



Rules & Regulations

1. No drugs, alcohol or medication (Unless prescribed by the doctor) is allowed on the premises
2. Patients may not roll their own cigarettes.
3. Patient may not have contact with any drug users or alcoholics outside of the facility, whilst at Oatlands Care Centre.
4. Patients may not intentionally mutilate themselves whilst at Oatlands.
5. Aggression, violence, verbal abuse or threats of violence or any anti-social behaviour is not allowed.
6. Discussions with other patients about addictive behaviour (including eating disorders and self-mutilation) are not allowed.
7. Patients are not to engage in a counselling role with other patients.
8. No two patients may form an intimate relationship to the exclusion of the other patients.
9. No physical contact is allowed unless deemed appropriate by a staff member in a therapeutic setting.
10. No sexual contact OF ANY KIND is allowed between patients.
11. Patients are not allowed to separate themselves socially from the rest of the group during the programme. There is a 1 hour break at lunch time during which patients may rest.
12. Male and female patients are not allowed to visit in each other's wards. This includes private and executive wards.
13. Fellow patients are advised not to keep in contact after leaving the facility.
14. Patients may NEVER leave Oatlands Care Centres' grounds without permission.
15. Patients leaving the premises must sign a leave of absence form.
16. Weekend pass-outs must be arranged by Thursday evening prior to the weekend. Patients are not allowed out on the first weekend following admission.
17. Equine Therapy is arranged on a Saturday for those that are physically able to participate. This forms part of our programme and patients are expected to attend.
18. Patients must tell the staff on duty where they are at all times.
19. We recommend that all money, stamps, credit cards or valuables of any kind be left at home for safekeeping. The use of cell phones, laptops and tablets are restricted to evenings only. Cell phones, tablets and laptops must be handed in at the Nurse's Station between 08h00 and 16h00 daily. These may be collected from the nurse's station at 16h00. Abuse of cell phones will result in confiscation thereof.
20. No music systems may be used during the daily programme.



21. All bags and parcels entering the grounds will be searched. Spot searches will be done from time to time.
22. See visiting hours below. Please note that there is a maximum of 3 visitors allowed per patient at any one time.
Weekday: 16:00 – 17:00, 19:00 - 20:00 only.
Weekends: 11:00 - 12:00, 15:00 - 16:00, 19:00 - 20:00
23. Drug tests will be carried out from time to time if deemed necessary.
24. Patients are expected to attend all groups.
25. Patients are expected to keep themselves clean and tidy. They must be fully and appropriately clothed when out of their wards. No pyjamas may be worn in lectures. Patients may not wear revealing clothing.
26. Patients must be ready for bed by 11h00 at night.
27. Patients must make their own beds and keep their wards tidy.
28. Patients are encouraged not to spend long periods of time in their wards on their own.
29. No weapons of any kind are permitted on the premises. They must be handed in.
30. Patient confidentiality is to be maintained at all times.
31. Laundry Service is available. Prices on request.
32. All Tablets and Laptops are to be handed in at the Nurse's Station daily at 08h00 and will be returned at 16h00.
33. Visitors may not visit patients in the wards. Please meet in the lounge, alcove or atrium.

Please note that it is to your own benefit to participate fully in the programme to get the most out of it.

Should the above mentioned rules not be obeyed, the following actions will be taken:

1. The Patient will get 1 verbal warning.
2. Thereafter further steps will be taken by the therapists.
3. If the infringement of the rules is severe, the Patient may be summarily discharged.