

## Blue Ridge Fitness LLC WAIVER & RELEASE FORM

**\*Please, read this document carefully. After doing so, initial each paragraph, sign and date at the bottom for our records\***

You have consented to purchase a membership at a facility that provides unrestricted access at all times. Consequently, you acknowledge the possibility that the facility may not offer supervision or assistance during your visit. You also understand that in the event of an injury—such as losing consciousness, experiencing a stroke, or suffering a heart attack—there is a strong likelihood that no immediate response will be available, and this facility does not have an obligation to provide assistance. While the facility is equipped with surveillance cameras, it is important to note that if you require urgent or emergency aid, such assistance will not be rendered. We strongly recommend that you enlist a workout partner to accompany you during your time at the gym; however, this is not a requirement. Please be advised that having a workout partner does not absolve you from liability associated with your use of the facility.

**\*Initial here:** \_\_\_\_\_

Engaging in physical exercise inherently involves risks, including the potential for serious injury. Blue Ridge Fitness strongly recommends that you obtain a physical examination from a qualified medical professional prior to utilizing any exercise equipment or participating in any physical activities. By participating in any exercise or utilizing any gym facilities, whether on or off the premises of Blue Ridge Fitness, including events sponsored by the gym, you acknowledge and accept that you do so at your own risk. You understand that your participation is entirely voluntary, and you assume all risks associated with potential injury, illness, or death that may arise from such activities. Furthermore, Blue Ridge Fitness LLC disclaims any liability for loss or damage to your personal belongings while at the facility.

**\*Initial here:** \_\_\_\_\_

This waiver and release of liability encompasses, but is not limited to, any injuries or fatalities that may arise, irrespective of negligence, as a consequence of: (A) your utilization of all amenities and equipment within or surrounding the facility; (B) your involvement in any activity, class, program, personal training session, or instructional course; (C) any malfunction of equipment; (D) any instances of slipping and/or falling on the premises, including adjacent sidewalks and parking areas; and (E) your failure to appropriately utilize safety measures that should be correctly stored or positioned on the equipment.

**\*Initial here:** \_\_\_\_\_

You hereby confirm that you have thoroughly reviewed this “waiver and release” and comprehend its implications as a release of liability. You voluntarily agree to release and discharge Blue Ridge Fitness LLC, along with its affiliates, employees, agents, representatives, successors, and assigns, from any and all claims or causes of action. Furthermore, you consent to waive any rights you may have to initiate legal proceedings against Blue Ridge Fitness LLC for negligence, whether arising from acts of omission or commission, as well as for personal injury, property damage, or any other tortious conduct.

**\*Initial here:** \_\_\_\_\_

**Note: Should any part of this agreement be found by a court of law to be against public policy or in violation of any statute or case precedence, then only that wording shall be removed, and the remainder of this agreement shall remain in full force.**

**Signed:** \_\_\_\_\_

**Witness (Gym representative):** \_\_\_\_\_

**Printed Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Dated:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Emergency Contact:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

# Blue Ridge Fitness LLC Policies

## FACILITY USAGE

As a member of Blue Ridge Fitness, you may use the club anytime, day or night, 24 hours a day. There is no limit on how often you use the gym. There is a \$25 fee for lost or damaged key fobs.

\*Please initial: \_\_\_\_\_

## GUEST POLICY

You are invited to bring a guest to Blue Ridge Fitness only **during staffed hours**. The guest will need to fill out a guest waiver and pay a \$5 dollar guest fee. Anyone giving access to a non-member during non-staffed hours is subject to forfeit their membership. **Abuse of the guest policy can and/or will result in termination of membership,**

\*Please initial: \_\_\_\_\_

## SAFETY AND SECURITY

Blue Ridge Fitness is under 24-hour video recorded surveillance. **Individuals with health problems should never exercise alone.** PLEASE DO NOT admit anyone who does not possess membership at Blue Ridge Fitness. Doing so poses a security risk for you and other members. This is a violation of gym policy, and subject to termination of membership.

\*Please initial: \_\_\_\_\_

## EQUIPMENT USAGE

New members may sign up for a fitness orientation that will instruct you on the proper usage of the equipment. Additionally, if at any time you have questions about the safe use of any of the equipment, please contact any of our staff. When using free weights always be sure to use a spotter and/or the safety pins/straps on free weight equipment for your safety. Please return the weights to proper storage racks when finished. As a courtesy, please wipe down equipment after use. During busy times, please allow others to work-in with you and limit your time on CARDIO equipment to a reasonable duration when others are waiting.

\*Please initial: \_\_\_\_\_

## PROPER ATTIRE AND HYGIENE

Wearing exercise clothing such as shorts, sweats, tank tops, and athletic shoes will help make your workout more enjoyable. Shirts and shoes must be always worn in the facility. jeans with button closures are not to be worn due to buttons ripping upholstery. For your safety open-toed sandals, flipflops and excessive jewelry are not permitted. Clean workout clothing is required, and modest clothing is preferred.

\*Please initial: \_\_\_\_\_

## AGE REQUIREMENTS

Liability providers enforce the age limit on no one under the age of 11 years of age. Blue Ridge Fitness has a youth waiver with limited use, if you should be interested contact us via email or phone – **email: [blueridgefitness521@gmail.com](mailto:blueridgefitness521@gmail.com). phone 864-704-6931**. Ages 12-14 may use equipment with parental supervision. Ages 15-17 may obtain individual membership with a signed member application.

\*Please initial: \_\_\_\_\_