



The Ark Dothan

WWW.THEARKDOTHAN.ORG | 334-794-7223 | 475 WEST MAIN ST., DOTHAN AL 36301

The Ark Women's Center Rules

General Rules:

1. You must follow the directions given by any person in authority.
2. No alcohol, drugs, or drug paraphernalia, possession, or use will be permitted on or off the premises. Any resident found using or possessing drugs or alcohol will be immediately expelled from the program.
3. All residents must submit to random drug and alcohol tests on a periodic basis. A failed test or failing to submit to a test will result in immediate dismissal from the program.
4. Residents must submit to random pregnancy tests. A positive pregnancy test will result in immediate dismissal from the program.
5. Tobacco use and vaping is only permitted in the designated areas during designated smoke breaks.
6. No smoking, vaping, incense, candles, or open flames are permitted in any Ark building.
7. There is absolutely no engaging in sexual activity of any kind. This includes viewing or possession of pornography and "sex toys."
8. No weapons of any kind (guns, knives, etc.) are allowed on Ark property.
9. Ark residents agree that staff or law enforcement may conduct random searches of their person and their personal property (including their vehicles) at any time.
10. Arguing, fighting, violence, or threat of violence are all unacceptable and will not be tolerated.
11. Spreading gossip, rumors, using profanity, and bragging about sins and crimes is not permitted.
12. No borrowing or lending of money is allowed.
13. Personal use of Ark vehicles is not allowed. Any use must be approved before operating the vehicle. Keep vehicles free of trash.
14. Inappropriate or flirtatious interaction with staff, residents, and volunteers is prohibited.
15. Fraternalization between male and female residents is prohibited.
16. Residents are required to shower every day. Appearance must be neat. Clothes must not have holes.
17. Residents must wear long pants and blouses with shoulders covered on class days and work days (unless required to wear other approved attire for specific work tasks).

Residents may wear skirts or dresses on Sundays. Skirts and dresses must cover knees when standing and sitting. Low-cut blouses are not allowed.

18. Head coverings (i.e. hoodies, hats, etc.) will not be worn indoors.
19. Clothing must be laundered weekly. Resident cannot leave the premises if she is washing or drying clothes. Clothes may not be left in washers or dryers overnight. Don't change the water cycle on washer. Clean the lint trap when you dry your clothes. Do not take quarters from coin slots.
20. All residents must contribute to household chores.
21. The resident is responsible for personal cleanliness and cleanliness of her living space. Beds must be made daily and area must be clean and organized daily. This rule extends to the bathroom and shower area.
22. No personal toiletries or other personal items may be left in the dorm bathroom areas.
23. Residents must keep clothing and personal items in designated areas in bedrooms.
24. There shall be no pictures or stickers on the wall or on furniture. Residents may not write on common area dry erase boards. Residents are not allowed to adjust thermostats.
25. No one is permitted to lie in bed unless they are sick with a fever of at least 100 degrees. If a resident is sick for a period of 3 consecutive days, she will be required to seek medical care.
26. Medication will only be allowed at the Ark in emergency situations, unless the Women's Director has authorized a prescription medication to be administered by the staff. In such cases, it is the responsibility of the resident to inform the staff of the prescribed time, so they can receive their medication.
27. Residents must follow the provided schedule—including waking up and turning lights out at the designated times.
28. Work detail will be from 9:00 a.m. until 4:30 p.m. with an hour lunch period at 11:30 a.m. Two days per week, residents will participate in the Discipleship Class at the designated times. Residents must be on time. No exception.
29. You must complete daily and weekly work and homework assignments and Bible memorization each week. If you need additional help to complete homework or to learn verses, speak to a staff member so a tutor may be assigned to you.
30. There are no bathroom breaks or smoke breaks to be taken during class time unless approved by the teacher.
31. You must attend all scheduled meetings, counseling, mentorship, and church services on time, unless you have been excused by leadership. Residents must attend church service weekly (not required while on pass).
32. Cell phones are to be left in the dorm area and are not allowed during work/class hours. After second violation, cell phone will be confiscated.
33. Curfew is at 9:00 p.m. No one is allowed outside the building between the hours of 9:00 p.m. and 6:00 a.m. without special permission from leadership.
34. Lights must be out and cell phones/electronic devices must be put away at 10:00 p.m.
35. Residents may get a weekend pass after being in the program for 30 days. Anyone that tested positive for drugs or alcohol upon admission will not be eligible for a pass for a minimum of 60 days, and the first weekend pass must be approved by the Women's Director. Passes may only be used to visit family members.
36. Once a resident is eligible, he or she may take a weekend pass every month. Passes may only be used to visit family members.
37. All residents must sign in and out when they leave and return to the Ark property. No one is permitted to leave during class or work detail without permission.

38. No resident may sign out or leave the premises if they are behind in chores, class work, or memory verses.
39. Residents may have visitors on Sundays during church and after church at the Ark Main Campus until 3:00 p.m. Male residents' visitors must stay in the chapel or lobby areas. Female residents' visitors must stay in the classroom area.
40. No visitors are allowed in the Women's Center or on Women's Center property at any time unless approved in advance by the Women's Director.
41. No one is allowed in the dorm bedroom areas from 9:00 a.m. to 4:30 p.m.
42. Residents are not allowed in the Women's Center office or storage closets.
43. No food is permitted in the Women's Center bedroom areas.
44. When at the Ark Main Campus, chapel bathrooms are off limits. Women's restrooms are off limits to men. Men's restrooms are off limits to women.
45. No one is allowed in the back building of the Ark Main Campus unless they are assigned to work in that area.
46. Back doors at the Ark Main Campus are to be locked at all times.
47. Areas that are marked with a red line are off limits. Do not cross red lines without approval. If a red line is outside of the Ark building, the resident must be signed out and/or have proper approval to cross the line.
48. Any items taken from donations, fellow Ark residents, Ark Thrift Stores, etc. is theft and will not be tolerated. The responsible party may be prosecuted.
49. You may not accept "gifts" or tips from donors on pick-ups, drop-offs, or any other situations.
50. Only call staff or the Ark for pick-up from appointments or work. Do not call other residents.
51. Residents will conduct themselves in a respectable and responsible manner at all times.
52. Residents are not Ark employees. Residents do not have the authority to represent themselves as such to anyone inside or outside of the Ark.
53. Residents can leave the program at any time or be expelled from the program at any time for any reason. Any personal property left after 48 hours of leaving will become property of the Ark.
54. All residents with income must pay a dorm fee of \$108.00 per week.
55. Residents are not eligible for employment until they have completed the Discipleship Class and have received approval from the Women's Director.
56. Residents must continue to attend classes and progress towards earning a GED until the GED is earned or the resident moves out.
57. Residents have the right to appeal write-ups and/or dismissal from the Ark. The appeal must be made to the Women's Director. Final appeal may be made to the Executive Director.

Tier 2 Rules:

1. Upon completion of Tier 1, the resident must secure employment within 30 days or have an approved action plan by the Women's Director.
2. Residents must continue to adhere to the schedule until they have secured employment.
3. Residents that do not have employment must continue to actively seek employment.
4. Anyone with income must pay program fees of \$108 per week after one week. After the first week, dorm fees are paid in advance.

5. Resident must attend all scheduled classes unless working. This includes The Harbor on Wednesdays and Saturdays.
6. Resident may attend any church but must bring bulletin to verify attendance (minimum of 3 times per month).
7. Curfew is at 10 p.m. when employed. Exceptions require approval by Women's Director.
8. 30 days after completing Discipleship Class, resident may have a weekend pass every week.
9. Resident must consent to random drug and/or pregnancy tests.
10. All other "general" rules and regulations apply.
11. Residents must be dressed in a presentable manner while not in the bedroom area during work hours and special events.

Tier 3 Rules:

1. "General" rules numbered 27-30, 32-38, 50, 55 and "Tier 2" rule number 5 do not apply.
2. All other rules apply.

I have read and understand the conditions of participating as a resident of the Ark, and I agree to the expectations listed above. I understand that these rules are subject to change at any time, and I agree to any changes or additions made to these rules.

Signature:

Printed Name: _____ Date: _____