

# **Bethesda Big Train**

## **Host Family and Player Guidelines**

### **Host Family Guidelines:**

As applicable, it is important to discuss any house/family rules with your player within the first 2 days of your player's arrival, so everyone is on the same page. A list of questions covering topics to discuss can be found on page 2.

In addition to discussing your house rules please

- Provide a clean, safe, and smoke-free environment with:
  - a private room with a door (room may be shared with another player);
  - bedding and linens (fresh sheets; blankets; and towels);
  - access to a bathroom (players will be showering late at night after games);
  - access to a kitchen;
  - access to a washing machine and dryer;
  - access to internet/wifi;
  - breakfast items in the morning for players who want to make their own meal;
  - a place to park a car;
  - and a family to cheer them on.
- Show your player around the house and where things are located.
- Provide house keys and any access codes; security system; door; garage, etc. Players will be leaving and arriving multiple times throughout each day – often when you are at work or asleep for the night.
- If you have a cleaning crew coming in, let players know their schedule and what, if anything, they need to do to prepare.
- Notify neighbors, as you see fit, that a new person will be coming and going from your house to not cause any confusion.
- Be mindful of their busy schedules and help children respect player space.
- Providing alcohol to players 21 and older is highly discouraged.
- Providing alcohol to players under 21 is strictly prohibited.
- If you have a problem with your player that needs addressed, reach out to the Host Family Coordinators for assistance.

### **Player Guidelines:**

Be available to discuss any house/family rules with your host family within the first few days of your arrival so everyone is on the same page. In addition to the guidelines below, a list of questions covering items to discuss with your Host Family can be found on Page 2. Feel free to be proactive and seek clarification on any topic you have.

- Keep your room clean and orderly.
- Do not leave trash laying around.
- Wash your dishes.
- Provide your own health and personal care items.
- With the exception of breakfast, pay for your own meals and other incidentals.

- Be courteous, helpful, and pleasant.
- Be a role model. If there are young children or teens in the home, they will look up to you.
- If you are staying with a friend and not spending the night with your Host Family, please let them know so they don't worry.
- Try to minimize the noise level of your comings and goings – especially at night.
- Players will be held responsible for any household damages they cause.
- Refrain from the use of tobacco, alcohol, or drugs.
- To the extent you are willing and able, hang out with your host family – they are super psyched to have you.
- If you have any problems or concerns about your Host Family or living space, reach out to the Host Family Coordinators immediately. Issues can often be resolved. In rare instances you will be moved to another family.

## **Host Family / Player -- Topics for Discussion**

Host Family/Player relationships differ from household to household. Within the first few days of a player's arrival, sit down together and discuss household rules and guidelines.

Here are some thoughts and suggestions:

- Use of laundry room (is the family ok with the washing machine running late at night or during the day)?
- Are there specific rules when the family is away?
- If there is a pool – what are the rules on use of the pool? Guests?
- Go over security, door, or garage codes.
- Do you have any events coming up or bedtimes that the player needs to be aware of?
- Players will arrive home late from games; discuss the best way they can enter.
- Are late night showers permissible?
- Guidelines for having guests over to the house?
- Guidelines for having guests overnight?
- If a player is of legal drinking age, discuss drinking policy in the house.
- Discuss any other issue of importance for the player and host family.