

Gym Waiver and Release of Liability

A **gym waiver form** is essential for personal trainer clients to acknowledge the risks associated with physical activity. This document ensures clients understand liability limitations and consent to terms before beginning training sessions. Properly completing the waiver promotes safety and legal protection for both parties.

Client Information

Full Name:

Date of Birth:

Emergency Contact Name & Phone:

Acknowledgement of Risk

I understand that participation in gym sessions, fitness evaluations, and exercise activities involves inherent risks, including but not limited to the risk of injury, illness, or even death. I hereby voluntarily accept and assume all such risks, known or unknown, and acknowledge responsibility for my own safety and health.

Medical Clearance

I certify that I have consulted with a healthcare provider and am physically capable of participating in fitness training. I will notify my trainer of any health changes, conditions, or injuries before each session.

Waiver and Release of Liability

In consideration of being permitted to participate in personal training sessions, I hereby release, waive, discharge, and covenant not to sue the personal trainer, facility, employees, or agents from any and all liability, claims, demands, actions, or causes of action arising from or related to any loss, damage, or injury sustained during training, whether caused by negligence or otherwise.

Consent

By signing this form, I acknowledge that I have fully read, understood, and agree to all terms and conditions stated within this gym waiver and release of liability.

Client Signature:

Date:

This is a sample gym waiver form template. Consult a legal professional to ensure compliance with applicable laws and regulations.

