

ROUNDUP ATHLETIC CLUB

EASTERN OREGON'S FINEST ATHLETIC FACILITY

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RULES & REGULATIONS

As a member of Roundup Athletic Club, you will have at your disposal, a recreation-health facility equipped to meet the ever increasing demand for fitness and leisure time activities. In order to help you achieve that relaxation and enjoyment, we have established the following "Rules and Regulations". These "Rules and Regulations", extensions of the Membership Contract that you have signed, are in effect and replace and supersede any prior "Rules and Regulations" of the Roundup Athletic Club.

1. Membership Definitions
 - a) **INDIVIDUAL**: Any one person 16 years or older. Minors under the age of 18 must have the contract signed by a parent or guardian.
 - b) **FAMILY**: Any legally married man and woman and any dependent children 18 & under living in the same household, any one person and any dependent children 18 & under living in the same household, any two people with a registered domestic partnership and any dependent children 18 & under living in the same household, or any two persons living in a "common law" relationship and any dependent children 18 and under living in the same household. Proof of any of the above will be required.
2. The facilities and services of RAC are to be used solely by the members of RAC and their families and guests in the manner provided by the Rules and Regulations, by periodic notices and signs, and by Membership Agreement.
3. It is the responsibility of each member to check in at the Service Desk upon arrival at RAC.
 - a) The responsibility to register guests and to arrange for the payment of guest fees is that of the sponsoring member at a rate of \$8 for guests 12 and older and \$4.00 for guests 11 and under. The guest fee is paid per visit.
 - b) Guests under 16 years old must be accompanied by a member or another guest 18 years or older.
 - c) Members must be at least 14 years old to use the club without adult supervision.
 - d) Member is required to check in at the Service Desk before every visit.
 - e) Members losing their membership cards are required to apply for a replacement card at a fee of \$3.00 per card.
 - f) RAC may refuse entry or use of the facility to anyone without a valid membership card.
 - g) Lockers are day use only. All locks left on non-rented lockers will be cut off.
4. Member understands and agrees that all accounts are due by the 15th. A late fee may be assessed on all past due accounts.

5. Member understands and agrees that all fees paid to RAC are non refundable.
6. Member understands and agrees that the monthly dues and towel fees are subject to change based on operating costs and/or other reasons. A monthly retainer fee of \$5.00 will be charged to all members whose membership is placed on hold for job or medical reasons.
7. Member understands and agrees that upgrades in membership will go into effect immediately at the time of the requested change. Therefore, joining fees, monthly dues, and towel fees, will be prorated immediately.
8. Member understands and agrees that downgrades in membership will go into effect when all old cards are turned in to be changed. Therefore, monthly dues and towel fees will remain at the old rate until all cards are changed.
9. It is the responsibility of each member to contact their physician and ascertain their personal and/or family members' physical and medical limitations and to stay within their own limitations while taking part in any activity within the RAC facility. Member agrees to take full responsibility for maintaining their limitations. RAC staff reserves the right to obtain a physician release form from members who we rate as a high health risk.
10. All persons on club premises shall conduct themselves in an orderly, safe, courteous, quiet, and sportsmanlike manner at all times.
11. The following rules pertain to areas of RAC but not limited to the following:
 - a) GENERAL
 1. Cut off shorts are not proper attire anywhere in the club.
 2. Children under the age of 14 must be accompanied by a parent or guardian.
 3. Eating and drinking are limited to the snack bar and TV lounge unless authorized for special occasions.
 4. Shirts and shoes must be worn at all times throughout the club except for locker rooms, basketball court, and the pool area.
 5. NO SMOKING or TOBACCO use is observed throughout the club and/or within 10 feet of any entry/exit door.
 6. Wet bathing suits are not permitted anywhere other than the pool areas and the locker rooms.
 - b) RACQUETBALL / HANDBALL COURTS
 1. Regulation, smooth soled court shoes must be worn. Athletic shoes which leave marks are not permissible due to the damage and marking they cause on the court surface.
 2. No wooden racquets or black balls are allowed on the courts.
 3. Proper attire and shirts must be worn at all times.
 4. It is required that protective eye guards be worn by all players. The value of your eyesight is priceless.
 5. No beverages, food, gum, cigarettes, or chewing tobacco are allowed in the courts.

c) INDOOR SWIMMING POOL

1. Street shoes are not allowed on the pool deck.
2. No diving allowed in the swimming pool or therapy pools.
3. Only approved flotation devices will be permitted in the pool (no balls, balloons, Frisbees, etc.).
4. Full showers must be taken before using the pool, from therapy pool to swimming pool, and from sauna to any pool.
5. Children who are not toilet trained must wear an approved swim diaper to swim in any pool.
7. Children under the age of 14 must be accompanied by a parent or guardian. Everyone must follow posted pool rules.
8. Refer to swimming pool etiquette sheet for additional rules.

d) FITNESS CENTER

1. GENERAL
 - a. Be courteous. Do not rest on or monopolize equipment. Please wipe sweat with towels provided.
 - b. Shirts and clean workout shoes (no open toe shoes) must be worn.
 - c. Do not drop free weights or weight stacks.
 - d. No children under 12 years of age are allowed in the Fitness Center unless they have completed KidFit University. Children ages 12 - 14 must be under direct supervision of a parent or guardian.
2. FREE WEIGHTS
 - a. Return weights and dumbbells to trees or racks after use.
 - b. Be courteous and do not monopolize the equipment.
 - c. Please ask for assistance if you need help or instruction.
 - d. Observe safety precautions and help "spot" for others.

e) BASKETBALL GYM / RUNNING TRACK

1. GENERAL
 - a. Clean, non marking court shoes are required on the basketball court.
 - b. Food, drinks, gum or spitting are not allowed in the gym
 - c. Children 9 and under must have adult supervision in the gym.
 - d. Throwing balls at lights, ducts, or objects above the court surface is not allowed.
 - e. Runners / walkers have the right of way on the track area.
 - f. Please leave gym bags and clothes in locker and not on the gym surface or track.
2. RUNNING TRACK
 - a. Acceptable running attire and shoes must be worn.
 - b. Observe running direction dictated by odd / even days.
 - c. 14 laps equal one mile.

f) BATTING CAGES

1. Children 9 and under must have adult supervision at the cages.
2. Smoking is not permitted at the batting cages.
3. All posted rules must be followed.

12. Pets are not permitted on RAC premises.
13. Member understands and agrees that, should a member terminate their membership, all membership cards must be returned or further dues will be assessed beyond the 30 day written notice until all cards are turned in to RAC.
14. The daily club hours are posted at the entry except for the following:
 - a) RAC will be closed in observance of Thanksgiving Day, Christmas Day, New Year's Day, Easter Sunday, and Independence Day.
 - b) Limited hours will be scheduled and posted for Christmas Eve, New Year's Eve, Memorial Day, and Labor Day (8 am to 5 pm).
 - c) RAC will close annually for maintenance. This period may be for up to seven (7) consecutive days depending on the scope of the project each year. The membership will be notified in advance as to the specific days closed.
15. Special or abnormal events may force the Management/Owner of RAC to change the normal operation at times. This type of change will be made public well in advance whenever practical.

Violations of the foregoing Rules and Regulations may result in the suspension or termination of membership, ejection or exclusion from RAC facilities, and/or action as RAC may deem appropriate. In the event of termination and/or cancellation, member forfeits all deposits, return all membership cards, and be current with dues. The Rules and Regulations are for the benefit of the entire membership of RAC and may be revised from time to time as is necessary to ensure an environment that is compatible to the membership.

Use at your own: We recommend that you, including all family members that you have identified on the membership agreement, consult a physician before undertaking any exercise program. You and all members of your family are responsible to monitor your own exercise activities and understand that you use this facility and its equipment at your own risk. You agree that if you or any members of your family sustain an injury of any kind arising as a result of your use of the facility that the facility has no obligation to provide or pay for the cost of medical care. You are entirely responsible for the cost of any medical care for injury incurred as a result of using the facility.

The Management
Roundup Athletic Club
October, 1990
Revised, January, 1997
Revised, October 2001
Revised, November 2004
Revised, January 2008