



# THE PHOENIX

RISE | RECOVER | LIVE

*Phoenix staff and instructors are here to help!*

*Whether you have technical questions, want to find a workout partner, need help finding recovery resources, or have concerns about another member's conduct, Phoenix instructors are available to assist you. We encourage you to approach us with any questions or concerns.*

## **COMMUNITY STANDARDS**

### **1. Sobriety**

- Anyone with at least 48 hours of continuous sobriety is welcome to attend events.
- If you attend events on a regular basis, we ask that you make a commitment to recovery.

### **2. Physical and Emotional Safety**

- Behavior or language that could be perceived as violent or threatening is unacceptable.
- Language or conduct that could be perceived as racist, sexist, homophobic, or otherwise inappropriate is not tolerated.
- Phoenix is not a dating club. Unwelcome advances, physical contact and/or sexually suggestive speech or actions are never acceptable.
- Tell an instructor if you have a physical limitation, injury, or condition that could affect your participation.
- Weapons are not allowed at Phoenix events.
- Let staff know immediately if you feel unsafe or have concerns.

### **3. Contribute to the Community**

- In order for Phoenix to remain free to anyone with 48 hours of sobriety, members are encouraged to give back through volunteering or by making financial contributions when able to do so.
- Phoenix aims to foster a sense of community in a supportive, nurturing environment. At Phoenix events, everyone is welcome. Members should be kind and courteous to one another at all times.

### **4. Tobacco and E-Cigarettes**

- Use of tobacco of any kind (including e-cigarettes) is not permitted at or in the proximity of Phoenix events.

### **5. Families, Friends, and Supporters**

- Family, friends, and supporters are expected to abide by all Phoenix standards.
- Children are welcome at designated Family Events. Please check the calendar as some events may have age requirements.
- Parents/guardians are solely responsible for child supervision.
- Phoenix staff will report suspected child abuse. Behavior or language that could be perceived as threatening, shaming, physically abusive, or neglectful are never acceptable.

### **6. Members are the Face of Phoenix**

- When you attend Phoenix events and/or wear Phoenix attire in public, you help shift public perceptions about recovery. Please be thoughtful, kind, and courteous to all.

### **7. Apparel**

- Athletic attire must be appropriate for the physical activity in which you are participating.
- Shirts or tank tops must be worn and midriffs covered except when swimwear is required.
- Swimwear and shorts should provide full coverage and remain in place while allowing for movement during physical activity.

### **8. Recovery**

- Sobriety is a first step to a full and meaningful life. Members should use recovery strategies that suit their individual needs.
- There is no one right way to recover.
- Phoenix staff and instructors are here to help you. Please approach us with any questions or concerns.

***Failure to abide by these standards may result in suspension or termination of your membership. Final judgment on all policy matters is at Phoenix staff/instructor's sole discretion.***