

# Basic Gym Membership Waiver Form

This **basic gym membership waiver form** sample document ensures that members acknowledge and accept the risks associated with gym activities. It provides clear terms to protect the facility from liability while promoting a safe workout environment. Users can easily customize the form to fit their specific gym policies and legal requirements.

Member Information

Full Name:

Date of Birth:

Address:

Phone Number:

Email:

Waiver and Release of Liability

I understand that participation in gym activities involves inherent risks, including, but not limited to, injury or illness. I voluntarily accept these risks and agree to waive, release, and discharge [Gym Name], its owners, staff, and affiliates from any liability for injuries, damages, or claims resulting from my participation.

By signing below, I acknowledge that I have read, understood, and agree to the terms and conditions set forth in this waiver form.

Signature

Signature:

Date:

Submit