



ATLANTIC RACQUET CENTRE (ARC) ARC FITNESS USER WAIVER OF LIABILITY

ARC Fitness User Waiver of Liability

I hereby acknowledge that use of the gym facilities and equipment, participation in the classes, and in the training provided at ARC Fitness by Atlantic Racquet Centre or one of its subsidiaries, including ARC Centre Limited and ARC Tennis & Sports Club (ARC) exposes me to inherent risks which can include accidents, falls, illness, injury or even death.

I confirm that I know of no medical, physical or mental reasons why I would not be capable of performing the physical activity in which I choose to participate at ARC. I acknowledge my responsibility in communicating to a staff member prior to commencing activity, any physical and/or mental concerns affecting me which could conflict with participation in my chosen gym activities.

I assume all risks of injuries associated with use of ARC and its facilities including, but not limited to falls, contact with other participants, exercises and techniques taught to me by trainers employed by or providing services for ARC and all other risks being known and appreciated by me.

Having read this waiver and knowing these facts, in consideration of accepting my use of the gym facilities and of services provided to me at ARC Fitness by Atlantic Racquet Centre or one of its subsidiaries, including ARC Centre Limited and ARC Tennis & Sports Club (ARC). I agree to Hold Harmless, Waive and Release ARC, its directors, employees, volunteers, representatives, anyone else providing a service at ARC and successors from any responsibility, liabilities, demands or claims of any kind arising out of my use of facilities at ARC or out of my participation in training, classes or anything else organised by or on behalf of ARC.

I confirm by my signature that I have read and understand this Waiver of Liability. I am aware that this is a waiver and a release of liability and I voluntarily agree to its terms.

SIGNATURE DATE

NAME in block capitals D.O.B

This Policy is recommended for approval by:

Signed: 

ARC Chair: Anoushka Lynd

Date: 12/04/2024

Signed: 

Club Welfare Officer: Tish Shere

Date: 12/04/2024