

THE SHED, INC.

House Rules and Regulations

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

I. **The Shed has 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.

Also, while a resident of The Shed, we expect for a man in recovery to refrain from any over the counter (or in cooler) power drinks, five hour energy drinks, pills, powders, or anything mood altering substances, including caffeine pills, etc. Should a resident be caught doing any of the above substances, it will be the same consequences as failing a drug screen. Termination will be at the discretion of The Shed

- 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 at The Shed.
- 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 of The Shed is prohibited. Pornographic material and/or posters, music, movies, or clothing which depict drugs or violence are not permitted by residents of The Shed. 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 90 meetings and 90 days.
- b. Tuesday night house meeting; Wednesday night RSVP meeting; and, Sunday morning worship service at Landmark Church are

mandatory unless approved by staff in advance. Residents are expected to be on time and stay for duration of all meetings and church services.

- c. All residents shall make sufficient 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 to The Shed. 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.

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:

Visitation is allowed with family members only on Sunday from 2:00 p.m. until 4:00 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 at The Shed. **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 daily.
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 or grass.
- 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 back 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 9:30 p.m. Sunday through Thursday and by 11:30 p.m. Friday through Saturday.
- i. No video games, personal televisions or stereo systems are permitted at The Shed. Cell phones and personal lap tops are permitted but must be ON SILENT AFTER 9:30 P.M.
- j. All entry and exit to the house shall be through the kitchen 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 at The Shed.
- e. Residents must wear proper clothing when in the common areas of The Shed.

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:

Dated is discouraged for the first six months. The Shed believes the first six 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 six months, so that recovery will be the resident's **number one focus.**

Employment:

All residents must maintain 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 of The Shed.**
- b. **A RESIDENT WHO HAS KNOWLEDGE OF ANOTEHR RESIDENT VIOLATING THE RULES AND REGULATIONS OF THE SHED AND FAILS TO REPORT THE VIOLATION TO THE HOUSE MANAGER IMMEDIATELY, WILL RECEIVE SIMILAR CONSEQUENCES AS THE RESIDENT IN ACTUAL VIOLATION, INCUDING 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.

V. STATEMENT OF THE SHED:

The Shed is a spiritual men’s recovery home. The Shed 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) Daily meetings.
- (3) Meditations daily.
- (4) Have a sponsor.
- (5) Have a home group.
- (6) Step work.
- (7) Service work.

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

RESIDENT

DATE

Witness

