

Gym Risk Assessment Consent Document

Date: _____

Participant Name: _____

Email: _____

Phone Number: _____

Dear Participant,

We strive to provide a safe and enjoyable experience for all members. However, participation in physical activities involves inherent risks. Therefore, we require you to acknowledge the risks associated with gym activities.

Risks Include (but are not limited to):

- Injuries from equipment or exercise
- Strains and sprains
- Falls or accidents
- Health complications arising during exercise

By signing this document, you acknowledge that you have understood the risks involved and agree to participate in the gym activities.

Consent:

I, _____, hereby consent to participate in gym activities and hereby release and hold harmless the gym, its staff, and affiliates from any liability.

Signature: _____

Date: _____