

SAFE CELEBRATION TIPS.

Think before you act

Remember that you are representing the club. Risky levels of drinking can impair your judgement. Stay in control and don't do anything that will bring you and the club into disrepute.

Look out for one another



Don't push it

Respect people's decisions not to drink and don't encourage risky levels of drinking. Drinking in rounds and drinking games can encourage people to drink more than is safe.



Friends in need

If a friend has had too much to drink, encourage them to switch to non-alcohol alternatives. Make sure they are OK, and if they are vomiting don't leave them alone. Don't hesitate to call an ambulance if you think it is needed.



Grab a cab

If a person has been drinking or is tired, don't let them drive home. Organise a lift with a person who is not going to be drinking or grab a taxi.

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Hints for drinking less



Have a spacer

Start with a non-alcoholic drink to quench your thirst before you start drinking alcohol. Have a non-alcoholic drink every second or third drink.



Pace yourself

Take sips, not gulps, and drink at your own pace, not someone else's. Try to avoid drinking in rounds where you're trying to keep up with the fastest drinker.



Think small

Try drinking smaller glasses of beer or wine and make them last longer.



No top-ups

Always finish your drink before getting a new one. This helps you keep track of how much you have had.



Hidden strengths

Avoid drinking high-alcohol-content drinks. The number of standard drinks contained in an alcoholic beverage is listed on the can or bottle. Some cans may contain over two standard drinks.



Measures matter

If mixing your own drinks, use a shot glass to measure spirits, so you know you're consuming a standard drink.



Eat first

Eating while you drink slows your drinking pace and fills you up. If you have a full stomach, alcohol will be absorbed more slowly. Avoid salty snacks, they make you thirsty so you drink more.



Stay busy

Don't just sit and drink. Play pool, dance or talk to friends. If you have something to do, you tend to drink less.



No thanks

Don't be pressured into drinking more than you want to. It's OK to say no.