

Health Declaration, Waiver & Release of Liability

1. Introduction

This agreement is a legally binding contract between MintFit Leisure Limited trading as Office Gym Club ("the Gym") and the Member.

By activating a membership and using the facilities, the Member confirms acceptance of this waiver and all associated terms.

2. Assumption of Risk

The Member acknowledges that physical exercise involves inherent risks, including but not limited to injury, illness, loss of income, permanent disability, or death.

The Gym operates partially as an unattended facility. All participation is undertaken at the Member's own risk.

The Member agrees to:

- Exercise within personal physical limits
- Use equipment only as intended
- Follow safety instructions and signage
- Maintain safe conditions at all times
- Avoid any conduct that may endanger themselves or others
- Check with a Doctor if any health concerns represent risk

3. Waiver of Liability

To the fullest extent permitted by UK law, the Member agrees to waive, release, and discharge the Gym, its directors, employees, contractors, and affiliates from any claims arising from:

- Injury, illness, or death occurring on the premises
- Misuse of equipment
- Failure to follow safety guidance
- Loss, theft, or damage to personal property
- Accidents occurring in the gym, facilities, driveway, or car park

4. Indemnification

The Member agrees to indemnify and hold harmless the Gym against any claims, losses, or legal actions arising from:

- Negligent behaviour
- Breach of this agreement
- Misuse of equipment
- Failure to follow club rules

5. Health & Fitness Declaration

The Member confirms that:

- They are in good physical condition to undertake exercise
- They have disclosed any relevant medical conditions
- They will seek medical advice where appropriate
- They accept full responsibility for their health while training

6. Legal Compliance & Severability

Nothing in this agreement limits liability where prohibited by UK law, including liability for death or personal injury caused by negligence.

If any provision is found unenforceable, the remainder of this agreement shall remain valid and enforceable.

Acceptance of Terms

By purchasing and activating this membership, the Member confirms that they:

- Have read and understood these terms
- Accept the waiver and liability release note detailed above
- Agree to comply with all club policies
- Understand their contractual obligations

Office Gym Club is a trading style of Mintfit Leisure Limited, a fast-growing, independent Cornish company. We operate with a dedicated support team available at key points throughout the day to ensure members receive prompt assistance and efficient service whenever needed. Message us on bookthegym@gmail.com.