

Village of Mount Prospect

Employee Gym Use Waiver and Release of Liability

Acknowledgment of Risk and Release of Liability

I, _____, an employee of _____ Department, hereby acknowledge and agree to the following:

1. Voluntary Participation

I understand that my use of the on-site gym and fitness equipment is completely voluntary and not a condition of my employment.

2. Assumption of Risk

I acknowledge that participation in physical activities and use of exercise equipment involves inherent risks, including but not limited to sprains, strains, injury to muscles or joints, heart conditions, or other serious health issues. I understand these risks and choose to voluntarily use the facility.

3. Medical Clearance

I acknowledge that it is my responsibility to consult with a physician prior to engaging in any physical activity.

☐ I have received medical clearance to use the gym facility.

☐ I choose to use the gym facility without medical clearance and accept full responsibility for any consequences.

4. Release and Waiver

I hereby release and discharge the Village of Mount Prospect, its elected officials, officers, directors, employees, and agents from any and all claims, demands, or causes of action resulting from any injury, illness, or damage sustained by me during or resulting from my use of the gym facility, except where such injury is the result of gross negligence or intentional misconduct.

5. Indemnification

I agree to indemnify and hold harmless the Village of Mount Prospect and its representatives from any liability, cost, or expense (including attorneys' fees) arising from any claim brought by a third party due to my actions in the gym.

6. Use Parameters

I understand that gym use is only permitted before and after my scheduled work hours, during unpaid lunch breaks, and at other times as authorized by the Department Director. Use of the facility during paid work is prohibited.

7. Facility Rules

I agree to abide by all posted rules and any instructions given by facility staff. I understand that misuse of equipment or violation of policy may result in the revocation of gym privileges.

Employee Acknowledgment

By signing below, I certify that I have read and fully understand this Waiver and Release of Liability. I voluntarily accept the terms stated herein and affirm that I am legally competent to sign this agreement.

Employee Name (Printed): _____

Employee Signature: _____

Date: _____