

Community Alternatives Co-operative

The following policy is to outline ideas for this community regarding acceptable behaviour and personal accountability for all adults and children.

Good Neighbour Policy

1. Each resident/member is entitled to the personal use of the room they have been allocated through their housing charge. All rooms that have not been allocated as bedrooms are deemed communal spaces.
2. Each pod will decide by consensus of members how their communal spaces will be used. All members of the pod have the ability to negotiate. When someone becomes a member a new consensus is created in the pod.
3. I respect my own and other's rights to privacy, solitude, quiet and security in their personal space and negotiate the use of communal space. I respect personal boundaries, personal space, touch others appropriately, and refrain from violence. I refrain from entering another's room without permission from that person. Exceptions are limited to emergencies (fire, flood etc). Otherwise, a 24-hour written notice is given for purposes of maintenance or inspection.
4. Individual noise preferences are worked out in specific living agreements between podmates and fellow residents in surrounding pods, as well as conforming to standard city by-laws and general co-op regulations. Members will check with the co-op in advance when planning parties or events which might be noisy.
5. NO SMOKING OR VAPING. The co-op supports non-smokers to live in a smoke free environment. Smoking is not permitted in the interior of the building. If a person wishes to smoke in an exterior space which affects others - eg. courtyard, balconies etc - they must request permission from anyone who may be affected by smoke in their vicinity. There can be absolutely no smoking on the roof.
6. If a member wishes to reserve a common area (e.g. common room, library etc.) for a full day, or a succession of days, it is common courtesy to advise the community in advance. The calendar for each area is used to reserve that space for short periods of time.
7. I am honest, use respectful forms of communication with others, and hear what others are saying to me. I come from a place of positive verbal and body language and intention when sharing with another. I will be patient, listen and be open to another's perception or opinion. I refrain from interrupting until sharing is complete. If I am having an issue with someone, speak directly to that person. If venting grievances is required first, Keep It Confidential. Avoid Gossip. Verbal and Physical abuse will not be tolerated.

Verbal Abuse includes: shouting, yelling or continuing to yell when asked to stop; screaming; direct attacks; derogatory comments or wording; malicious talk; refusing to accept another's boundaries.

Physical Abuse includes: threatening body language or gestures; hitting or pushing, or uninvited touching.

8. I respect other people's feelings and emotions, and take responsibility for my own. When sharing ideas, come from a place of possibilities rather than what won't work. Phases of transition are potential opportunities for growth and expansion. Create new workable guidelines. Assist each other in this process. I am committed to self-growth and resolving my interpersonal difficulties.
9. I am considered responsible and accountable for my behaviour, and that of all of my guests, at all times. Behaviours that are hazardous to the pod residents and their property, and community peoples and property are not tolerated. I care for, respect and am responsible for individual, communal and community property. *See Rule 5.2 Conduct Detrimental To The Coop
10. I abide by the Community's Guest Policy.
11. I clean up after myself and my guests in shared spaces. Standards of cleanliness are to be negotiated within each pod.
12. I am expected to be involved, willing and actively work toward and to participate in resolution of conflicts. I am committed to supporting others in their direct one-to-one approach to communication and problem solving throughout the entire process of conflict resolution.
13. I respect the diversity of people's age, sex, ethnic origin, sexual orientation, spiritual practices, and physical and mental capabilities.
14. I respect the community structure and consensus decision-making process.
15. I am conscientious regarding my financial responsibilities.
16. I am conscientious in my attendance of community meetings where I take responsibility for communicating my ideas and feelings.
17. I give time and energy to the community by, and not limited to: being a contributing member of at least one committee; by being available and participatory in selection of new members including my reasons as to why/why not to select someone; by serving on the planning team during my rotation; and by participating in work parties and chores. I follow through when voicing my pledge to assist in a project or helping out. If I am unable to follow through, I will let someone know so my space can be promptly filled.
18. I promptly inform my podmates, the community and/or the police about any violence or serious violations of this Good Neighbour Policy.