

# Customizable Gym Waiver Form Sample

Our **customizable gym waiver form** sample provides a clear and legally sound release of liability, ensuring gym owners protect themselves from potential claims. Easily tailored to fit your specific needs, it helps safeguard both the facility and its members. Use this form to promote safety and responsibility in your fitness environment.

## Gym Waiver and Release of Liability

Participant's Full Name:

Date of Birth:

Address:

Phone Number:

Email Address:

### Release of Liability:

I, the undersigned, acknowledge and agree that my participation in any and all activities at [Gym Name] is voluntary and carried out at my own risk. I hereby waive, release, and discharge [Gym Name], its owners, employees, and agents from any and all claims or liabilities for injuries or damages arising from my use of the facility or participation in activities, to the fullest extent permitted by law.

I have read, understand, and agree to abide by all posted gym rules and safety guidelines. I certify that I am physically fit to participate in exercise and training activities at this facility.

I have read and agree to the terms above.

Signature:

Date:

**Submit**

This form is a sample only. Please consult your legal advisor to ensure compliance with local laws and regulations.