

# UR Health & Fitness

## Agreement to Terms & Conditions & Liability Waiver

By signing this form you acknowledge that you have read and agree to UR Health & Fitness' Terms and Conditions, including the below amplifications:

Being aware of your own health and physical limitations, you have determined that you are fit and able to participate in exercise in our facility. You will at all times exercise within your own capabilities and do so voluntarily, with the knowledge these activities carry significant risk and accept this as your own risk.

You agree to disclose any physical limitations, disabilities, ailments or impairments which may affect your ability to participate in said exercise.

Whilst at the Gym you may at times be unsupervised and you assume all risks associated with using any fitness and exercise equipment and exercising alone without the aid and presence of any Staff.

You agree that you accept liability for your actions and/or involvement and will be liable for any injury, loss, or damage suffered by any person resulting from your use of our Gym, products, or services.

To the extent permitted by law, we exclude any liability to you or any other person for any injury, damage or loss of any kind whatsoever sustained by you and/or any other person, or for any costs, charges or expenses incurred by you, arising from or in connection with this Agreement and/or the services/products provided by us and any act or omission by us.

Name \_\_\_\_\_

Address \_\_\_\_\_

Mobile \_\_\_\_\_ DOB \_\_\_ / \_\_\_ / \_\_\_

Email Address \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Relationship \_\_\_\_\_

Phone Number \_\_\_\_\_

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Date \_\_\_\_\_

Signed by Member (The above) \_\_\_\_\_

Parent or Legal Guardian if Under Age 18yrs \_\_\_\_\_

Please complete and return to [urhealthandfitness@gmail.com](mailto:urhealthandfitness@gmail.com)