

**GOLD RIDGE FOREST PROPERTY OWNERS ASSOCIATION  
WARNING – RISKS WHEN USING GYM FACILITY**

I, \_\_\_\_\_,

acknowledge and understand I am voluntarily using the exercise and fitness equipment located at the cabana at the Gold Ridge Forest Property Owners Association ("Association"). The Association does not provide supervision or instruction for the facility and equipment.

**I AM AWARE THAT USING EXERCISE EQUIPMENT INVOLVES SERIOUS HAZARDS INCLUDING SIGNIFICANT INJURY OR DEATH. I understand there are inherent risks associated with use of the facility and I knowingly and freely assume all such risk, both known and unknown, including those that may arise out of the negligence of myself, my minor child, or other participants using the gym facility.**

**I verify this statement by placing my initials here:** \_\_\_\_\_

**Parent or Guardian initials if I am under 18:** \_\_\_\_\_

I acknowledge and understand among many risks involved when using the Association's gym facility and equipment, include but are not limited to the risk of significant injury or death, equipment accidents, illness or worsening health conditions, and overexertion. To limit these risks please be aware of your surroundings, wear appropriate footwear and clothing, and use caution when walking on wet or slippery surfaces. Please follow all instructions and warning labels on the equipment and report any equipment concerns or issues to the Association's staff. Practice good hygiene, such as washing your hands and wiping down equipment before and after use. Please consult with your health care professional prior to using the gym facility and consult with a qualified fitness instructor to determine the best methods for you to use the equipment. The Association does not provide supervision or fitness instruction and use of the gym facility is at your own risk.

I will abide by all rules while using the gym facility and agree to use the equipment in a reasonable and responsible manner consistent with common sense and will follow all directions, instructions, and warning labels when using the gym facility.

**I HAVE CAREFULLY READ THIS NOTICE AND FULLY UNDERSTAND ITS CONTENTS.**

**If signed by Parent or Guardian. I verify this agreement has been explained to my child including the dangers involved and shall accompany my minor child while using the gym facility.**

**GYM FACILITY USER**

**PARENT OR GUARDIAN**

Signature \_\_\_\_\_

Signature \_\_\_\_\_

Address \_\_\_\_\_

Address \_\_\_\_\_

**IF YOU ARE UNDER 18 YEARS OF AGE, YOU AND YOUR PARENT OR GUARDIAN MUST SIGN AND INITIAL THIS AGREEMENT WHERE INDICATED.**