

Bethesda Big Train

Player and Host Family Guidelines

Player Guidelines and Expectations:

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. We encourage you to be proactive and seek clarification on any questions you have.

- To the extent you are willing and able, hang out with your host family – they are super psyched to have you.
- Keep your room clean and orderly.
- Do not leave trash laying around.
- Wash your dishes.
- Provide your own health and personal care items.
- Wash, dry and fold your own laundry.
- With the exception of breakfast, pay for your own meals and other incidentals.
- Be courteous, helpful, and pleasant.
- Be a role model. Young children / teens in the home look up to you.
- If you make plans to crash at a teammate's house overnight, let your host family 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.
- No use of tobacco, alcohol, or drugs.
- 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.

Important: You must leave your room/space/apartment in the manner in which you found it at arrival. This includes, but is not limited to emptying your trash, not leaving food sitting out, cleaning your bathroom, washing your dishes, etc.

Host Family Guidelines and Expectations:

It is important to discuss any house/family rules with your player prior to or within the first 2 days of your player's arrival, so everyone is on the same page. In addition to discussing your house rules, provide a clean, safe, and smoke-free environment to include:

- 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 parking space;

- and a family to cheer them on.

**Host Family/Player relationships differ from household to household.
Sit down together and discuss household rules and guidelines.**

Topics for Discussion and Clarity

- Show your player around the house and where things are located.
- Provide house keys and any access codes to the security system; door; garage, etc.
- Players will be leaving and arriving multiple times throughout the day – often when you are at work or in bed for the night.
- If you have a cleaning crew in your home on a regular basis, let players know that schedule and what, if anything, they need to do to prepare their space.
- Notify neighbors, as you see fit, that a new person will be coming and going from your house so as not to cause any confusion.
- Be mindful of player schedules.
- Ensure young kids in the home respect player space.
- Providing alcohol to players 21 and older is highly discouraged.
- Providing alcohol to players under 21 is strictly prohibited and illegal.
- If you have a problem that needs addressed, reach out to the Host Family Coordinator.

Additional thoughts:

- Teach your guest how to use the washer/dryer.
- Thoughts on washer/dryer running late at night or during the day?
- Are there specific rules when the family is not home or away?
- If there is a pool – what are the rules on use of the pool? Guests?
- 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.
- 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.