Gym Liability Waiver

Participant signs before taking part in gym training. The gym countersigns and keeps a copy.

Gym and session details

ORGANISER NAME

CONTACT PHONE

BRANCH

MEMBERSHIP START

Participant

FULL NAME

EMAIL

PHONE

DATE OF BIRTH

BLOOD GROUP

HEIGHT (CM)

WEIGHT (KG)

FITNESS GOAL

EMERGENCY CONTACT NAME

EMERGENCY CONTACT PHONE

Health declaration

Any heart, lung or blood-pressure condition?

○ No ○ Yes

Diabetes, epilepsy or fainting spells?

○ No ○ Yes

Any joint, back or recent injury?

○ No ○ Yes

Pregnant or given birth in the last 6 months?

○ No ○ Yes

IF YES, OR ANY ALLERGY OR MEDICATION, GIVE DETAILS

☐ I am fit to take part in gym training and will tell the staff at once if that changes.

Risks of the activity

Gym training carries real risks, even with trained staff and good equipment. They include:

- Muscle strains, sprains and joint injuries from lifting or overexertion
- Falling weights, or being caught in a machine
- Heart attack, stroke or fainting during intense exercise

- Slips on wet floors in showers and changing rooms

Rules

1. Use a spotter for heavy free-weight lifts and re-rack weights after use.
2. Wear closed shoes and carry a towel; wipe benches after use.
3. Ask a trainer before using equipment you are unfamiliar with.
4. Do not train under the influence of alcohol or drugs.
5. Children under 16 are not allowed on the gym floor.

☐ I will follow them and any instruction from the staff. Staff may stop me from taking part if a rule is broken.

Personal training is optional. A trainer can guide exercise but is not a doctor; get medical advice before starting if you answered "Yes" above.

Assumption of risk and release

- I take part voluntarily and accept the risks described above, as well as risks that cannot be foreseen.
- To the extent the law allows, I release the gym, its staff and volunteers from claims for injury, illness, loss or damage arising from my participation, except claims caused by their gross negligence or wilful misconduct.
- I will compensate the organiser for loss caused by my own breach of the rules or deliberate damage to equipment or property.
- In an emergency, the staff may arrange first aid, transport and medical treatment for me. I will pay the reasonable costs that insurance does not cover.
- Nothing in this release limits any liability that cannot be excluded under Indian law, including the Consumer Protection Act, 2019.

Initials _____

☐ The organiser may use photos or videos of me taken during the activity in its own social media and promotion.

General terms

- Governing law. This document is governed by the laws of India.
- Entire agreement. This document is the whole agreement between the parties on its subject and replaces earlier discussions.
- Amendments. Changes are valid only in writing signed by both parties.
- Severability. If a clause is unenforceable, the rest of the document still applies.
- Electronic signatures. The parties agree to sign electronically; electronic signatures and records are valid under the Information Technology Act, 2000.

Participant

SIGNATURE

PRINTED NAME

DATE

Gym

SIGNATURE

PRINTED NAME

DATE