**BRIDGE HOUSE OF SHREVEPORT, INC.**

**Rules and Regulations**

1. All new residents are on a probationary period for the first 30 days. They can

attend AA meetings, work, and be with their sponsor only, unless otherwise

instructed by the house manager. Contact with non-approved friends or relatives is not allowed.

1. New residents must attend one AA meeting per day (evening or 8:00 pm meeting).

After 30 days, residents must attend one meeting per day, or 5 per week, with no

more than two meetings in one day (Sunday meeting does not count).

1. All residents must attend the house AA meeting on Sunday.
2. Residents must attend the house meeting following the Sunday AA meeting.
3. All residents must be up at 7:00 am daily except for Saturdays.
4. Residents must be home by 10:00 pm on weekdays, 11:00 pm on weekends.
5. Residents must be in bed by 11:00 pm on weekdays, midnight on weekends.
6. The manager’s room is off limits to residents unless invited in.
7. All residents will be assigned a household chore to be completed first thing in the

morning, or when designated. The chore list is by the phone in the dining area.

1. Residents must make their beds and clean their rooms daily.
2. All residents are required to bathe daily and maintain personal hygiene
3. Residents will clean the bathroom after each use.
4. Residents are not allowed to use the stove or cooktop at any time.
5. Residents are required to keep the kitchen tidy, i.e. rinsing off dishes after use, keeping the trash emptied and general policing of the kitchen area.
6. Eating is allowed ONLY in the dining room.
7. Make sure the chairs are pushed into the table whenever they are not in use.
8. After dinner, all residents must participate in cleanup.
9. Before leaving the den or living room, pick up after yourself and turn off the TV.
10. DO NOT go into another resident’s room unless invited. Please respect others’ privacy.
11. No guests are allowed upstairs.
12. DO NOT leave your laundry unattended.
13. Clean the dryer lint trap after EVERY use.
14. Phone calls on the house phone are limited to 15 minutes.
15. Residents will not use the house phone after 10:00 pm on weekdays and 11:00 pm on

weekends.

1. NO SMOKING or VAPING is allowed in the house.
2. All residents must be employed or volunteer (volunteer place to be approved by manager) at least 35

hours per week.

1. Any time you leave the house, sign out and inform the resident manager of your destination.

The sign out sheet is on the dining table or by the phone.

1. When returning to the Bridge House, check in with the house manager and cross your name

and destination off the sign out sheet.

1. Any resident who does not abide by these rules will be asked to leave the Bridge House.
2. A five-day notice before moving out of the Bridge House will be appreciated.
3. All Casinos and Casino events are strictly prohibited.

**Breaking the following rules (Cardinal Rules) will result in immediate dismissal:**

1. **No drinking or unauthorized use of drugs will be allowed. All residents will be subject to random drug/alcohol testing during their stay. Any resident found to be found in possession of alcohol and/or drugs or drinking or using drugs and/or has a positive drug screen for drugs and/or alcohol will be subject to dismissal.**
2. **No theft – taking or borrowing another person’s property without permission.**
3. **No striking/fighting with another resident or visitor will be allowed.**
4. **A Resident identified as a Gambler will be considered as breaking a Cardinal Rule and will be asked to leave immediately if he fails to pay his rent.**

**Dismissal is immediate – a resident will have 30 minutes to pack and leave. Cars and personal items can be picked up between 7:00 am and 8:00 pm the day following dismissal.**

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RESIDENT: Bridge House Manager

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PRINTED NAME: DATE: