

# Gym Injury Liability Waiver Form (Adults)

This **Gym injury liability waiver form** sample for adults is designed to protect fitness centers by outlining potential risks and securing participant consent. It ensures that members acknowledge and accept responsibility for any injuries sustained during gym activities. Using this waiver helps gyms minimize legal liabilities effectively.

## Participant Information

Full Name:

Date of Birth:

Address:

Phone Number:

Email:

## Waiver and Release of Liability

I, the undersigned, acknowledge and agree that use of the gym facilities and participation in fitness activities involve inherent risks, including but not limited to sprains, strains, fractures, and other injuries. I hereby voluntarily assume all risks associated with my participation and use of the gym.

I release and discharge [Gym Name], its owners, employees, and affiliates from any and all liabilities, claims, demands, or causes of action that may arise from any injury, illness, loss, or damage resulting from my participation, whether arising from the negligence of the gym or otherwise, to the fullest extent permitted by law.

I have read and understood this agreement and agree to comply with all gym rules and regulations. I certify that I am at least 18 years of age.

I have read and agree to the terms of this waiver and release of liability.

## Signature

Signature:

Date:

**Submit**