

The DUGOUT Men's Recovery Home
House Rules and Regulations

(All residents Must Be At Least 19 Years of Age (No Exceptions))

I. There is a NO TOLERANCE policy regarding drugs and alcohol. Violation of the following rules and regulations will result in immediate termination.

- a. No medication (prescription or otherwise) is allowed that cannot pass a drug test.
- b. All residents must submit to random drug screening upon request.
- c. Fighting and/or threats of physical violence are strictly prohibited. There shall be no firearms or any weapons of destruction by a resident.
- d. All illegal activity is prohibited.
- e. All use of tobacco shall be on back deck at designated smoking area.
- f. Sexual contact or attempted sexual encounters with another resident is prohibited. Pornographic material and/or posters, music, movies, or clothing which depict drugs or violence are not permitted by residents. Foul language, dirty jokes, or racist remarks will not be tolerated at any time.

Required Meetings / Recovery Plan / 12 Steps:

- a. New residents will attend the next available Celebrate Recovery Step Study.
- b. Sunday night & Wednesday night house meeting; Sunday morning worship service; Celebrate Recovery Meetings on Monday and Friday nights are mandatory unless approved by staff in advance. Residence are expected to be on time and stay for duration of all meetings and church services.
- c. All residents are required to develop a recovery plan within the first week and shall make consistent progress in working their recovery plan. All residents must have a sponsor and maintain regular contact with his sponsor. New residents must have a sponsor (temporary or permanent) within two (2) weeks of admittance. All residents should set aside some quiet time each day for meditation and must perform their 12-step work on a daily basis.

Curfews:

All residents shall be in the house no later than 9:00 p.m. Monday through Thursday; 11:30 p.m. on Friday and Saturday; and, 6:00 p.m. on Sunday. Exceptions for meeting attendance may be authorized in advance.

Leave of Absence:

There shall be no passes for the first 30 days. After 30 days, leave of absence shall be for 24 hours. Must give 24-hour notice prior to leave of absence. Location and contact number must be left with House Manager.

Visitors:

After the first two weeks, visitation is allowed with family members only on Sunday from 4:00 p.m. until 6:00 p.m. Each resident shall submit a list of requested family members in writing to House Manager for prior approval. Sitting in cars is not permitted during visitation. **Visitors are NOT ALLOWED in the bedroom of a resident at any time during visitation.**

II. GENERAL HOUSE MAINTENANCE AND HOUSE RULES:

- a. Maintaining a clean house is each resident's responsibility. All residents are required to perform assigned duties and chores as needed or requested.
- b. Residents shall keep their personal space clean at all times. This includes:

Making bed daily.

Maintaining a clutter free environment.

Vacuum and dust rooms twice a week.

Bed linens must be washed and changed weekly.

Wash and dry your used towels or washcloths.

Each resident must clean the bathroom / shower after their use.

c. Garbage must be emptied weekly.

All dishes must be washed and put up immediately after use.

Kitchen floor must be swept and mopped daily.

Kitchen appliances must be kept clean, cabinets in order, and refrigerator cleaned out as needed.

All common areas, such as dining room, kitchen, study and den shall be vacuumed / mopped / dusted daily.

NO FOOD OR DRINK EXCEPT IN KITCHEN OR DINING ROOM.

d. Broken down vehicles are NOT allowed on the premises. No cars are allowed to be parked on the street.

e. Residents shall not sleep or lie on the floors, chairs, or sofas. Resident's clothes must be clean when sitting on furniture. Dirty shoes are to be removed at the door.

f. Taking another resident's property, including food, is stealing.

g. Use of shower, bathtub, washer and dryer is prohibited after 9:30 p.m.

h. Television shall be turned off by 9:00 p.m. Sunday through Thursday and by 11:30 p.m. Friday through Saturday.

i. Video games, personal televisions, computers, lap top computers and/or stereo systems are not permitted. **ALL CELL PHONES MUST BE ON SILENT AFTER 9:00 pm**

j. All entry and exit to the house shall be through the front door, unless of an emergency. **It is the responsibility of the last resident leaving to make sure everything is turned off and the house is locked and secure, including garage door.**

III. PERSONAL APPEARANCE / HYGIENE:

a. Residents must maintain a neat appearance at all times.

b. Residents must shower, shave and change clothes daily.

c. Haircuts are required as needed.

d. Residents shall not obtain body piercing or tattoos while residing.

e. Residents must wear proper clothing when in the common areas.

Schedule:

a. Residents must be out of bed and dressed by no later than 8:00 a.m.

Monday through Friday and no later than 9:00 a.m. on Saturday.

Dating / Relationships:

No dating is allowed for the first three (3) months. The first three (3) months are crucial to a successful recovery program. Therefore, we recommend and strongly suggest that all new residents refrain from dating and/or starting a new relationship during the first three (3) months, so that recovery will be the resident's **number one focus**.

Employment:

All residents must maintain full time employment or have other means of legitimate support / income. Shift and/or night work is prohibited.

Residents must perform volunteer work as required.

IV. MISCELLANEOUS / OTHER:

- a. It is the responsibility of each resident to show good judgment and make sound decisions when presented with any circumstances not covered in the Rules and Regulations.**
- b. A RESIDENT WHO HAS KNOWLEDGE OF ANOTHER RESIDENT VIOLATING THE RULES AND REGULATIONS AND FAILS TO REPORT THE VIOLATION TO THE HOUSE MANAGER IMMEDIATELY, WILL RECEIVE SIMILAR CONSEQUENCES AS THE RESIDENT IN ACTUAL VIOLATION, INCLUDING DISCHARGE.**
- c. Residence should exhibit a positive and willing attitude and be open to suggestions.
- d. Residents will support the house by performing his assigned duties and pitch in when needed or requested. Residents shall be on time for all work details and general cleaning. Exceptions must be approved.
- e Residents are not to borrow from or loan money or property to other residents.
- f. No pets are allowed without prior coordination with The DUGOUT Staff

V. STATEMENT OF UNDERSTANDING:

This is a spiritual men’s recovery home. It is not a “boarding home” or a “halfway house”. We take recovery very seriously and we expect our residents to do the same. We believe we have a lot to offer as far as a clean house, decent furnishings, some supplies, some food if needed, washer and dryer, heat and air, linens, bath towels, hot water and transportation. We try to make you feel at home, welcomed, and loved, as best we can. However, we expect a few things out of your while you are here!

- (1) Work an honest program of recovery.
- (2) Regular meeting attendance.
- (3) Meditations daily.
- (4) Have a sponsor.
- (5) Have a home group.
- (6) Step work.
- (7) Service work.
- (8) At this time, the fee is **\$100.00 per week**. This covers rent and utilities. Food and incidentals are resident’s responsibility. Arrangements can be made to pay on a weekly basis and a payment contract will be established at that time.

I hereby acknowledge that I have read and understand all of the above Rules and Regulations. Furthermore, I agreed to adhere to these Rules and Regulations.

RESIDENT

DATE

DUGOUT Representative