

MHAC Club Rules & Regulations

Mt. Hood Athletic Club (MHAC) is committed to providing a safe, clean, and welcoming environment for all members and guests. Please review the following policies carefully. By entering the facility, you agree to abide by these rules and regulations.

General Policies

- MHAC reserves the right to update or change all rules, regulations, hours, services, and fees at any time.
 - All posted signage in and around the facility is considered part of these rules and must be followed.
 - Charges and fees for services and facilities are subject to change without notice.
 - Members must check in at the reception desk with their Club ID card or valid photo ID at each visit.
 - The Club may close for short periods (up to two weeks per year) for maintenance, holidays, or special events. Memberships and fees will not be extended or reduced during these closures.
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Conduct & Safety

- **Prohibited Items:** Smoking, marijuana, alcohol, chewing tobacco, illegal substances, weapons, and firearms are not permitted anywhere on club property.
 - **Member Conduct:** Bullying, foul or demeaning language, threats, verbal abuse, theft, vandalism, or any disruption of the club experience will not be tolerated. MHAC reserves the right to deny services to any member or guest if warranted.
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Attire & Hygiene

- **Attire & Hygiene**
 - Exercise-appropriate clothing is required at all times.
 - Clothing must provide adequate coverage of the chest and buttocks. While athletic tops such as sports bras are permitted, they must fully cover the chest and not expose cleavage or under-breast areas.
 - Shirts and tank tops must provide sufficient side coverage; excessively cut or open sides that expose the chest, or nipples are not permitted.
 - Shorts, leggings, and other bottoms must completely cover the buttocks during all activities. Clothing that becomes excessively revealing when bending, stretching, or exercising is not appropriate.
 - MHAC is a family facility. Attire considered overly revealing, offensive, or disruptive to the club environment, as determined by management, will not be permitted.
 - Sandals and open-toed footwear are not allowed on the cardio or weight floors.
 - Please refer to the Indoor and Outdoor Pool Rules & Regulations regarding swimwear.
 - Clean workout attire and proper personal hygiene are required for the comfort and safety of all members.
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Use of Digital Devices

- **Locker Rooms:** Photos and videos are strictly prohibited.
 - **Other Areas:** Recording is allowed only if it is respectful of other members' privacy.
 - **Cell Phones:** Usage should not disrupt members, classes, or staff.
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Exercise Areas

- Members must wipe down equipment after use and return weights to the proper racks.
- Children ages 12 and under are not permitted in the cardio or weight areas unless participating in a paid session with an MHAC Personal Trainer.

Food & Beverages

- Outside food is not permitted, except during official MHAC event rentals.
- Only water is allowed in the gymnasium.
- No glass containers allowed
- Food purchased at the **Club Café** should be consumed in the Club “Living Room” area.

Basketball Courts

- Please refer to the posted gymnasium schedule for activities and availability.
- Only water is allowed on the courts; no other food or beverages permitted.

Lockers

- Day-use lockers are available and must be emptied daily. Items left overnight may be forfeited.
- Cell phone usage is not allowed inside locker rooms.

Lost & Found

- Lost items are placed in the gymnasium bin and donated to charity monthly.
- MHAC is not responsible for recovering lost, found, or forfeited items.

Coaching & Training

- Independent or outside coaches, trainers, or instructors are prohibited from training or instructing on club premises.
- Only MHAC employees may provide personal training or coaching services within the facility.

Area-Specific Rules

- Each area of the facility may have additional rules and regulations posted. Members are responsible for reading and following them.

Inclement Weather Policy

The club will only close when staff and member safety is at risk.

- **Kidz Klub & Classes:** Will operate whenever possible. If an instructor cannot attend, classes will be offered virtually or as pre-recorded sessions.
- **Closure Notices:** Posted on the MHAC website, mobile app, highway sign, and social media channels.