

after the party...

- Have impaired friends spend the night or find your guests a safe ride home.
- Have a designated driver. Never drink and drive. Never ride with someone who has been drinking or using drugs. Use Traveller and/or sober drivers.
- Clean up after the party both inside and outside—you and your neighbors will be grateful the next day.

recognizing an emergency...

Know the symptoms of alcohol poisoning and how to get help

symptoms...

- Person is unconscious or semi-conscious and cannot be awakened
- Skin is cold, clammy, pale or bluish
- Breathing is slow or irregular
- Person vomits while sleeping or passes out, does not wake up after vomiting
- Person has an injury that medical attention and cannot care for themselves.

Call for Help!

handling an emergency...

- Call 911.
- The nurse at the Student Health Center can offer advice 24/7 at x8401.
- Stay with the person. Turn them on their side to prevent choking or vomiting. Continue to monitor breathing and get some help.
- If the person is unable to walk or is vomiting he or she needs medical attention.
- Don't allow someone to "walk it off" or "sleep it off"—get them to the Student Health Center for monitoring.
- Don't try to give food, coffee or a shower. Only give water if they are not vomiting.
- *Unsure what to do?* Call the Student Health Center for advice at x8401.
- *No judicial sanctions* will occur as a result of a visit to the Student Health Center or Emergency Room.

Focus on keeping your friends alive, not out of trouble!

Having An

Off-Campus Party?

Tips on Hosting A Safe Party

Campus-Community Coalition
and
Office of Health Promotion
Washington and Lee University

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checklist for a successful party...

- ✓ Know the law—the legal age for purchase, possession and consumption of alcohol is 21
- ✓ Know your lease regulations
- ✓ Designate a sober host
- ✓ Know your guests
- ✓ Limit alcohol
- ✓ Serve non-alcoholic beverages in addition to any alcohol
- ✓ Provide food
- ✓ Use cans or plastic bottles, not glass
- ✓ Pick up the trash afterward
- ✓ Keep the noise level reasonable
- ✓ Talk to your neighbors ahead of time

You can have fun, entertain your friends, kick back and relax—and yes, even drink alcohol—without violating the law, annoying your neighbors, destroying property, endangering yourself or others, or getting the police involved.

Stay sober yourself—you are responsible for your guests. Know how to recognize and respond to an alcohol or other emergency.

Know the city, county and state ordinances that pertain to large gatherings, amplified music and alcohol service.

how to be a great host..

- Get your noise permit—remember to keep the noise level down. Consider your neighbors—host the party they can't complain about.
- Set a party end time, establish a guest list, check IDs, have party security, and designate a sober driver.
- Collect keys at the door, and assess whether someone is impaired before giving their keys back when they are ready to leave.
- Keep guests safe. You may be liable if anyone is injured at, or as a result of, your party.
- Do not illegally charge for alcohol, serve minors, or allow minors to consume alcohol. You may be liable if an underage person consumes alcohol at your party.
- Know how many people of legal drinking age you expect at the party, and figure no more than 4 drinks per person.
- Do not allow someone who is already intoxicated to continue to consume alcoholic beverages at your party.
- Serve plenty of food at the party. High-protein, non-salty foods like cheese and meat slow down the absorption of alcohol into the bloodstream.
- Provide plenty of non-alcoholic beverages readily accessible—bottled water is great.
- Throw away empty or unfinished cups, cans or bottles throughout the evening.
- Stop serving alcohol 1 hour before the party is over.

when you go to a party..

- Go out in groups and make a plan before you leave about getting home.
- Agree who will be the sober driver and that means no drinking!
- Remember that the legal age for purchase, possession and consumption of alcohol is 21.
- If you plan to drink, decide on the number of drinks you will have before you go out and stick to it.
- Know how much alcohol is in your drink. A standard drink is 12 oz. of beer, 5 oz. of wine, or one shot of liquor.
- Space drinks to one drink per hour.
- Alternate alcoholic and non-alcoholic drinks, and drink plenty of water.
- Watch your friends—make sure everyone has a plan to get home safely.
- Avoid drinking games, punch, jello cubes and shots of liquor.
- Always eat before and during alcohol consumption.
- Women are more sensitive to the effects than men—don't try to keep up!
- Pour your own drinks—don't share with others or set your drink down.
- Think about the situation... make clear decisions...not all intentions are harmless.
- Say "No Thanks," if you don't want to continue drinking, or just hold a cup with a non-alcoholic beverage.
- Participate in other activities like dancing, talking, and eating to take the focus off alcohol.