

Gym waiver template

Not legal advice. This template is general information. No lawyer has reviewed it.

1. Member details

Include the member's full name, contact information, and date of birth so the gym can identify the person completing the gym waiver of liability.

2. Assumption of risk

List the activities and equipment the member may use, then describe the risks connected with those activities in plain language.

3. Release of liability

Add a clearly labeled section where the member can read the release wording. Keep the wording specific to the gym's activities and have it reviewed for the gym's needs.

4. Health and fitness statement

Include prompts for relevant health conditions, injuries, or limitations the member chooses to report. Leave room for the member to add context.

5. Emergency contact

Ask for an emergency contact's name, relationship to the member, and phone number. Tell the member which contact details to provide.

6. Rules and equipment use

List the gym rules and equipment covered by the form. Name any activity that needs separate instructions or a separate acknowledgement.

7. Signature and date

Include a member signature and date field, plus an optional staff countersignature field. Make each signer role clear.

Signatures

Member signature: _____ Date: _____

Member printed name: _____

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