s full name *

Participant’s age *

Session type *

- [ ] Class or course
- [ ] Open gym
- [ ] Camp
- [ ] Birthday party or group event
- [ ] Competition

☐ I have read, understood and agree to the Ninja 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 ninja gym training. *

Signature *