

House Rules

1. No cussing or taking the Lords name in vain. Please keep conversations healthy and honorable.
2. No gossip. Do not complain. Be thankful.
3. Food and drinks are not allowed upstairs. You may only have a water bottle upstairs.
4. Make beds **immediately** after waking up, keep them made, and nothing on them throughout the day.
5. Please **do not lay or sit** on anyone else's bed but your own.
6. Proper pajamas will be worn to bed; No spaghetti straps, no showing of skin, you must wear underwear
7. Keep all belongings put away in closets and drawers. You will be sharing a closet so keep organized.
8. Keep Bibles and notebooks on shelves.
9. Do not touch thermostats, unscrew light bulbs, or move furniture around upstairs or downstairs.
10. Do not go through other people's belongings. **Do Not Borrow from nor Loan to anyone.**
11. Do not bring comforter or large blankets down during classes. Dress warmly instead.
12. Keep towels hung up in closet or on hook in bathroom. Towels are washed on Monday and Thursday.
13. Laundry day is on Mondays & Tuesday. Bring your clothes down in the morning and set them by the washer.
14. Sheets are washed **every other** Wednesday. It is the facilitator's job to do laundry so you do not need to use the machines.
15. No studying during the night in your bed or bathroom. If you can't sleep, come down and get prayer or pray in your bed silently. There are no taking naps.
16. Wake up is at 6:00am. Please don't get up earlier then wake up time. You must get out of bed at wake up.
17. Be on time, breakfast is at 7:00am. You must be downstairs at 6:35am for energy boost workout or walk.
18. There is no snacking on food or candy throughout the day.
19. Everyone takes turns cooking dinner. There is a schedule and menu posted. Do not switch cooking days.
20. When we eat we all eat together, even if you are not hungry you must eat what was prepared.
21. Dishes must always be washed after use. Nothing should be left in the sink.
22. Keep all counters clean and wiped down.
23. Always wash your hands before preparing meals and use a cutting board when necessary.
24. Baking sweets is allowed with permission only for a dinner dessert and rarely on a week day.
25. Do not leave your glass sitting around. Please put it by the microwave if you are still drinking out of it.
26. Do not do homework during bible tape and do not start writings until after bible tape.
27. Everyone must journal every day. This is part of daily homework.
28. Participate and pay attention during all teaching tapes. Be respectful no sleeping or working on other homework.
29. Get drinks and go to the bathroom before class.
30. You are not allowed to wear hats in the house; during outside chores only and no bandanas or sunglasses.
31. You will have a 2-week blackout period, which means you will not have any contact from family or church body until your 14th day of treatment. If your 14th day falls on a Sunday, you will have to wait until the next weekend to get calls. You can talk to Pastor Tim, Cindy, church deacons, all ranch staff and teachers, and probation or parole during black out.
32. No phone calls out. Phone calls are on Saturday and Sunday. All phone calls will be approved through the administrator.
33. You are allowed to mail out 2 letters a week to approved family and you must have your own stamps.
34. We sit together at church and you may only use the restroom at designated times.
35. You must wear your Ranch shirt to all functions outside of the Ranch. Do not cover with a jacket.
36. Not fraternizing with men while in the program. Women with husbands cannot kiss or hold hands while in the program.
37. Do not sing secular music.
38. Summer time- When lying outside you must wear sunscreen.
39. Do not make coffee after 3:30pm. You are not allowed to drink coffee after 4:00pm.
40. You can take walks at free time only and only around the pasture.
41. Pets are not allowed in the house and your pets cannot come to visit.
42. All girls must participate in all exercise, following along with instructor, not just walking in place.
43. Everyone is required to do chores inside and outside. Please do not take breaks until you are instructed.
44. Do not go to barn without permission.
45. You are not allowed to read the books on the shelves until after your first 30 days.
46. We have 6 months of After Care. After Care is a requirement for people who are court ordered or on probation.
47. If you break the rules you will get a chapter from the bible to write out and give a 5-minute speech on what you learned and what God says about the chapter. Or you will be given work detail around the house for 30 minutes on your free time. It will be facilitator's discretion. Further discipline will be a strike. Strikes are reported to probation officer and your judge. If you receive 3 strikes you are discharged from the program.