

# Minor Consent Form



**Consent Form for use of Absolute Fitness – Waiver and Release**  
**Please read this document carefully**

**Children Under 12:**

Children aged less than 12 years are not permitted to use the gym facilities for safety reasons. We encourage parents or guardians to explore alternative fitness options suitable for younger children.

**Children Ages 12 – 14:**

Children aged 12 to 14 are welcome to use the gym facilities but must be accompanied by a supervising adult at all times during their workout sessions. This ensures a safe and supportive environment for our younger members.

**Young People Ages 15:**

Young people aged 15 are permitted to use the gym independently, provided they have completed and submitted this parent/guardian consent form. This form acknowledges that the parent or guardian is aware of their child's use of the gym.

I, the undersigned parent/guardian of the minor, \_\_\_\_\_, hereby acknowledge and consent to my child's use of Absolute Fitness facilities in accordance with the specified age guidelines.

I understand the importance of ensuring my child's safety during gym activities and confirm that my child is physically capable of using the gym. I agree to inform Absolute Fitness promptly of any changes in my child's health or fitness status.

I hereby release, waive, discharge, and covenant not to sue Absolute Fitness, its owners, employees, and agents from any and all liability, claims, demands, actions, and causes of action whatsoever arising out of or related to any loss, damage, or injury, including death, that may be sustained by my child while participating in gym activities or while on the premises of Absolute Fitness.

Furthermore, I acknowledge that my child's access to the gym is contingent upon adherence to the gym's rules and policies. I agree to encourage and ensure my child complies with all safety guidelines provided by Absolute Fitness.

Participant's Name (Print):	
Age:	
Date Of Birth:	
Parent/Guardian Name (Print):	
Mobile Phone:	
Email:	
Alternative Contact:	
Parent/Guardian Signature:	
Date:	
Minor Participant Signature:	
Date:	