

## MCC Sports & Fitness Rules and Regulations

In order to maintain your membership, we ask that all members and guests **MUST** adhere to these policies:

- Respect the rights and dignity of others. Behave in a mature and responsible manner.
- Each person **MUST** check-in before entering the gym or participating in any fitness activities.
- *Children under age 10 (infants, toddlers, car seats or strollers) are **not** allowed.*
- Young kids ages 10 - 15 must be **accompanied** by an adult who must remain in the gym at all times.
  - Not allowed to use weights or cardio machines
- Kids age 16 and older may use the gym, weights or cardio machines.
- All equipment, courts and activities shall be used on a first come first serve basis (unless prior arrangements have been made with the MCC gym staff).
- Sign up is required for each activity on the designated boards.
- Time limits must be followed to allow other members access to the courts or machines.
- Wear appropriate athletic attire. Jeans or street clothes are not allowed.
- The dress code, as outlined in your membership packet, must be followed.
- Appropriate athletic footwear is required. Boots, dress or open shoes are not allowed.
- Smoking is not permitted in or outside the MCC. The MCC and its grounds are a smoke-free environment.
- No food, drink, or gum is allowed in the exercise facilities. Properly capped water bottles may be used.
- Any scheduled activities may be changed or cancelled at the discretion of the MCC management.
- The facilities may close at any time due to inclement weather or unsafe conditions.
- MCC does not provide health coverage or accident insurance for participants.
- It is **your responsibility** to consult your physician to determine whether you are healthy enough to participate in physical activity.

All members and guests **MUST AVOID**:

- Angry or vulgar language including swearing, name-calling, or shouting.
- Intentional physical contact with another person in an angry, threatening, or inappropriate manner.
- Harassment or intimidation by words, gestures, body language, or any other menacing behavior.
- Behavior that results in damage or destruction of equipment or property.
- Use of cell phones with cameras or any other recording devices are **PROHIBITED** in all bathrooms, locker rooms, changing areas and during ladies fitness activities.

**Denial or revocation of services:** The MCC and its staff have the sole authority to deny or revoke entry, services or participation of any individual or group of individuals who are in violation of this code of conduct.