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GENERAL REGULATIONS

Naturism is defined as respect for oneself, others and the environment. Over the past five decades, members of La Pommerie have gradually adopted a set of rules for community living that enable them to maximize their quality of life on the entire site. These rules must be respected. They should be seen as liberating rather than restrictive, as they aim to enhance the quality of the physical and social environment, as well as to counter offensive behavior.

Accessing the La Pommerie site or becoming a member implies adherence to its values.

It is the responsibility of La Pommerie and its employees to uphold these values. We thank our members for helping us by informing us as soon as they observe any delinquency, but we do not believe it wise to let members or visitors reprimand each other.

We're sorry if, on occasion, certain offences slip through our fingers.

A. The practice of nudism

1. La Pommerie is a nudist center, weather permitting. The wearing of bathing suits, underwear or sexy clothing is strictly forbidden. For those who wish to keep their panties on, we ask you to tie a towel or pareo around your waist like a loincloth.
2. If, for reasons of temperature or health, a person needs to cover up partially, **he or she will not be allowed to do so in the pool or lake area.**
3. If the practice of a sport requires the wearing of equipment or clothing, dressing and undressing must take place on the site of the sport; the person may not circulate on the site with clothing.
4. Nudity is forbidden in and around the reception area.
5. It is compulsory to use a towel on public benches.
6. No solicitation or invitation of a sexual nature is permitted on the La Pommerie site.

7. Contact between two naked bodies is forbidden in public places. People who choose to dance naked must avoid all physical contact. Failure to do so may result in dismissal without refund.

8. In order to avoid reinforcing the sexual image we have been given and from which we are trying to detach ourselves, we have decided that all sexual piercings are forbidden at La Pommerie. We respect everyone's right to "decorate" themselves as they see fit, in private or outside the site; however, to continue to "desexualize" our image, piercings on breasts, nipples, clitoris, vulva, scrotum or penis are not accepted on the Pommerie site.

B. General indications

1. Members must inform their guests of the rules on the site and they are responsible for their guests.

2. Commercial solicitation is forbidden at La Pommerie. For any work on your land, please contact the administration, who will direct you to certain concessionaires who have regularized their situation with La Pommerie.

3. Fires are prohibited, except in designated areas.

4. Pets are not allowed on the La Pommerie site, with the exception of guide dogs.

5. It is forbidden to uproot plants from rock gardens and members' plots, as well as vegetables from the community garden.

6. Smoking is prohibited in all public buildings at La Pommerie, in accordance with Quebec law.

7. All types of waste or recyclable materials must be deposited in the designated areas. Please separate your waste properly.

C. Noise management

1. Accommodation areas must be quiet and relatively silent after 11 p.m.

2. The use of sound systems, radios or televisions is forbidden outside, except on the occasion of special events and only after obtaining authorization from the administration.

3. The use of cellular telephones outside trailers must be kept to a minimum and in vibrating mode. If ringing is essential, it should be as discreet as possible. Do not walk around with a cell phone in your hand.

D. Safety

1. Photographs are prohibited without the formal agreement of the administration and the persons photographed.

2. Except for employees and workers of La Pommerie, vehicular traffic is prohibited on the site, unless accessing or leaving the site.
3. Speed limits are in effect on the site, so please respect them.
4. Walking with open glasses, bottles or cans is not permitted on the site, with the exception of plastic water bottles (however, we encourage the use of water bottles instead of single-use containers). It is possible to drink at your picnic site. If you bring a corked bottle onto the site, it must be in a bag.
5. Firearms and compressed-air weapons are forbidden on site, and it is forbidden to kill animals.

E. Pool and lake area

1. Full nudism is mandatory in the pool area and around the lake. Contact between two naked bodies is forbidden in the pool area and around the lake.
2. Children under 12 years of age may not swim without the supervision of a responsible adult (max. 2 children/adult) appointed for this purpose. Lifeguards are not responsible for your children. Children in diapers or briefs are allowed in the paddling pool and middle pool only, provided they have a swim diaper.
3. Snacks may be eaten on the grassy areas of the pools. However, no picnics or alcoholic beverages are permitted. No glass containers are allowed, and garbage must be collected.
4. Smoking is not permitted in the pool area.

Glossary

Site: refers to the entire La Pommerie site, i.e. common areas, common buildings, roads, rental spaces and everything else up to the reception desk.

Terrain: refers to your private rental lot.