

# Gym Membership Liability Waiver Form Sample

A **gym membership liability waiver form** sample is a crucial document that helps protect fitness centers from legal claims by members. It clearly outlines the risks involved and ensures that participants acknowledge these before using the gym facilities. Utilizing this form enhances safety protocols and promotes responsible gym usage.

## Sample Gym Membership Liability Waiver Form

Member Information

Full Name:

Date of Birth:

Address:

Phone Number:

Email:

Assumption of Risk and Waiver of Liability

I, the undersigned, understand and acknowledge that participation in gym activities and use of gym equipment involves inherent risks, including but not limited to serious injury or death. I voluntarily assume all such risks, whether known or unknown, and agree to release, waive, discharge, and covenant not to sue [Gym/Fitness Center Name], its owners, employees, instructors, agents, and representatives from any and all liability, claims, demands, actions, or causes of action arising out of or related to any loss, damage, or injury, including death, that may be sustained while participating in any activity or while on gym premises.

I certify that I am physically fit to participate in activities at the gym and have disclosed any relevant health conditions to the staff.

☐ I have read, understood, and agree to the terms of this liability waiver.

Member Signature:

Date:

Submit