



ELEMENTS OF A GOOD LIABILITY WAIVER PRACTICE

1. **CLEAR AND CONCISE LANGUAGE:** The waiver should be written in clear and concise language that is easy for members to understand.
2. **DESCRIPTION OF RISK:** The waiver should clearly describe the risks associated with participating in physical activities at the gym.
3. **ASSUMPTION OF RISK:** The waiver should include a section where the member acknowledges that they understand the risks and assume responsibility for their own safety.
4. **RELEASE OF LIABILITY:** The waiver should include a release of liability section, where the member releases the gym from any liability for injuries or damages sustained while at the gym.
5. **INDEMNIFICATION:** The waiver should include a section where the member agrees to indemnify and hold the gym harmless for any claims or damages arising from their participation in physical activities at the gym.
6. **ACKNOWLEDGEMENT OF UNDERSTANDING:** The waiver should include a section where the member acknowledges that they have read and understand the waiver.
7. **SIGNATURE AND DATE:** The waiver should include a signature and date section, where the member signs and dates the waiver to indicate their agreement.
8. **RETENTION OF WAIVER:** The gym should retain a copy of the waiver for its records.
9. **LEGALITY:** The waiver should comply with all relevant laws and regulations, including any state or federal regulations related to waivers of liability.

