

# Gym Membership Liability Waiver Form Sample

Review this **gym membership liability waiver form sample** to understand the essential terms that protect fitness centers from legal claims. It clearly outlines the responsibilities and risks members agree to before using gym facilities. Using a well-crafted waiver ensures both safety and legal compliance for gym operators and members.

## Sample Liability Waiver Form

### Participant Information

Full Name:

Date of Birth:

Address:

Phone Number:

### Waiver and Release of Liability

By signing this waiver, I acknowledge and agree as follows:

- I understand that participating in gym activities involves inherent risks, including but not limited to physical injury.
- I voluntarily assume all risks associated with using the gym's equipment and participating in its activities.
- I hereby release and discharge [Gym Name], its employees, and affiliates from any and all claims, liabilities, or causes of action arising from my participation.
- I have consulted a physician or chosen to participate without such consultation and am physically fit to engage in gym activities.
- I agree to comply with all gym rules and follow staff instructions.

I have read and fully understand this liability waiver and agree to its terms.

### Signature

Signature:

Date:

Submit