## **Soaring Eagle Sober Living**

## **House Rules**

Verbal or physical threats or violence will not be tolerated

No hate speech. Be aware of foul language so that you don't irritate other residents

No weapons or firearms or fireworks permitted on the property

No smoking or vaping indoors. If smoking outdoors place your ash/butts in provided receptacles

No illegal drugs or narcotics allowed on property.

Each resident is responsible for choosing 4 dinners per month to prepare for the house. A menu will be posted and residents can sign up for the days and meals they wish to cook. All ingredients and instructions for these meals will be provided by the owners.

Likewise, two people per meal are responsible for clean up after dinner. There will be a place to sign up for that as well.

Residents must keep their personal food and valuables in their locker. The food items in the pantry are for shared use and remain in the kitchen area. If you notice that we are running low on spices/oil/coffee/creamer/sugar/dish soap/ sponges or cleaning supplies, add it to the list in the kitchen.

If cooking or eating, do not leave dishes in the sink. Make sure you wash and dry and put your items back.

No muddy or dirty shoes in the house.

Be respectful of noise. Quiet hours are 10:00 pm- 7:00 am

Curfew: midnight

If you are going to be away for more than 24 hours please let the house manager know.

Use the provided baskets on your locker (or use your own) to place your hygiene items in and take it to the bathroom to use when needed.

Residents are responsible for cleaning the house and can sign up for weekly chores that are generally done once a week or as needed.

Be respectful of your fellow residents. Ask if you can borrow an item. Never take or use anything that does not belong to you.

Visitors are permitted between 9:00 am- 8:00 pm and are only permitted in common areas. They are not permitted to eat the provided breakfast or dinners as we only have enough for residents.

Label any food in the refrigerator that is yours. Use the marker and tape provided.

No animals permitted on the premises (allergy concerns)

Clean up after yourself. Leave the common areas near and tidy.

If you have any issues, speak to the house manager first.

You will be provided bed linens and bath towels and wash cloths. You are responsible for keeping them clean.

Wipe down the shower/sink after use and if you notice the toilet is dirty, scrub it.

If there are multiple people waiting to use the restroom, limit your shower/bathroom time to 10 minutes.

Thermostat should only be adjusted by the house manager. If you want it adjusted, speak to them.

Trash: if the can in the kitchen or bathroom is full, take the trash out. Do not allow litter or trash to pile up.

Utilities: they are provided but be mindful about shutting off lights and appliances when not in use. If possible do laundry outside of peak hours.

Washer-dryer. Do not overload the machines.

Use your own detergent.

If someone is waiting, limit your wash to 1 load at a time and take turns with your co living residents. Do not leave items unattended in the machines. Be home when you do your laundry so you can retrieve it promptly. There will be a sign up white board where you can sign up for which laundry days you want

Be a good neighbor. Be friendly to any neighbors and respect their boundaries and your noise level. We want to be seen as a positive influence in the community.

Bikes, TV, outdoor equipment are all common property. Be kind. Share. Keep everything clean and in good working order. If you break something you are responsible for replacing or repair of the item.

Rent is paid on time and in full. If you cannot pay monthly there is a weekly option at a slightly higher price.

Beds should be made and personal space kept neat and tidy

## Consequences for breaking rules

- 1. Verbal warning
- 2. Written warning
- 3. Resident is subject to a lease termination for rule violation(s).

I have received, read and understand the house rules and agree to uphold them.		
Signature.	Date	