GYM WAIVER FORM

NAME OF GYM USER:_____

1. I waive all claims or causes of action which I might otherwise have arising out of loss or life or injury, damage, or any other loss, which I may suffer in the course of or consequent upon my entry or participation in any activities in the gym.

2. This waiver, release and discharge shall operate separately in favour of any person involved in the ownership and/or operation of the gym. The waiver shall operate whether or not the loss, injury or damage is attributable to the act or neglect of any one or more of such persons.

3. 3. I acknowledge that I will comply with any reasonable direction of the officials and staff of the Club in relation to:

   (a) entry to exit from the gym

   (b) the use of the facilities and equipment in the gym; and

   (c) my behaviour and conduct whilst on the premises.

4. I acknowledge that I have sole responsibility for my personal possessions and athletic equipment whilst at the gym or during its related activities.

5. I consent to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness whilst on the premises. It is suggested that all persons seek medical advice and obtain a medical clearance prior to engaging in physical exercise.

6. I am aware that the use of the gym and its facilities involves strenuous activity that can be physically demanding and that exercise and the equipment used is potentially dangerous.

7. I agree that I am in a good state of health and I am medically fit to use the gym facilities and there is no medical reason to prevent me from proceeding with the use of the gym facilities without endangering my health.

8. I agree to conduct myself in an orderly and proper manner and not emerge in conduct, which could cause harm, create a hazard or nuisance to other members.

9. I acknowledge that the club cannot warrant the safety and suitability of the Gym equipment.

10. I hereby assume all risks associated with the use premises and facilities.

11. I have undertaken an orientation tour and induction of the Gym.

Gym User Signature: _____ Date:____/____/____

Signature of Witness_____ Date:____/____/____

Print Name of Witness _____ Date:____/____/____