Gym Membership Waiver & Release

Membership and Facility Use

I am applying for a membership, trial, day pass or guest visit at . In exchange for access to the facility, equipment, classes and services of , I agree to the terms of this waiver, which apply to every visit I make.

Risks of Exercise and Gym Use

I understand that exercise and the use of gym equipment involve risks of injury. These risks include, but are not limited to:

- muscle strains, pulls and tears, joint sprains, back injuries and tendon injuries from lifting, overtraining or poor form;
- being struck by, crushed under or pinched by free weights, plates, barbells, kettlebells, cables or machine parts;
- falling from or being thrown off treadmills, rowers, bikes, stair climbers and other cardio machines;
- slipping on sweat, water or chalk, or tripping over equipment left on the floor;
- collisions with other members during group classes or in crowded areas;
- fainting, dizziness, dehydration, heat exhaustion, heart attack, stroke or other cardiovascular events; and
- infections from shared equipment, showers and changing rooms.

I understand that some of these injuries can be serious, and that they may happen even when equipment is well maintained and I am careful.

Health and Fitness

I confirm that I have no medical condition that would prevent me from exercising safely, or that I have been cleared to exercise by a physician. I understand that recommends a medical check before starting any exercise program, especially for anyone with heart disease, high blood pressure, diabetes, joint problems, a recent injury or surgery, or who is pregnant. I will stop exercising immediately and tell staff if I feel chest pain, shortness of breath, dizziness or unusual discomfort.

Gym Rules

I agree to:

- use equipment only for its intended purpose and as instructed, and ask staff if I am unsure;
- use collars on barbells and a spotter or safety arms when lifting heavy weights;
- re-rack weights and return equipment after use;
- wear appropriate athletic shoes and clothing;
- wipe down equipment after use;
- not train under the influence of alcohol or drugs; and
- follow all posted rules and instructions from staff.

I will report any damaged or malfunctioning equipment to staff immediately and will not use it.

Unstaffed Hours

If my membership includes access when no staff are present, I understand that no one may be available to help me in an emergency. I accept the additional risk of training alone. I will not lend my key, card or code to anyone, allow others in behind me, or bring guests during unstaffed hours unless permitted. I know where the emergency phone, first aid kit and AED (if provided) are located, and I will call emergency services directly if needed. may use video surveillance for security.

Assumption of Risk and Release

I voluntarily assume all risks of using the facility, equipment and classes of . To the fullest extent permitted by law, I release , its owners, employees, trainers and agents from all claims for injury, illness, death or property damage arising from my membership or visits, including claims arising from the ordinary negligence of . This does not apply to gross negligence or willful misconduct.

Indemnification

I will indemnify against any claims or costs arising from my conduct at the facility, including injuries I cause to other members or guests, or damage I cause to equipment.

Emergency Treatment

If I need medical help and cannot make decisions for myself, I authorize staff to give first aid, use an AED and call emergency services. I will pay any resulting medical costs.

Personal Property

 is not responsible for lost, stolen or damaged property, including items stored in lockers. Lockers are for use during my visit only and may be cleared at closing.

General

This waiver remains in effect for the duration of my membership and any renewals. If any part is unenforceable, the remainder remains in effect. It is governed by the laws of the state or country in which operates.

Please initial each statement

___ I am at least 18 years old, or the minimum age set by {{business}} with a parent or guardian's signature.

___ I am physically able to exercise and have disclosed any condition that may affect my safety.

___ I understand the risks of using gym equipment and classes and voluntarily accept them.

___ I understand that during unstaffed hours no one may be available to help me in an emergency.

___ I release {{business}} from liability as described in this waiver, to the extent permitted by law.

Participant full name

Date

Date of birth

Phone

Email

Emergency contact name & phone

Signature