

# GymSpire Fitness Facility Waiver and Acknowledgement Form

## Terms and Conditions

By signing this waiver, I acknowledge and agree to the following terms regarding my voluntary participation in gym and fitness activities facilitated through **GymSpire**:

1. **Waiver of Liability**

I understand that participation in gym and fitness activities involves inherent risks, including the possibility of serious injury that may require hospital care. I hereby agree that the iAcademy , **Gymspire and Clinic department shall not be held liable** for any minor or major injuries, accidents, or health conditions that may occur during or as a result of my participation in gym activities.

2. **Proper Gym Attire Requirement**

I agree to wear **proper and appropriate gym attire** at all times while using the gym facilities. This includes gloves, suitable sportswear and closed footwear for safety and hygiene purposes. I understand that failure to comply may result in denial of gym access.

3. **Medical Support and Minor Treatment**

I acknowledge that only **minor first aid and basic medical assistance** will be available at the clinic department. In the event of serious injury or medical emergency, I understand that further medical treatment may require referral to a hospital or external medical facility.

4. **Medical Clearance and Supervision**

I agree to **seek medical supervision or clearance from the clinic department** before using the gym facilities, especially if I have pre-existing medical conditions, recent injuries, or health concerns. I take full responsibility for disclosing any relevant health conditions.

5. **Assumption of Risk**

I voluntarily assume all risks associated with gym activities, including physical injury, strain, or other health-related issues, whether arising from equipment use, exercises performed, or participation in gym programs.

6. **Compliance with Gym Rules**

I agree to follow all gym rules, safety guidelines, and instructions provided by GymSpire. Failure to comply may result in suspension of gym privileges.

## **Consent and Agreement**

I confirm that I have read and understood the terms stated above. I voluntarily agree to participate in gym activities and accept full responsibility for my participation.