



Multnomah Athletic Club

MAC JUNIOR HANDBOOK

Welcome to Multnomah Athletic Club (MAC). As a junior member, you can develop lifelong friendships and have the opportunity to pursue excellence in athletics, as well as social and educational programs. Just like a team, everyone works together to make sure a great time is had by all. As a junior member, being part of this special crew means that it's required for you to understand and follow the rules.

Junior members are part of one of three age groups: 7-10 years, 11-13 years, and 14-17 years. Remember, all Club Rules apply to junior members, so it's important to familiarize yourself with them.

For MAC's youngest members, it's important to note that children under the age of 7 are not allowed in the club unless accompanied by an adult who is 18 years or older. However, if a junior has a sibling who is at least 14 years old, they can supervise them.

Parents are responsible for their children's behavior in the club. The House Committee may discipline juniors who break Club Rules and also hold their parents responsible. Penalties for juniors and adults may include suspension of club privileges and reinstatement fees. Parents must pay the club to repair vandalism or property damage by their children, in addition to other penalties.

BRINGING THE BEST YOU: CLUB CONDUCT & ETIQUETTE

MAC is all about respect. Here's a reminder of some things to do and not to do.

DO

- Treat everyone with respect and be kind.
- Listen to MAC employees.
- Keep your voices soft and gentle, like a friendly whisper.
- Look after the club's amazing things – they're here for everyone.
- When you're having a meal at the restaurants, stay seated and enjoy.

DON'T

- Take things that do not belong to you.
- Roughhouse or run in the hallways and stairwells.
- Use offensive or inappropriate language.
- Hit, bully or tease others.

If you ever have any questions or want to learn more, just ask one of the friendly MAC employees.

MEMBERSHIP ID: YOUR KEY TO MAC MAGIC!

Getting your photos taken and receiving your membership ID are exciting parts of becoming a junior member at MAC! Your photo is put on your membership ID. This ID is just for you! It grants you access to all the amazing facilities and activities at the club. Remember, it's important to keep your ID safe and not share it with anyone, as it's exclusively for your use. So, get ready to smile for your photo and enjoy all the incredible experiences that being a junior member at MAC has to offer. Get your photo retaken at ages 11, 14, and 17.

- **Age 11 Quiz:** When you're 11, take a fun quiz to earn your card. At 14, another quiz awaits.
- Your card is just for you. Don't share it, but if you lose it, MAC can help replace it (fees apply).
- **Shop & Dine:** Use your card to buy goodies at the Mporium and enjoy delicious meals in club restaurants with parent consent.
- **Easy Entry:** Swipe your card or type your number to enter. Parents can use the group check-in too.
- Your card is your guide to fun at MAC. Make memories and enjoy the magic with your community! Questions? Just ask MAC employees.

GUEST POLICY

- Members ages 14 or younger are not permitted to bring guests to the club.
- Members ages 15-17 may introduce one guest at a time through the Fourth Floor Entrance via established check-in process and must stay with guests at all times.
- Guest must be at least 15 years old and bring photo ID, and stay with their member ho.
- Adult members may bring in junior-aged guests and must stay with the guests at all times.
- Fees apply to junior-aged guests using athletic areas and for Family Fridays.

DRESS CODE

- Athletic clothes are not allowed in social areas.
- Social areas include the Main Lobby, Reading Lounge, Stadium Terrace, Cornerstone Lounge, Centennial Lounge, first-floor restaurants and second-floor hallway.
- Restaurants have a more restrictive dress code. Please read Club Rules.
- Attire not allowed in social areas: spandex-type athletic shorts, cut-off shorts, shorts or skirts that are shorter than mid-thigh length, clothing with offensive writing or images, midriff-baring clothing, and shower sandals. Bare feet also are not permitted.
- In athletic areas, juniors must wear suitable attire for the activity in which they are participating.

SAFETY

MAC staff is trained to respond to emergencies and keep you safe. To report an injury or emergency, tell the nearest adult to call the manager on duty. You also may dial 911 from any club telephone or pick up the receiver on a red emergency phone. This connects you to the club operator, who starts the club's emergency procedures. **DO NOT** call 911 from a mobile phone.

CLUB RULES FOR JUNIOR MEMBERS

You're in training, learning all the Club Rules that make the club great, just as you follow the rules at school and home. There are guidelines to make sure everyone stays happy and safe. Remember, the full set of Club Rules is available on theMAC.com if you want to dive even deeper into the rulebook.

BEING A JUNIOR MEMBER

When you turn 7 and join the MAC family, you become a junior member. There are three groups of juniors, depending on your age: 7-10 years, 11-13 years, and 14-17 years. If you're younger than 7, you're still welcome – just make sure to bring an adult friend who's 18 or older, unless your sibling who's 14 or older is with you.

CLUB HOURS FOR JUNIORS WITHOUT AN ADULT

The chart below shows the times that juniors may be in the club without an adult.

	Ages 7-10	Ages 11-13	Ages 14-17
School Year Schedule			
Weekdays September through May (including late openings or early-dismissal days)	2-9 p.m.	2-9 p.m.	All hours
School Break Schedule (Based on Portland Public Schools)			
June through August, winter break, spring break, and in-service days	Open-9 p.m.	Open-9 p.m.	All hours
Family Days			
Fridays after 5 p.m., weekends, legal holidays	Open-9 p.m.	All hours	All hours

ELECTRONIC DEVICE USE

Use	Place
NO USE allowed in wet areas. Photography and video/ audio recording not permitted	Restrooms, showers, steam rooms, saunas, hot/warm room, and whirlpools
SILENT mode use: reading, emailing, texting, web browsing, watching video, gaming, and listening with headphones	Anywhere except wet areas.
QUIET conversations	Lobbies, hallways, phone banks, Stadium Terrace when there is no event, catering rooms if allowed by the event host
Photography & Video/Audio Recording	
NOT PERMITTED in locker rooms, shower/changing rooms, and wet areas.	
PERMITTED in other areas of the club with prior consent of the subject(s).	

AREAS OF JUNIOR USE

This chart shows areas juniors may use when not with an adult or in a supervised activity. Juniors ages 7-10 must be in a supervised or monitored area at all times if they are not with an adult or sibling who is at least age 14. They may use hallways and corridors to pass between, but may not hang out in, these areas.

Club Area	Ages 7-10	Ages 11-13	Ages 14-17
50-meter Pool	No	No	Yes
Climbing Gym	Yes, during Open Gym. With a belay-approved member age 14 or older	Yes, Open Gym	Yes, Open Gym
Corridors/Hallways	May pass through only	Yes	Yes
Fitness Room Areas/Studios	No	No	Yes
Fitness Room Gallery	Yes	Yes	Yes
Fit Zone	Yes	Yes	Yes
Gymnasiums-West/Main	Yes	Yes	Yes
Gymnastics Arena	Yes, during Open Gym	Yes, Open Gym	Yes, Open Gym
Handball/Racquetball/Squash/Tennis/Pickleball	No	Yes	Yes
Indoor Track	No	Yes	Yes
Joe's	Yes	Yes	Yes
Junior Locker Rooms	Yes	Yes	Yes
Junior Lounge	Yes	Yes	Yes
Main Lobby	May pass through, but may not hang out, study, or wait for ride		
Parking Garage	Only with adult	Only with adult	Ages 16 and older can park in member garage
Sauna/Steam Room/Whirlpool	On Family Days with an adult member	On Family Days with an adult member	On Family Days with an adult member
Stadium Terrace	No	No	Yes
Sun Deck/West Pools*	Yes, must pass swim test to use deep end	Yes	Yes
Sun Deck (Lower)	Yes, during Open Swim and at Splash	Yes	Yes
Mporium	Yes	Yes	Yes
The Salon	Yes	Yes	Yes

Even when accompanied by an adult, some areas are off limits to juniors or have additional restrictions.

Restricted Club Areas for Accompanied Junior Members

Club Area	Restriction
Centennial/Reading Lounge	Juniors may use only with direct adult supervision.
Indoor Track	Those younger than age 11 must be within arm's reach of an adult or supervising sibling age 14 or older at all times. Those younger than age 14 are not allowed to use or climb on the exercise equipment.
MACtinis/Game Room	Juniors are not permitted. Must be age 21 or older in MACtinis.
1891	Juniors ages 16-17 are permitted with a member age 21 or older.
1891 East	Children are permitted with a member age 21 or older.
Senior Locker Rooms	Children and juniors are allowed only with an adult on Family Days. Children ages 4 and older are not allowed in opposite-gender Senior Locker Rooms.
Sports Pub	Children and juniors allowed with an adult before 10 p.m.