



Diversity Admissions Application

Self Nomination for Individuals

Multnomah Athletic Club

Application Checklist

Please submit the following checklist items to membership@themac.com.
They also can be mailed to or dropped off at:

*Multnomah Athletic Club
Attn: Membership Office
1849 SW Salmon St.
Portland, Oregon 97205*

- ☐ **Completed Nomination Worksheet**
- ☐ **Completed Community Involvement Worksheet**
- ☐ **Completed Application for Diversity Admissions Membership**
- ☐ **Both Letters of Recommendation — One professional and one personal, as specified in the application**

By Signing below, I acknowledge that I have completed the above checklist and am required to submit all materials to be considered for membership.

Signature of Applicant

Date

Please note that the completed applications are processed in the order in which they are received by the Membership office. You will receive an email confirmation of your waitlist placement once the Membership office has processed the above checklist items, which constitute a completed application.

For any questions, please contact Membership at 503-517-7280 or membership@themac.com.



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Nomination Worksheet

Mission Statement

The purpose of the Diversity Admissions Program is to increase the diversity of Multnomah Athletic Club membership to better reflect the community in which we live.

Part One: To Be Completed by Candidate	
Candidate Community Involvement forms will be considered only for this candidate	Name: _____ Birthdate: _____ <small>title first middle last gender</small> Address: _____ Home Phone: _____ Email: _____
Source	How did you learn about the Diversity Admissions Program? _____
Criterion 1	<p>Diversity refers to race, ethnicity, gender, and sexual orientation as defined below. Please check all of the boxes that apply to you.</p> <p style="text-align: center;"><u>Race</u></p> <p><input type="checkbox"/> Black or African American: A person having origins in any of the Black racial groups.</p> <p><input type="checkbox"/> Hispanic or Latino: A person having origins in any of the original peoples of Central or South America, or other Latin American countries.</p> <p><input type="checkbox"/> Asian, Middle Eastern or Pacific Islander: A person having origins in any of the original peoples of the Far East, Middle East, Southeast Asia, the Indian Subcontinent, or the Pacific Islands.</p> <p><input type="checkbox"/> American Native or Alaskan Native: A person having origins in any of the original peoples of North America.</p> <p><input type="checkbox"/> Other</p> <p style="text-align: center;"><u>Gender</u></p> <p><input type="checkbox"/> Trans: A person whose gender identity or expression does not conform to what is expected based on the sex they were assigned at birth.</p> <p><input type="checkbox"/> Gender Nonconforming: A term used to describe someone whose gender expression is different from conventional expectations of masculinity and femininity.</p> <p style="text-align: center;"><u>Sexual Orientation</u></p> <p><input type="checkbox"/> LGBTQ+ Spectrum: A person whose sexual orientation is other than heterosexual.</p>



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Community Involvement Worksheet

Please use this worksheet to detail your involvement in a voluntary or professional activity. This includes leadership roles that show your relationships and connections in the community that give you a sphere of influence to increase awareness of the Diversity Admissions Program and Multnomah Athletic Club.

Please list only one activity per worksheet. Copy this form for additional activities, if needed. Typed worksheets are accepted. If needed, you may photocopy the worksheet and attach pages for additional examples.

Part One: To Be Completed by Nominee	
Nominee	<p>Nominee Name: _____</p> <p>Title(s) or Role(s): _____ For example, board member, officer, founder, volunteer, etc.</p> <p>Date of Involvement: _____ Beginning Date End Date</p>
Criterion 2	<p>Description of activity and your level of involvement, including leadership roles: Describe your role in the activity and how your involvement has developed relationships and connections in the community that give you a sphere of influence to increase awareness of the Diversity Admissions Program and the Multnomah Athletic Club. This is not a measure of volunteer service, but of relationship building.</p> <div><ul style="list-style-type: none">• Charitable or nonprofit organizations• Cultural organizations• Educational institutions<ul style="list-style-type: none">• Faith-based organizations• Professional organizations• Similar activities that demonstrate community involvement</div>

Continued on next page.



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Description of activity and your level of involvement, including leadership roles (continued):

Signature of Nominee: _____

Date: _____



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Part Two: To Be Completed and Signed by Applicant

Letters of Recommendation

Along with this completed application, please submit two recommendation letters: a professional recommendation letter from a business or community organization and the other a personal recommendation letter. Below are the following guidelines for the recommendation letters:

- The applicant must know each letter writer for a minimum of three years.
- Neither of the recommenders are required to be from the Portland area.

Each letter should include:

- The type and duration of the person's relationship with the applicant
- A description of the writer's thoughts on the applicant's friendliness and congeniality
- A description of the applicant's character, ethics, and integrity
- A description of the applicant's professional or community engagement (professional recommendation) or a description of the applicant's volunteerism (personal or community recommendation)
- A description of the applicant's roots in the community
- The professional recommendation letter also should include a description of the applicant's tenure and responsibilities of their position.

Signatures

By signing this application form, I acknowledge the following:

- If the Board of Trustees approves this application, I am responsible for any initiation fee that applies in order to accept a membership. This is the initiation fee that is in effect for the specific membership category on the date the application is received in Member Services.
- I may withdraw this application at any time prior to paying the initiation fee and accepting the membership. Once the membership is accepted and the initiation fee is paid or under a payment plan contract, the fee is nonrefundable.
- I grant Multnomah Athletic Club permission to obtain a personal financial/character/criminal report relative to my application.
- Upon approval of this application by the Board of Trustees, I agree to accept full responsibility for payment of account and compliance with Club Rules.
- The fact that I am applying for individual or family membership does not confer any contractual or additional rights upon this application or obligations to the Membership Committee or Board of Trustees, and the acceptance or rejection of the application is within the absolute discretion of the Membership Committee and Board of Trustees.
- All membership application materials are confidential and will not be disclosed to parties outside of the evaluation process.
- Any false or misleading information on this application may be cause for denying membership.
- I have read and understand the Guidelines for Completing a MAC Application.

Signature of Applicant: _____ Date: _____



Diversity Admissions Application

Waiver of Liability

Multnomah Athletic Club

Agreement Release & Waiver of Liability

1. I understand and acknowledge that club participation may be dangerous and may involve risks which include, but are not limited to, bodily injury, partial or total disability, paralysis, and death. I also understand and acknowledge that the social and economic losses or damages which can result from those risks and dangers can be severe and that not all such risks and dangers may be known or reasonably foreseeable at this time. I accept the responsibility for losses or damages resulting from all such risks and dangers involved in club participation.

2. I agree to take appropriate precautions for my own safety and that of others when participating in activities and further agree that, before participating, I will inspect the facilities and equipment to be used and will, if I believe anything is unsafe, immediately advise the person in charge of that unsafe condition and will refuse to participate.

3. I hereby release, waive, and discharge MAC, its coaches, instructors, officials, and volunteers engaged by MAC, in the conduct of club activities, and MAC officers, directors, agents, and employees, from all liability to me and to my conservators, guardians or other legal representatives, assigns, heirs, and next of kin for any and all claims, demands, losses, or damages on account of any injury, death, or damage to property, arising out of my participation in club activities, or arising from negligence, whether on MAC premises or elsewhere, including transportation of myself and/or my child/ward to and from events and venues.

4. If competing at an offsite event/venue, I assume responsibility for transportation of myself and/or my child(ren)/ward(s) to and from those events and/or venues.

5. I also hereby agree to indemnify and to hold harmless from any claim or demand on account of injury or damage which I may suffer as a result of participation in club activities, MAC and all other persons mentioned in Paragraph 3.

6. I understand that this release, waiver, and agreement to indemnify and hold harmless includes, but is not limited to, damages which are caused, or alleged to be caused, in whole or in part by the negligence of MAC and the individuals listed in Paragraph 3.

I am the parent or legal guardian of those participant(s) who are associated with my membership account/application, who are under the age of 18 years, and who wish to participate in the Multnomah Athletic Club's activities. In consideration of the Multnomah Athletic Club's allowing my child(ren) or ward(s) to participate in club activities, I hereby agree to indemnify the Multnomah Athletic Club and all other persons described in Paragraph 3 above, and to hold each and all of them harmless from any claim or demand on account of injury to or damage suffered by my child(ren) or ward(s) as a result of participation in club activities, whether on Multnomah Athletic Club premises or elsewhere.

I acknowledge it is my responsibility to deliver my child(ren) to any activities and to pick up my child(ren) promptly upon the scheduled conclusion of such activities. If competing in an offsite event/venue, I assume responsibility for transportation of myself and/or my child(ren)/ward(s) to and from those events and/or venues.

This agreement includes, but is not limited to, claims or demands on account of injury or damage caused or allegedly caused by the negligence of MAC or any of the individuals listed in Paragraph 3.

I have read the above agreement of release and waiver of liability and understand that by agreeing to this waiver, I have given up substantial rights. I agree to this agreement voluntarily.

Signature of Applicant/Member

Print Name

Date

Parental Consent to Treat: I wish to provide consent and have completed the form below:

I am the natural parent and/or guardian of registered children who are associated with my account, do hereby fully authorize Multnomah Athletic Club coaching staff or designated chaperones to act on my behalf in the event my child(ren) is/are the victim of an accident, injury, or illness that requires immediate medical or surgical care. Actions on behalf of my child(ren) shall include but not be limited to authorization for Multnomah Athletic Club coaching staff or other chaperones to arrange for such medical care as they deem appropriate, substantiated by local medical advice, and to give any required consent for such medical care.

Signature of Applicant/Member: _____ Date: _____

Emergency Phone: _____ Alternate Phone: _____ Account #: _____



Diversity Admissions Application

Letter of Recommendation

Multnomah Athletic Club

Letter of Recommendation Guidelines

Professional & Personal

You have been named by the applicant(s) listed below as a Professional or Personal Reference or for Multnomah Athletic Club membership. Your honest appraisal of the applicant(s) is appreciated and will help maintain the high quality of the MAC membership. All information you share will be confidential.

Below are the following guidelines for the recommendation letters:

- The applicant must know the professional recommendation letter writer for a minimum of three years and the personal recommendation letter writer for a minimum of three years.
- Neither of the recommenders are required to be from the Portland area.

Each Letter should include:

- The type and duration of the person's relationship with the applicant
- A description of the applicant's friendliness and congeniality
- A description of the applicant's character, ethics, and integrity
- A description of the applicant's professional or community engagement (professional recommendation) or a description of the applicant's volunteerism (personal or community recommendation)
- A description of the applicant's roots in the community
- If known on a professional letter, the recommendation letter also should include a description of the applicant's tenure and responsibilities of their position