

GYM WAIVER, RELEASE OF LIABILITY, AND INDEMNITY AGREEMENT

Participant Information:

Full Name: _____

Date of Birth: _____

Address: _____

Phone Number: _____

Email Address: _____

Emergency Contact Information:

Name: _____

Relationship: _____

Phone Number: _____

1. Assumption of Risk

I acknowledge that my participation in physical exercise, training programs, and use of gym facilities involves inherent risks including but not limited to muscle strain, injury, illness, paralysis, or death. I voluntarily assume all risks associated with my participation.

2. Release of Liability

I, for myself, my heirs, executors, administrators, and assigns, hereby release, waive, discharge, and covenant not to sue the Gym, its owners, directors, officers, employees, agents, and representatives from any and all liability, claims, demands, actions, or causes of action whatsoever arising out of or related to any loss, damage, or injury, including death, that may be sustained by me, or to any property belonging to me, while participating in gym activities or while on the premises.

3. Indemnification

I agree to indemnify and hold harmless the Gym and its representatives from any loss, liability, damage, or cost, including attorney's fees, that may incur due to my participation in gym activities or presence on the premises, whether caused by negligence of the Gym or otherwise.

4. Medical Condition and Fitness

I affirm that I am in good physical condition and do not suffer from any disability, impairment, or medical condition that would prevent or limit my participation in gym activities. I understand it is my responsibility to consult with a physician before beginning any exercise program.

5. Rules and Conduct

I agree to abide by all gym rules, regulations, and policies, including those related to safety and conduct. I understand the Gym reserves the right to terminate my membership or bar me from the premises for failure to comply.

6. Photography and Media Release

I consent to the use of photographs, videos, or other media of me taken on the premises or during gym-related activities for promotional or marketing purposes without compensation.

7. Severability

If any provision of this Waiver is found to be invalid or unenforceable, the remaining provisions shall remain in full force and effect.

8. Governing Law and Jurisdiction

This Waiver shall be governed by and construed in accordance with the laws of the United States and the state in which the Gym is located. Any disputes arising hereunder shall be resolved exclusively in the state or federal courts located in the jurisdiction of the Gym.

9. Binding Effect

This Waiver shall be binding upon me, my heirs, legal representatives, and assigns.

10. Acknowledgement of Understanding

I have read this Waiver, fully understand its terms, and understand that I am giving up substantial rights by signing it. I sign it freely and voluntarily without inducement.

PARTICIPANT'S SIGNATURE

Signature: _____
Printed Name: _____
Date: _____

WITNESS'S SIGNATURE

Signature: _____
Printed Name: _____
Date: _____

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