

Medical Waiver Form Sample for Gym Membership

Download a **medical waiver form sample** designed specifically for gym membership to ensure health and safety compliance. This form helps gather essential health information and consent from participants before engaging in physical activities. Using a clear and legally sound waiver protects both the gym and its members.

Gym Membership Medical Waiver Form

Member Information

Full Name:

Date of Birth:

Phone Number:

Email Address:

Medical History

Do you have any of the following conditions? (Check all that apply):

☐ Heart Disease

☐ High Blood Pressure

☐ Diabetes

☐ Asthma/Breathing Problems

☐ Injury (joints, bones, muscles)

☐ None of the above

Other medical conditions (please specify):

Current medications:

Emergency Contact

Name:

Phone Number:

Waiver and Release of Liability

I acknowledge that participation in physical activities and gym equipment use involves inherent risks and may result in physical injury or, in rare circumstances, death. I confirm I have provided accurate medical information and agree to inform the gym of any changes to my health. By signing below, I voluntarily assume all risks relating to participation and release the gym, its owners, employees, and affiliates from any liability arising from my participation.

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

Member Signature:

Date:

Submit