

# Health and Safety Regulations

1. **NO Smoking or Chewing in the HOUSE!** Smoking and chewing tobacco are permitted outside **only**; There are designated areas in the back of the house, not on the balconies.
2. Food and beverages are not permitted in bedrooms or in the living room.
3. Hands must be washed before cooking in kitchen.
4. When leaving a room, **shut off all electrical equipments and lights**. Otherwise electrical equipments will be removed from your room.
5. For your safety, try to avoid using any electrical appliances in the bathroom.
6. Report problems with appliances, heat, water or problems in the rooms to staff or House Manager immediately.
7. In order to comply with our Good Neighbor policy, **do not loiter** in the driveway or porch.
8. **LAUNDRY:** Use appliances at your own risk. This Sober Living home provides laundry facilities as a convenience and does not assume responsibility for any damage to clothing or loss. Please do not overload machines. Irons must be unplugged when not in use. Use of Washer and Dryer are permitted during posted times. All tenants must be attentive to their laundry and may not leave their laundry in the machines for more than 15 minutes after the cycle has been completed. Our Sober Living is not responsible for lost valuables or cash.
9. **GUESTS:**
  - are welcome in common living areas **ONLY** for no longer than 3 hours and not more than 3 days in a row.
  - Guests are expected to be clean and sober and may be subject to submit a urine analysis (UA) tests. They must be clean from all substances.
  - NO guests allowed after 9:00PM.
10. **LEND/BORROW POLICY:**

It is against our Sober Living policy for a tenant to **lend or to borrow** other tenants' belongings or money. If you do lend or borrow anything, you do so at your own risk.
11. **PARKING:** You may have only **one** automobile on our property as long as it is in good working order, currently registered and insured. Park your car in designated parking only. **Parking spaces will be assigned on property**, and you may **only** park in your assigned parking area. Vehicles must not leak fluids in driveway.
12. **NOISE LEVEL:** If someone is picking you up, blowing their horn to get your attention is unacceptable. Be courteous to all including your roommates.

TV and stereo in common areas are to be kept at a minimum to be courteous to other Tenants that may be resting. If the volume can be heard outside of the common area, then it is too loud.
13. It is your responsibility to ask for a receipt for all rent payments. All checks are to be made payable to "Synergy Sober House", without exceptions.
14. Tenants may not display, nor wear anything that advertises alcohol beverages, drugs or gang related apparel.
15. Fireworks, firearms, knives, weapons, etc. are **NOT** allowed in your room or at any place on or around the property.
16. Pull all window shades down at night and turn off lights before going to bed.

I, \_\_\_\_\_, desiring to become a resident of SYNERGY SOBER LIVING HOME, clearly understand the rules and regulations as set forth herein and will Comply with them to the best of my ability.

PRINT NAME: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_