

Health Waiver & Disclaimer

By signing up to **The Gym** and using our facilities, you acknowledge and agree to the following:

1. I confirm that I am voluntarily engaging in exercise, training, and related activities at The Gym entirely at my own risk.
2. I confirm that I am in good physical health and have no known medical conditions, injuries, or disabilities that would prevent me from safely participating in exercise.
3. I understand that The Gym staff are not medical professionals and cannot provide medical advice regarding my fitness to participate. I am responsible for seeking medical clearance before beginning any exercise programme if I have concerns about my health.
4. I accept full responsibility for any injury, illness, accident, or health issue that may occur while using The Gym facilities, except where caused by negligence on the part of The Gym.
5. I release The Gym, its staff, trainers, and affiliates from any liability for personal injury, loss, or damage sustained while on the premises or participating in gym-related activities.
6. I agree to follow all safety instructions, guidelines, and rules provided by The Gym staff.

By ticking the box (online) or signing below (in person), I confirm that I have read, understood, and agree to the above waiver.