

Declaration on gym entrance

By signing this declaration, I apply for the option to be allowed to use the gym alone, without the presence of another person. All the other rules nevertheless stay in effect for me and I am familiar with them.

I realize that gym is a place where injuries or other health problems can occur more likely and that I can get into a situation where I will not be able to summon assistance for myself. By deciding to visit the gym alone, I expose myself to the risk that there will not be anybody nearby that could help me in that case.

I am fully aware of the fact that if this kind of accident actually happened, I could not make any claims for a compensation against both the gym operator and owner, since the accident would be caused by my self-imposed decision to take this risk and the responsibility would be therefore fully on my side.

I have read and fully understood the text of this declaration and I agree with all of the statements. As proof of that, I sign this declaration below.

.....
Full name

.....
Signature