

Participant Waiver Form Sample for Fitness Classes

Download a **participant waiver form sample** designed specifically for fitness classes to ensure safety and legal protection. This form clearly outlines the risks involved and participant responsibilities before engaging in any physical activities. Use it to maintain a professional and secure environment for both instructors and attendees.

Fitness Class Participant Waiver & Release of Liability

Participant Name:

Date of Birth:

Emergency Contact Name & Phone:

Assumption of Risk:

I, the undersigned, understand that participating in fitness classes involves physical activity which carries risk of injury, illness, or even death. I am voluntarily participating and am physically fit to participate.

Release of Liability:

I hereby release and hold harmless the organizers, instructors, and venue from any and all claims, liabilities, or damages arising from my participation in fitness classes.

Medical Consent:

I certify that I have no known physical or medical condition which would prevent safe participation. I agree to notify the instructor of any health concerns prior to class.

☐ I have read, understand, and agree to the terms above.

Participant Signature:

Date:

Submit

This sample waiver form template is provided for general guidance and should be reviewed by a legal professional to ensure compliance with local laws and requirements.