

# Health Club Informed Consent and Waiver

This Informed Consent and Waiver is provided to ensure that you understand the risks and benefits of participation in physical activities and programs at our Health Club. Please read all information, and ask staff if you have any questions before signing.

## Assumption of Risk

I understand that participating in exercise and fitness activities, including but not limited to aerobic exercise, weight training, use of equipment, classes, and related activities, involves various risks. These may include, but are not limited to, injury, illness, or in rare cases, death.

## Medical Clearance

I acknowledge that I have had a medical examination and have been found in good health and able to participate, or have chosen to participate without such examination at my own risk.

## Waiver and Release

- I hereby waive, release, and discharge the Health Club and its staff from any liability for injury, loss, or damage resulting from my participation.
- I accept full responsibility for my actions and any injuries that may occur as a result of participation.
- I acknowledge my obligation to notify staff of any medical conditions or injuries that may affect my participation.

## Emergency Authorization

In the event of an emergency, I authorize the Health Club staff to obtain medical treatment as deemed necessary.

## Acknowledgment

I have read and understood this consent and waiver. I voluntarily agree to these terms and understand I may seek legal or medical advice before signing.

Participant Name

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Signature

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Date

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Parent/Guardian Name (if under 18)

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Parent/Guardian Signature

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