



RULES AND REGULATIONS

- All persons enter and use the pools, facilities, and grounds at their own risk, or in the case of a minor, at their parent's and/or guardian's risk.
- Appropriate behavior is always expected – obscene, abusive, disruptive language, pushing, shoving, rough housing, or fighting is NOT allowed anywhere within Mariners Landing Country Club.
- All posted signage and safety alerts shall be strictly adhered to.
- Unsafe activity, as determined by MLCC, is NOT allowed.
- Employees of the MLCC are under sole supervision of the owners/directors of MLCC and their Management Team, and shall not be reprimanded by a Property Owner, Club Member or Guest. Any and all issues with club staff shall be brought to the attention of the MLCC Management Team.
- It is recommended that personal belongings be locked in your car or in one of the lockers provided. Personal items may not be kept at any MLCC office. MLCC has a Lost and Found please Inquire at any MLCC office regarding lost belongings. MLCC is not responsible for any lost, stolen, or damaged property.
- All MLCC property and equipment shall remain in the proper program area unless its removal is approved by MLCC Management.
- Any abuse or destruction of MLCC property and/or equipment shall be repaid by the abuser and can result in dismissal from the MLCC and forfeiture of access privileges. Accidental damages shall be repaid or replaced.
- Alcoholic beverages are not allowed in the lobbies, restrooms, Fitness Center, or Pro Shop.
- Bringing glass containers into or onto any MLCC property is strictly prohibited, including pools & beaches.
- Use of tobacco products indoors or in an undesignated area, illegal drugs, and gambling is prohibited in MLCC buildings, parking lots, pools, grounds, surrounding property, and during programs at offsite locations.



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- Persons arriving under the influence of alcohol or drugs will not be allowed access to the facilities and grounds and/or allowed to participate in MLCC sponsored programs or events.
- The Property Owner and/or Club Member is ultimately responsible for their guest(s) actions and assume responsibility for ensuring their guest(s) execute a liability waiver and submit said waiver to MLCC or its agent prior to using any of the facilities. All facilities have limited capacity which may vary according to circumstances. Therefore, the number of users may be limited, as determined by applicable law and codes, or by the MLCC Management. Failure to comply may result in violations, limitation, or loss of access privileges, and depending on the severity, civil and/or criminal penalties.
- Required by the codes of Bedford County and the Commonwealth of Virginia, and the Clubhouse Restaurant's VA ABC licensure; Wine, beer, or mixed beverages may not be brought onto the premises, any alcohol consumed on MLCC grounds shall be purchased through the onsite designated ABC vendor.

1. PROPER ATTIRE

Appropriate attire is expected in all MLCC facilities, grounds, and common areas:

- Shoes - Hard soled, non-athletic, black marking shoes are not allowed in the fitness areas, tennis/pickleball courts, golf course, or on any pool deck.
- Collared shirts are expected for play on the Golf Course.
- Clothing with obscene or offensive language or images (as determined at the sole discretion of MLCC or its agents) is not permitted.
- Sports bras without tops, cut-offs, sandals, and open toe shoes are prohibited within the Fitness Center.
- Halters, string bikinis, cut-offs, and/or thongs are not permitted.



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2. GOLF COURSE AND PRO SHOP

- There is no trespassing between one hour after sunset and one hour before sunrise on the golf course.
- Cart paths are reserved for play. There is no walking, jogging, or biking on the golf course.
- Carts must be kept on cart paths around greens and tees, all Par 3s, and any other areas marked or designated as cart path only at all times. Management reserves the right to restrict carts to cart path only at its sole discretion.
- Players shall always register at the Pro Shop prior to entering the golf course.
- A "No-Show" for a registered tee time by a Property Owner or Club Member shall result in a charge at the highest public rate for that day.
- Golfers shall repair ball marks on greens and replace divots on fairways. Sand is provided at the tee boxes and sand bottles in the rental fleet.
- Golfers are requested to allow faster players through.
- Golfers assume all liability for any damages that may occur as a result from playing golf, including but not limited to cart damage, damage to grounds and facilities, and damage from an errant golf ball.

3. GOLF CART RENTAL

- Golf cart rentals are available at the Clubhouse for golf course use only.
- Operators of the golf cart shall be at least 16 years of age and shall be in possession of a valid driver's license.
- Operators accept responsibility for their own safety and negligence and the safety and negligence of any operator of their golf cart. Operators agree to operate the golf cart in a safe manner, and to ensure that anyone operating the golf cart with their consent does the same. Operators are liable for all medical and legal claims that may arise from the use of the golf cart.



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3. GOLF CART RENTAL CONTINUED

- No cart shall have more than two people or two bags. Failure to comply with cart rules may result in suspension of golf play.
- Operators agree to accept the risks of using a golf cart and on behalf of themselves, personal representatives and heirs shall automatically and voluntarily hold harmless MLCA, MLCC, MLDC, PMC, and its directors, officers, employees, and agents from any and all claims, actions, causes of actions, suits, judgments and demands for bodily injury, property damage, loss of life and/or loss of services, in law or equity, that may in any way or manner arise out of use of the golf cart.

4. FITNESS AREAS

- Registration for classes shall occur prior to commencement.
- Talking on a cell phone is not permitted in any Fitness Area other than for emergency use.
- Please notify MLCC immediately of any equipment problems and refrain from using any equipment that is not working properly.

EQUIPMENT EXPECTATIONS:

- Please read posted instructions on equipment before using equipment. Do not use equipment unless you understand the instructions.
- Clean all equipment after each use. Towels and cleaning solution are provided to remove perspiration from the equipment only. Please bring your own towels to remove perspiration from your body.
- It is strongly recommended to have a spotter in the free weight area.
- Do not drop weights.
- Rack weight plates when you are done.
- Return all dumbbells, bars, and benches to their proper place when finished.



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4. FITNESS AREAS CONTINUED

FITNESS CENTER ETIQUETTE:

- Please respect the 30-minute rule when using machines or equipment if people are waiting.
- If you are waiting, use the signup sheet and remain in the fitness area – no one will come find you.
- Please be courteous and allow those waiting to “work in”. Participants doing a program on the machines have priority over individuals using selected pieces of equipment.
- Please clean up after yourself and throw all trash in the trash receptacles.
- Loitering, food, and chewing gum are not permitted in any Fitness Area.
- Bottled water in an unbreakable container is permitted.
- Use of chalk is prohibited.
- Participants are welcome to bring personal stereo headsets.

5. YOUTH IN THE FITNESS CENTER

- All persons shall provide access credentials upon request.
- Children under 16 are not allowed in the Fitness Center, exceptions may be made by the Fitness Advisor for student athletes, which shall be determined on a case-by-case basis.
- Children ages 13-15 shall schedule an appointment in advance at the Club office with a Fitness Advisor for orientation prior to working out in the Fitness Area.
- Children ages 13-15 who have completed their orientation with a Fitness Advisor, may work out on equipment as approved by the Fitness Advisor only when they are directly supervised by their trainer or parents or guardians who are not engaged in any other activity.



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6. POOLS

- All persons shall provide access credentials at the time of entry.
- All persons under the age of 16 shall be accompanied by a parent or guardian.
- Children 3 and younger shall wear swim diapers.
- Any person who is incontinent or not fully potty trained shall wear the appropriate waterproof clothing when entering or being carried into the pool.
- Children 7 and younger shall have a parent or guardian present in the pool while they are swimming.
- Children ages 8-13 shall be under the direct supervision of an adult.
- No running or roughhousing on pool decks.
- Access to pool areas is strictly prohibited outside of posted hours without the prior written consent of MLCC or its agent.
- There is no smoking in any pool area.

7. BEACHES

- All persons shall provide access credentials upon request.
- Children under 16 shall have a parent or guardian present.
- Children 7 and younger shall have a parent or guardian present in the lake while they are swimming.
- Children ages 8-13 shall be under the direct supervision of a parent or guardian.
- Beach fires are not allowed without prior written consent from Mariners Landing Development Company.
- Pets are only permitted before 10:00 AM and after 8:00 PM.
- Any and all pet excrement shall be immediately removed and disposed of properly by the pet owner.
- There is no smoking on any beach.



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8. LOCKER ROOMS

- Access to lockers is based on availability.
- Children under 16 shall have a parent or guardian present.
- Personal locks for lockers may be used, lockers must be vacated at the close of each day.
- Locks left at the end of day will be cut and personal items will be moved to the Lost and Found.
- There is no smoking in the locker rooms.

9. TENNIS, PICKLEBALL, BASKETBALL, AND VOLLEYBALL COURTS

- All tennis and pickleball players shall register with the Club prior to play.
- Children under 16 shall have a parent or guardian present.
- All persons shall provide access credentials upon request.
- Tennis and Pickleball courts may be reserved for up to 1.5 hours, up to one day in advance.
- There is no smoking on any courts.