

# Fitness Center Waiver and Release of Liability Form (For Minors)

Ensure the safety and legal compliance of your **fitness center waiver form** for minors with a clear, concise sample. This document helps guardians acknowledge and accept potential risks associated with youth participation in fitness activities. Using a properly structured waiver minimizes liabilities and promotes a secure environment for young athletes.

## Participant Details

Minor's Full Name:

Date of Birth:

Parent/Guardian Name:

Contact Number:

## Release of Liability

I, the undersigned parent or legal guardian, consent to my child's participation in fitness center programs and related activities. I understand that participation may involve risks of injury, and agree that the fitness center, its staff, agents, and affiliates are not liable for any injury, loss, or damages incurred as a result of such participation.

## Medical Authorization

In the event of illness or injury, I authorize the fitness center staff to seek medical care as deemed necessary for my child. I certify that my child is in good physical health and able to participate safely in all activities.

## Photo & Video Release (Optional)

☐ I grant permission for my child's image to be used for promotional purposes.

## Acknowledgment & Signature

By signing below, I confirm that I have read, understood, and voluntarily accept the terms and conditions outlined above.

Parent/Guardian Signature:

Date:

*This sample waiver form is provided for informational purposes only and does not constitute legal advice. Consult with a qualified attorney to ensure compliance with local laws and regulations.*