House rules

INTERNAT SPORTLYCÉE

Last modification of this document on 24/07/2026 at 12h00

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General Principles of Community Life and Internal Regulations

1. Principles

Inside the boarding school, as well as on the premises, respect for others and mutual consideration are essential. Moreover, respect for others' property is paramount in fostering a strong community life.

Each student should understand that their behaviour, both on campus and beyond, reflects directly on the reputation of the school and the boarding house.

Team spirit is crucial, not only in a sporting context. The boarding students form a community in which everyone must do their best to contribute to communal life. Older students, in particular, are expected to set an example through their conduct and attitude.

Disrespectful, contemptuous, or racist behaviour will not be tolerated. Any form of verbal or physical violence is strictly prohibited and may result in exclusion from the boarding school.

2. Religious Denominations

Life in the boarding house is not based on any particular confession. We encourage our students to practise their religious obligations in a way that does not interfere with community life in the boarding house.

3. Daily Schedule

The daily routine may vary according to each student's individual training commitments. Therefore, any change in training plans must be communicated in time to the educational team to ensure a well-regulated timetable.

Breakfast: 6:45–8:00

School: 8:05–12:25 / 14:00 / 14:50 / 15:50

After classes: homework help, free time, activities, and training

Dinner: 18:30–19:45 and 20:30–21:30

Evening: homework help, free time, activities, and training

Night rest: 21:30–7:00

4. Cleanliness and Tidiness

Each student is responsible for maintaining the cleanliness and order of their own room as well as the shared facilities of the boarding house. Responsible use of cleaning products is expected.

Students must always keep their room presentable: bed made, floor clear, clothes put away in the wardrobe.

Any dishes must be washed and put away immediately after use.

Waste must be discarded in the appropriate bins. If these conditions are not met, the student may face consequences.

Students may personalise their rooms in agreement with the educational team. Posters and wall decorations must not contradict good morals or include any materials that do not comply with the rules outlined in point 20. They must be attached with adhesive tape so as not to damage walls or furniture.

Daily inspections by staff will check whether the student completes their tasks.

A weekly review with an educator is mandatory.

If the student has completed the assigned tasks, they receive the green light and are permitted to participate in boarding school activities (excursions, leisure activities, etc.).

If the student does not fulfil their responsibilities, they remain on red status until the situation has been resolved. During this period, they are not permitted to participate in activities, outings, or any other events organized by the boarding school.

5. Canteen

Every boarding student is automatically registered for breakfast and evening meals according to their boarding schedule.

To allow the Restopolis team to prepare buffets and trays, students must adhere to the schedule they provided to the educational team at the start of the academic year. Any changes during the school year must be reported to the educational team.

• The canteen is accessible from 6:45.

• Breakfast is between 7:30 and 8:00.

• All minor boarding students must leave the boarding house by 7:30 at the latest. Exceptions may be granted by the educational team. Students from the years 7–5 must stay in the canteen until their educator arrives. Adult boarding students are permitted to remain in their rooms until 8:00 a.m.

• Dinner takes place Monday to Thursday from 18:30 in the school restaurant. Depending on their training schedule, students may have dinner up until 22:00.

• Students arriving after 19:30 will have a tray prepared with their name in the refrigerated display.

Any absence or last-minute change must be reported to the educational team by 11:00 on the same day.

Bringing outside food is not permitted unless previously authorised. The consumption of dishes brought from outside, whether for specific diets or on medical advice, is possible upon request and after consultation with the educational team.

Home-packed meals may be consumed during the lunch break.

The use of mobile phones is forbidden during communal meals.

6. Illness, Medication, and Medical Visits

In the event of illness, the student must inform the educational staff so an assessment can be made and appropriate measures implemented. In this case, parents will be notified by phone and asked to collect the student as soon as possible.

Any absence duly justified by a medical certificate will be deducted from the boarding fees payable for the semester.

The possession and intake of medication by students under the age of 18 is only permitted upon presentation of a medical prescription. Such medication and its prescription are kept by the educators, unless a medical directive permits the student to keep the medication on their person. All prescriptions and details of medications are recorded by the educational team.

Medication not declared or stored according to procedure will be confiscated and disposed of in accordance with legal requirements.

The exchange of medications between students is strictly forbidden.

7. Visits

Visits from parents and close relatives after school are permitted. However, every visitor must inform the educational staff of their presence, particularly when a family member wishes to visit or pick up the student from the boarding house (e.g., for a medical appointment or family meal).

Visits from other individuals (e.g., friends or classmates) require prior authorisation from the educational staff.

Visits are not permitted during the morning break, from 9:45 to 10:00.

Every visitor must respect the boarding house rules. The student hosting the visitor is responsible for the proper conduct of the visit.

8. Fire Alarm Procedures

The evacuation procedure of the boarding house in the event of a fire alarm is posted on each floor of the building (in the hallway and rooms) of the Institut National des Sports.

Students must comply at all times with the instructions given by firefighters, police officers, and the educational staff.

9. Room Regulations

General

Students must respect the privacy of others.

A student may not enter another resident's room without their permission. If two students share a room, both must agree to allow entry.

All visits to rooms must be reported to the educational staff.

If necessary and/or based on educational measures, room assignments may be changed in consultation with the educational team.

The storage of sweets and food items such as chocolate, crisps, biscuits, sweets, etc. is strictly prohibited in the rooms.

The consumption of meals and food in the rooms is strictly prohibited.

Holidays

Before holidays, each room must be tidied and all personal belongings removed.

Personal belongings may be stored in our storage space for the duration of the holidays.

Before leaving for the summer holidays, all personal belongings must be removed from the boarding house.

Rooms and wardrobes must be empty to allow the cleaning company to intervene before the start of the holidays. If the room does not meet the required return conditions, we reserve the right not to renew the contract.

Access and Responsibility

Educational staff have access to rooms at any time.

The boarding school accepts no responsibility for any damage to or theft of personal belongings.

10. Key and Badge

At the beginning of their stay at the boarding school, each resident is required to purchase a personal access badge for €15. This badge provides access to the boarding school building as well as to their room.

The badge is strictly personal. It must not be lent, shared, or used by any other person. All access records associated with the badge are traceable and may be reviewed if necessary.

In the event of loss, theft, or damage, the badge must be replaced at the resident's expense.

The educational staff reserves the right to temporarily or permanently withdraw the badge in cases of misuse or failure to comply with the boarding school regulations.

11. Access to Other INS Facilities

Access to any other rooms or facilities of the INS is prohibited.

To access or leave the building of the Institut National des Sports, students must use the "medico" entrance. Loitering in the INS building is strictly prohibited. To access the cafeteria, students must go outside or use the basement route.

12. Valuables, Money, etc.

The Sportlycée boarding house accepts no responsibility for students' private property.

For obvious reasons, students are advised not to bring large amounts of cash or valuables.

Theft is a criminal offence and will be reported to the police.

Theft within the boarding house violates the boarding regulations and internal rules.

Any type of theft, regardless of the item's value, may result in immediate expulsion from the boarding house.

13. Electronic Devices

Any electronic device may only be brought in and used with permission from the educational team.

Radios, speakers, etc., must be kept at a low volume.

Any kind of repair to an electronic device is prohibited.

7e and 6e students must hand in their mobile phones and any other electronic devices at the educators' office no later than 9:30 p.m.

14. Weapons and Dangerous Substances

The possession, use, or exchange of any dangerous object or substance, including fire, is strictly prohibited.

15. Alcohol, Cigarettes, Vapes, and Drugs

Smoking is prohibited inside the building and on the premises of the INS.

The possession, consumption, or exchange of alcoholic beverages is strictly prohibited.

The possession, consumption, or exchange of narcotics, drugs, or doping substances is also strictly prohibited. Violating these prohibitions results in immediate expulsion from the boarding house. A criminal complaint may be filed by the Sportlycée administration.

16. Keeping Animals

Keeping animals in the boarding house is prohibited.

17. Damage to Property

Damaging or vandalising someone else's property may lead to exclusion from the boarding house.

Parents or legal guardians are financially responsible for any damage caused by their child(ren).

18. Sexuality

Any sexual activity is strictly prohibited within the boarding house.

19. Studies

General

Each student is expected to apply themselves diligently to their studies and do their homework, both at the boarding house and at home.

Study Time

At the boarding house and at school, students must work independently.

During study hours, students are expected to work independently in their rooms.

Upon arrival at the boarding school, young people must deposit their mobile phones in the designated room. The teaching staff supports them and assists in case of difficulties. As soon as the homework is completed, it must be presented to the educators. After verification, the young people are permitted to retrieve their device. The results of classroom homework must also be reported.

The educational team regularly monitors the entries in the school's digital planner. 7e and 6e students are supervised and monitored daily. In case of repeated remarks (missed homework, inappropriate behavior toward teachers or staff, etc.), the educators may take appropriate measures, such as reducing leisure time.

20. Free Time

General

Outside of study periods, classes, and training, free time is intended for rest and extracurricular activities.

Within the boarding house, there are various opportunities to use free time responsibly.

It is strictly forbidden to possess or distribute extremist, pornographic, or violence-promoting material (films, books, etc.).

Common Room and Shared Devices

The use of the common room or boarding house equipment is regulated by the educational staff. Games or gaming consoles belonging to the boarding house must be returned in clean and intact condition after use. Users are responsible in case of loss or damage.

21. Television, Video

Viewing time is set by the educational team.

Films, video games, and any other media must be age-appropriate.

The educational staff may remove inappropriate material and hand it over to the legal guardian.

It is strictly prohibited to film, photograph, or record others without their permission.

22. Leaving the Residence

To ensure harmonious coexistence in the boarding house and fulfil the supervision obligations of the educational team, exit times are regulated by age group:

- Up to 16 years: 8:00 p.m.
- 16–18 years: 8:45 p.m.
- 18+ years: 9:30 p.m.

An explicit authorization from the educational team is required to leave the boarding school, including when students are released from school.

Students must inform the staff of their departure and return.

Leaving the Sportlycée and National Sports Institute campus must be arranged with the educational team.

Access to the weight-training room requires presenting a training plan approved by a certified coach.

Under-18s must be accompanied; adults may go alone only if others are present during training. Otherwise, they must be accompanied.

Students must notify educators if they do not return after classes or a break.

Late exits require permission.

Repeated or serious violations of exit rules, leaving without permission, or behaviour harming the institute's reputation may result in immediate expulsion.

23. Night-time / Rest

• Up to 16 years: 9:30 p.m.

• 16–18 years: 10:00 p.m.

• 18+ years: 10:30 p.m.

Students must be in their rooms by the start of rest time.

For 7e and 6e students, all electronic devices must be handed in to the educators' office overnight.

After 9:30 p.m., any activity that may disturb younger residents must be avoided. Exceptions are possible after consultation with staff.

24. Transportation

The educational team may provide transport, provided it is arranged in advance for optimal organisation.

Public transport should be preferred.

25. Arrival

Students may arrive during opening hours: Sunday 8:00 p.m. – Friday 4:00 p.m.

On bank holidays and non-holiday Sundays, the residence is open between 8:00 p.m. and 9:30 p.m., with prior notification.

Students are not automatically registered for the holidays. Overnight stays must be requested by the student or parents at least one day in advance.

On the eve of holidays, the residence closes at 6:00 p.m.

If return is prevented by illness or other reasons, the educational team must be informed.

26. Returning Home

During the week, minors return home according to arrangements made by the educational team and parents.

Before weekends, holidays, and breaks, students return home after classes. The residence stays open until 4:00 p.m. on Fridays and until 6:00 p.m. the night before holidays to allow students to collect belongings or to wait for transport or training.

Supervision applies only within the residence; responsibility ceases once a student leaves after classes.

A licensed adult student may not drive another student from the residence without written permission from a legal guardian.

The residence is closed during school holidays.

27. Supervision

During their stay, students are under the supervision of the educational team, in cooperation with parents.

The educational team is available for meetings with students and parents to support the development of a trusting and constructive relationship.

28. Limits of Supervision

In addition to explicit permission from the educational team, written consent from the legal guardian is required for minors to:

• Participate in any event or activity outside the residence

• Go to the swimming pool unsupervised

• Join an association or similar (e.g., driving school)

• Travel by car with individuals other than legal guardians or educators (e.g., for arrival or departure, visits, training, etc.)

Requests may be refused if:

• The activity or affiliation conflicts with the boarding house's values and goals

• It takes place outside leisure hours or exceeds exit times

• The student's behaviour is problematic

29. Energy Drinks & Nutritional Supplements

The consumption of energy drinks (Red Bull, Monster, Rockstar, etc.) is prohibited for minors.

The possession or consumption of nutritional supplements must be communicated to the educational team to ensure responsible and individualised use.

30. Contract and Amendments

The boarding contract must be adhered to as signed.

Repeated or unjustified breaches may lead to re-evaluation or termination of placement.

Requests for contract changes can be made at any time to the educational team.

An amendment takes effect the following semester. Extra overnight stays within the current semester are charged at €12.50 per night.

All modifications must be signed by parents/guardians, the student, and the Sportlycée director before coming into effect in the next semester.

Boarding absences will not be deducted from the amount payable per semester, unless the young people leave the premises with a certificate of absence for sporting reasons issued by the high school (lycée) or the federation. (ARS)

In cases of illness, reimbursement may apply upon submission of a medical certificate.

31. Communication

The educational team must be informed promptly of any changes (e.g., training schedules, medical appointments).

To ensure proper monitoring, students must display their ID photo magnet at the residence entrance.

Additional Night Stay and Absence Notification

Students wishing to stay an extra night or cancel an overnight stay must inform the educational team themselves (or the parents if students are not allowed to do so). This must be done in advance for organisational and safety reasons.

Adults and students authorised by parents do not need written permission but must seek approval from the educational team.

For organizational and safety reasons, we kindly ask students or their legal guardians to inform the educational team no later than 11:00 a.m. on the relevant day regarding the request.

All students are expected to check Teams regularly.

32. Important!

The educational team may refuse an outing, even for adult students, if the activity conflicts with the residence's values and objectives.

Repeated violations may lead to disciplinary consequences, up to temporary or permanent expulsion.

Neither the Sportlycée nor the educational team is responsible for unauthorised night-time room visits or sneaking out.

If an offence is legally relevant, the Sportlycée management may file a criminal complaint.

Upon reaching adulthood, students manage outings, transportation, and attendance/absence with the educational team without parental consent.

The educational team reserves the right to modify or supplement this internal regulation at any time.

By signing this regulation, the students and their legal guardians confirm they have read, understood, and agree to comply with its provisions