



At **Gunstock Inn & Resort**  
580 Cherry Valley Rd  
Gilford, NH 03249  
603-293-2020  
Email: [fitness@gunstockinn.com](mailto:fitness@gunstockinn.com)  
Website:  
[www.gifitnessandswim.com](http://www.gifitnessandswim.com)

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## Waiver and Release of Liability

1. In signing this document, I acknowledge that I \_\_\_\_\_ have voluntarily chosen to participate in a personal fitness training activity and program at GI Fitness & Swim. I understand that there is a certain amount of risk associated with any physical activity, and both benefits and risks may be associated with any exercise program. I agree that if I engage in any physical exercise or activity, or the use of any GI Fitness & Swim equipment on the premises, I do so entirely at my own risk. I agree that I am voluntarily participating in these activities and the use of these facilities and premises. I do hereby assume all responsibility or risk of injury, illness and even death. I do hereby forever waive, release and discharge GI Fitness & Swim, or its Parent Company The Gunstock Inn Resort, its staff, employees, owners, representatives, agents, executors and all others acting on their behalf from any and all claims or liabilities for injuries or damages to my person and/or property, including those caused by the negligent act or omission of any of those mentioned or others acting on their behalf, arising out of or connected with my participation in any activities, programs or services of GI Fitness & Swim or the use of any equipment provided by or recommended by GI fitness & Swim.

(Please Initial: \_\_\_\_\_)

2. I have been informed of, understand and am aware that strength, endurance, flexibility, aquatic and aerobic exercise, including the use of equipment, is a potentially a hazardous activity. I also have been informed of, understand and am aware that fitness activities involve a risk of serious injury, including a remote risk of death or serious disability, and that I am voluntarily participating in these activities and using equipment and machinery with full knowledge, understanding and appreciation of the dangers involved. I hereby agree to expressly assume and accept any and all risk of injury or death.

(Please Initial :\_\_\_\_\_)

3. I do hereby further declare myself to be physically sound condition, free of impairment, disease, infirmity or other illness that would prevent my participation in these activities or use of equipment, mechanical or otherwise, free standing. I do hereby acknowledge that I have been informed of the need for a physician's approval for my participation in the exercise activities, programs and use of exercise equipment/pool. I also acknowledge that it has been recommended that I have a yearly or more frequent physical examination and consultation with my physician as to physical activity, exercise and use of exercise equipment/pool. I acknowledge that either I have

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had a physical examination and have been given my physician's permission to participate or I have decided to participate in the exercise activities, programs and use of equipment/pool without the approval of my physician and do hereby assume all responsibility for my participation in said activities, programs and use of equipment/pool.

(Please Initial : \_\_\_\_\_)

4. I understand that GI Fitness & Swim is providing and maintaining and exercise/fitness/aquatic program for me does not constitute and acknowledgment, representative or indication of my physiological well-being or a medical opinion relation thereto.

(Please Initial : \_\_\_\_\_)

5. I understand and agree that GI Fitness & Swim is also not responsible for any loss of or damage to any personal property.

(Please Initial : \_\_\_\_\_)

5. GI Fitness & Swim reserves the right to refuse membership or the use of fitness equipment/pool to anyone who is not following rules of good conduct while on property.

(Please Initial : \_\_\_\_\_)

Date \_\_\_\_\_

Print Name \_\_\_\_\_ Birth Date \_\_\_\_\_

Signature \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ Relationship \_\_\_\_\_