



RISK MANAGEMENT SERIES

WELL-BEING TOOLKIT: ALCOHOL

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CONSIDER THE NUMBERS

UNL STUDENTS AND ALCOHOL: THE DATA



1 in 4 students HAVE NOT used alcohol in the past 3 months.



1 in 5 students has NEVER used alcohol.

STUDENTS WHO DRINK



75.6% of males have ever used alcohol. *

82.1% of females have ever used alcohol. *

NCHA Survey, 2019

STUDENTS IN RECOVERY

1.2% of college students surveyed indicated they were in recovery from alcohol or other drug use (1.6% male and .6% female).

NCHA Survey, 2019

STUDENTS WERE ASKED, "WHEN, IF EVER" WAS THE LAST TIME THEY DRANK ALCOHOL:



59.9% of males stated within the last 2 weeks

64% of females stated within the last 2 weeks

DRIVING UNDER THE INFLUENCE OF ALCOHOL

21.6% of college students reported driving after having any alcohol in the last 30 days.

**(Only students who reported driving in the last 30 days and drinking alcohol in the last 30 days were asked this question)*

NCHA Survey, 2019

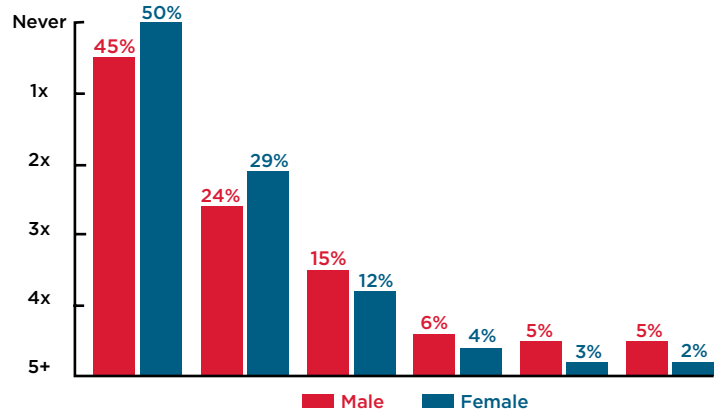
HOW OFTEN DO UNL STUDENTS DRINK?

40% of males did not drink in the past two weeks.

36.1% of females did not drink in the past two weeks.

Dangerous Drinking

Defined as 5+ drinks for males or 4+ drinks for females in one sitting. Data is from a two-week period.



IF YOU ARE GOING TO DRINK, LET'S BEGIN WITH SOME INTROSPECTIVE WORK!

Think about what determines how much, or if you will drink. Is it:

- To feel happy/excited
- Because I feel sad/upset
- Because it is about fitting in
- The fact that I am just trying to have a good time

Socializing and building life-long relationships is an important component of college life.

It's important to know that despite stereotypes about college students and their drinking behavior, high risk alcohol consumption is NOT popular amongst college students.

Specifically, UNL students do not approve of peer pressure or drinking too much.

90.6% of UNL students are bothered when they see someone repeatedly pressuring a peer to drink.

91% of UNL students think something should be done about repeated peer pressure.

89.6% of UNL students do not approve of drinking so much that one cannot remember part of the previous evening.

91% of UNL students do not approve of drinking so much that one gets into situations they may regret later.

Data from UNL Bystander Intervention Survey, 2015

HOW ALCOHOL MAY AFFECT YOUR HEALTH ■

HOW ALCOHOL TRAVELS THROUGH THE BODY

Alcohol requires no digestion and is metabolized before many other nutrients. About 20% of the alcohol, you drink passes through the stomach wall and can reach the brain within one minute. The remaining 80% passes through the small intestine before entering the bloodstream.

Before you drink on an empty stomach, consider how alcohol travels through your body.

1. STOMACH

- Drinking too much alcohol can decrease appetite as a result of increased gastric juice flow.
- Higher alcohol content can cause stomach lining irritation and lead to ulcers.
- On an empty stomach, alcohol passes directly to the blood stream.

2. MOUTH

Heavy drinkers increase their risk of developing mouth, esophagus, or throat cancer.

3. CIRCULATORY SYSTEM

Once in the bloodstream, alcohol is quickly distributed throughout the entire body.

Alcohol causes blood vessels to widen, resulting in:

- Temporary feeling of warmth
- Temporary decrease in pulse rate
- Temporary decrease in blood pressure

4. KIDNEY

Alcohol acts a diuretic in the body and increases urination.

- Alcohol can increase urine production as soon as 20 minutes after consumption.
- Excessive urination may lead to thirst and dehydration.

5. LUNGS

Alcohol increases the risk of aspiration—the entrance of foreign material into the lungs.

6. BRAIN

Once alcohol hits the brain, it immediately starts affecting the brain's ability to control behavior and bodily functions. As Blood Alcohol Concentration (BAC) continues to rise, loss of control increases.

BAC.03

Few obvious effects at this point slight intensification of mood.

BAC.06

Emotions are exaggerated; judgement is impaired.

BAC.10

Self-control, perception, vision, balance, and speech are affected.

BAC.14-15

Vision, balance, speech and motor control are affected. Medical evaluation is advised.

BAC.20

Loss of motor control requires assistance standing/walking.

Medical attention is necessary.

BAC.30 and Higher

Potential loss of consciousness. Hospitalization is required.

7. LIVER

1. The liver can only oxidize one drink per hour.
2. Regular alcohol consumption can lead to liver damage.
3. Cirrhosis of the liver occurs as a result of excessive alcohol consumption on regular basis.
4. Therefore, time is the only thing that can sober up a person.
5. A fatty liver may develop, and alcohol disrupts the liver's ability to break down fats. The damage can be reversed by ceasing alcohol consumption.
6. Healthy liver tissue is replaced by scar tissue, which decreases blood flow to the liver and liver function.

Alcohol may also cause:

- Sleep disturbance
- Depression
- Decreased attention span
- Anxiety

WHAT IS CONSIDERED A DRINK? ■

A STANDARD DRINK

- **12 oz. Beer** (4 to 5.5% alcohol)
- **1.25 oz. Hard Alcohol** (80 proof/40% alcohol)
- 1 oz. Hard Alcohol (100 proof/50% alcohol)
- **5 oz. Wine** (~12% alcohol)
- 10 oz. Wine Cooler
- 6 oz. Ice Malt Liquor (~8 to 9% alcohol)
- 4.5 oz. Fruit-Flavored Alcoholic Energy Drinks (**Four Loko** is 4.2 oz.)

There are 165 servings in a full-size keg. Think about the cup you are using and if you are at a party, most often it is the large red cup.

For your own safety it is important to consider that the servings of beer in a 12 to 20-ounce cup can be 1.25 to 1.67 servings.

Note: Assuming your beer is automatically 5% alcohol is not always a safe bet, especially when it comes to craft beers.

A typical red cup can help you measure your drink. Remember, alcoholic drinks are not created equal.



In addition, a mixed drink may be comprised of more than a single shot. In fact, many mixed drinks contain several different types of liquor thus increasing the alcohol content well above a standard drink.

Consider a Long Island Iced Tea, which is made with half an ounce of 5 different types of liquor, or a chocolate martini that includes almost 4 ounces of liquor per drink. A single serving of either of these drinks could easily put you over the legal limit to drive or a half a serving if it's a woman consuming the drink on an empty stomach.

Just remember that the amount of liquid in your glass, bottle, or cup does not necessarily equal the amount of actual alcohol in the drink. Depending on the recipe, you could have one, two, or more standard sized drinks in a single cocktail. Be careful!

MEN — KNOW YOUR LIMIT

Approximate Blood Alcohol Content (BAC) in One Hour

Source: National Highway Traffic Safety Administration

Drinks	Body Weight in Pounds								Influenced
	100	120	140	160	180	200	220	240	
1	0.05	0.04	0.03	0.03	0.03	0.02	0.02	0.02	Possibly
2	0.09	0.08	0.07	0.06	0.05	0.05	0.04	0.04	Impaired
3	0.14	0.11	0.11	0.09	0.08	0.07	0.06	0.06	
4	0.18	0.15	0.13	0.11	0.10	0.09	0.08	0.08	Legally Intoxicated
5	0.23	0.19	0.16	0.14	0.13	0.11	0.10	0.09	
6	0.27	0.23	0.19	0.17	0.15	0.14	0.12	0.11	
7	0.32	0.27	0.23	0.20	0.18	0.16	0.14	0.13	
8	0.36	0.30	0.26	0.23	0.20	0.18	0.17	0.15	
9	0.41	0.34	0.29	0.26	0.23	0.20	0.19	0.17	
10	0.45	0.38	0.32	0.28	0.25	0.23	0.21	0.19	

Subtract 0.015 for each hour after drinking.

WOMEN — KNOW YOUR LIMIT

Approximate Blood Alcohol Content (BAC) in One Hour

Source: National Highway Traffic Safety Administration

Drinks	Body Weight in Pounds								Influenced
	100	120	140	160	180	200	220	240	
1	0.04	0.03	0.03	0.02	0.02	0.02	0.02	0.02	Possibly
2	0.08	0.06	0.05	0.05	0.04	0.04	0.03	0.03	
3	0.11	0.09	0.08	0.07	0.06	0.06	0.05	0.05	Impaired
4	0.15	0.12	0.11	0.09	0.08	0.08	0.07	0.06	
5	0.19	0.16	0.13	0.12	0.11	0.09	0.09	0.08	Legally Intoxicated
6	0.23	0.19	0.16	0.14	0.13	0.11	0.10	0.09	
7	0.26	0.22	0.19	0.16	0.15	0.13	0.12	0.11	
8	0.30	0.25	0.21	0.19	0.17	0.15	0.14	0.13	
9	0.34	0.28	0.24	0.21	0.19	0.17	0.15	0.14	
10	0.38	0.31	0.27	0.23	0.21	0.19	0.17	0.16	

Subtract 0.015 for each hour after drinking.

RESPONSIBLE DRINKING TIPS

Know your limits. There's lots of fun to be had if you stay within your limit. The goal is to learn how to have as much fun as possible for as long as possible. The formula for fun is simple:

Food + H₂O + Buddies

Eat food before and while you drink.

Sip your drink (a.k.a. slow down)!

Have a glass of **water** with your drink, between drinks or sip on it while you drink.

Keep track of how many drinks you are consuming (e.g., bottle caps or tabs in your pocket).

Beware of unfamiliar drinks, and don't accept drinks from people you don't know.

Respect the rights of individuals who do not wish to drink.

Drink for **quality vs. quantity**.

Plan ahead for transportation—don't drink and drive- it's never worth it.

Call a friend, roommate, family member, cab, Uber or Lyft, 475-Ride 475-RIDE - This is a **free ride service** (funded by student fees) that provides students with a free, safe ride home in the event that they've exhausted all other options. The service is available from 9 p.m. to 4 p.m., but not during university vacations or closings.

BUDDY SYSTEM

We are each other's keepers! Stay together and watch out for each other.

- Set expectations to be responsible and help one another.
- Staying together is a good way to ensure safety, whether during a night of drinking out on the town or when a person has had too much to drink.
- Always tell people where you are going and check in with your "buddy" often.
- Make sure your cell phone is charged.

Talk about what you expect from going out:

- Check in with your buddy and figure out the why behind their motives. Is it just to blow off steam, or is your buddy struggling with something more significant, such as the loss of a relationship, or just feeling alone and misunderstood?
- If they are struggling with a deeper issue, maybe getting wasted isn't the best thing to do. If it is something significant, tell your buddy they don't have to struggle alone. Offer to spend time with them over a meal or some other activity. Solutions and suggestions are not required. Listening is often the most helpful thing to do.
- If it is just to have a good time, provide alternatives or push moderation. Most of all keep an eye out for behaviors that may require intervention.

PREPARING TO TALK TO AN INDIVIDUAL WITH ALCOHOL OR DRUG ISSUES

It is best to say it to them shortly after the event, but when the person is completely SOBER. The next day when they are fully coherent is a good time to talk with them.

Privacy and limiting the number of individuals present is encouraged, unless their issue is very serious.

- Talk to them with genuine concern and care for their well-being.
- No laughing or teasing to minimize the incident.
- Don't avoid the incident/s.
- Don't get discouraged if they resist your attempt to help.
- The more you talk to somebody about their drug and alcohol use, the more likely they will be receptive to help in the future.

WHAT TO SAY WHEN CONCERNED

WHAT TO SAY WHEN SOMEONE'S DRINKING CONCERNS YOU OR CAUSES PROBLEMS

You are concerned about what has happened but don't necessarily think they have a major drinking problem:

"I am concerned about your drinking." Tell them why you are concerned in one or two sentences at most.

You are concerned because they are having a problem with drinking, or something is bothering them to cause them to drink excessively:

"I am concerned about your drinking. Would you be willing to talk to somebody about your drinking?"

You are sure there is a problem and have said something before:

"I recommend you talk to somebody about your drinking." Give them options of who they can talk to.

When the individual is having too much to drink throughout the course of the night:

- "Hey, why don't we take it easy for now?"
- Change location: "Let's go someplace else for a while."
- Change activity: "Let's play darts for a while."
- Change beverage: "Let's pace ourselves with a glass of water or Coke."

- Use a compliment: “Those are cute shoes! Where did you get them?”
- Divert them from the area and have a discussion not related to their drinking.
- Be a good model of behavior.
- If they are unreceptive to your intervention, you can try to be more direct about their drinking, but do not be discouraged if they dismiss your attempt.
- Definitely follow up the next day when they are sober if you are concerned about their behavior.
- When an explosive situation needs to be diffused- get distance between your friend and that location:
 - “Let’s go outside to get some air.”
 - “Let’s go to (insert name of buddy)’s apartment.”
 - “Let’s go over there (across the room) and see who we can find.”
- When it is necessary deescalate strong emotions by introducing other friends into the situation.
- Get help: “Jermaine, Tito, Michael...I need your help over here.”
- Make eye contact with your friend and speak in calm manner.
- Ask your friend to sit down and take a breath.

ENSURING SAFETY

ENSURING SAFETY FOR A PERSON WHO IS PASSED OUT

Assess the Situation

1. Are they responding to your voice, touch, or shaking?
2. Check on their breathing:
 - 8 regular breaths per minute
 - Consistent breathing with breaks of 10 seconds or longer
3. Find a pulse.
4. Information to consider:
 - Does the individual have any medical conditions, particularly diabetes or asthma?
 - Have they taken any type of legal or illegal drug, especially painkillers, benzodiazepines, or Adderall?
 - How much alcohol/drugs did they consume, particularly in the past 90 minutes?

Take Action

Call for immediate help (911) if the person is:

- Breathing less than 8 times per minute.
- Breathing irregularly, especially if there are gaps between breaths of 10 seconds or more.
- Not registering a pulse when you check their neck or wrist.
- Diabetic or has a seizure disorder.
- Close to the warning signs mentioned above and has consumed a large amount of alcohol/drugs in the last 90 minutes.

If not calling for help:

- Place the individual on their side. Prop them up with blankets or pillows.
- Continue to monitor breathing and pulse every 15 minutes for 2-3 hours.
- Keep the individual warm.

RECOGNIZING THE SIGNS OF PROBLEMATIC DRINKING

- Academic and/or behavioral problems in school
- Changing groups of friends
- Less interest in activities and/or appearance
- Finding alcohol among a young person’s things or smelling alcohol on their breath
- Slurred speech
- Coordination problems
- Memory and/or concentration problems

GOOD SAMARITAN & NEBRASKA LAW

NEBRASKA ALCOHOL LAWS

- Individuals under the age of 21 may not consume or have alcohol in their possession or physical control in Nebraska.
- No person shall sell or give away alcohol to a minor in Nebraska.
- Under the dram shop and social host liability law, adults and/or retailers who provide or sell alcohol to a minor can be held civilly liable if the intoxicated minor injures or kills someone.
- Providing alcohol to minor is a Class I misdemeanor. Adults who provide alcohol to minors can spend up to a year in jail, receive a \$1000 fine or both. Recent jail sentences ranged from two months to a year.
- You can serve alcohol in a restaurant, work as a bartender, or sell spirits in a liquor store at age 19 in Nebraska, but you must be 21 to consume alcohol.
- The Nebraska .02 law or “zero tolerance law” is a law to prevent minors from drinking and driving. The .02 law makes it unlawful for anyone under the age of 21 to have a measurable amount of alcohol in their body while driving on Nebraska roadways.

THE GOOD SAMARITAN LAW SIMPLIFIED

Effective since August 30, 2015, the Nebraska Good Samaritan Law was **created to encourage minors to seek medical assistance for themselves or friends** when they suspect acute alcohol intoxication.

The law provides legal immunity to both the intoxicated minor and the first person to request help for an intoxicated individual.

Immunity for the caller is contingent upon them remaining on the scene until law enforcement and/or medical personnel arrive and cooperating with these officials.

Students can call 911 when they suspect acute alcohol intoxication without fear of receiving an MIP.

The law only provides legal immunity for MIPs. It does not cover immunity for assaults, procuring for minors, disorderly house, etc.

RESOURCES

BIG RED RESILIENCE & WELL-BEING:

Alcohol and Other Drug Prevention

- [ScreenU Alcohol](#) or [ScreenU Marijuana](#) or [ScreenU Prescription Drugs](#) — Each is a confidential, brief, web-based method that administers screening, brief intervention, and referral to college students. ScreenU identifies students who may be misusing alcohol, marijuana, or prescription drugs and provides feedback and strategies to reduce their risk for experiencing negative consequences.
- [Alcohol and Other Drug Resources](#) — A comprehensive list of campus resources for students concerned or struggling with alcohol, tobacco, or other drugs.

THE HUSKER PLAYBOOK

Review these key plays to see what steps you can take to reduce your risk on game day. Click the image to view a downloadable poster or [download the bulletin board kit](#). View an [8.5x11 flier from the playbook](#).

ALCOHOL AND OTHER DRUG RESOURCES AT CAPS

(402) 472-7450 | caps.unl.edu/alcohol-and-other-drugs

Individual Counseling

Individual counseling sessions are available through CAPS for alcohol and other drugs. However, our clinic does not provide individual therapy services for students who are required by law to seek treatment for a legal offense.

Alcohol and Drug Harm Reduction Group

CAPS provides a free weekly group for students that want to make better decisions about their alcohol and/or drug use. It is not Alcoholics Anonymous or treatment. Abstinence is not required to attend the group. It is a place where a student can speak honestly about their current use and get feedback without feeling judged or pressure to change.

BASICS: Brief Alcohol Screening and Intervention of College Students

BASICS is a preventative alcohol abuse intervention program designed specifically for college students. BASICS is conducted over the course of two 50-minute interviews. The intention is to increase a student's awareness of their drinking behaviors and assist them in making adaptive changes in their decisions with alcohol. There may be recommendations provided to the student, but the sessions are conducted from a collaborative and non-judgmental approach.

CASICS: Cannabis Screening and Intervention of College Students

CASICS utilizes the same approach and philosophy as BASICS. However, CASICS is specifically designed to address issues related to marijuana use.

Alcohol and Drug Evaluation

This service utilizes a thorough interview and testing of a person's drinking and drug use for the purpose of making formal recommendations about the possible need for treatment. CAPS can conduct evaluations and assist the student find treatment options that will suit their needs.

Consultation

Students, parents, and faculty are encouraged to call CAPS to discuss problems they may be facing pertaining drugs and alcohol. Clinicians at CAPS are here to assist you or loved ones in finding the help you need to deal with issues involving substance use. These counselors can help you assess, intervene, and provide treatment options on and off campus.

OTHER RESOURCES

Center for Advocacy, Response & Education (CARE):
402-472-3553

LGBTQA+ Resource Center:
402-472-1752

Office of Academic Success & Intercultural Service (OASIS):
402-472-5500

Counseling (in addition to CAPS):

- Counseling and School Psychology Clinic: 402-472-1152
- Couple & Family Clinic: 402-472-5035
- Psychological Consultation Center: 402-472-2351

National Sexual Assault Hotline:

1-800-656-HOPE (4673)

National Suicide Prevention Hotline:

1-800-273-TALK (8255)

PANHELLENIC COUNCIL SOCIAL POLICY

SECTION 1 LIMITATIONS AND LIABILITY

A. Limitations

1. The Panhellenic Association Social Policy does not supersede any federal, state, or local laws as well as any University or fraternity inter/national policies.
2. The Panhellenic Association supports all federal, state, and local laws as outlined in the University of Nebraska - Lincoln Panhellenic Association Alcohol Policy.

B. Liability

1. The Panhellenic Association accepts no liability for incidents involving its' individual chapters and their members when any federal, state, or local laws and/or any University or fraternity inter/national policy is being violated.

SECTION 2 SOCIAL FUNCTIONS

A. Definition

1. Individual fraternity inter/national policy defines a social event, and that definition will be applied to that chapter and its activities.
2. In the event of such policy not being defined, a social function shall be defined as any activity sponsored by a chapter and/or an event where at least five members are in attendance, where alcohol is present.

B. Classifications

1. A social function shall be:
 - i. Social Event
 - ii. Multi-Chapter Events
 - iii. Third party Venues
 - iv. Alumni and/or Parent Events
 - v. Sisterhood Events
 - vi. Tailgates
 - vii. Party Buses
2. Social Functions with themes that are racially insensitive, ethnic or gender discriminant, and/or otherwise offensive shall be strictly prohibited.

C. Informational Signs

1. The following information must be posted via signs and visible at all time at all social functions:
 - i. Non-Alcoholic Beverages Available
 - ii. Food Available
 - iii. Location of Restrooms
 - iv. Taxi Phone Numbers

D. Tailgates

1. A tailgate shall be defined as an event held prior to a sporting event, where alcohol is present.
2. Tailgates shall be limited to four (4) hours prior to the sporting event and must end by the start of the sporting event.

SECTION 3 ALCOHOL POLICY

A. Introduction

1. The following alcohol policy must be followed for all social functions, regardless of classification.
2. The following policy does not precede rules and regulations set out in the Panhellenic bylaws.
3. The following alcohol policy does not apply to third-party venues with a valid liquor license.

B. Distribution

1. Alcohol may be served for a period of no more than four (4) hours.
2. Alcohol must not be served after 2:00 a.m.
3. If a social event classifies as "Bring Your Own Beverage" (BYOB), an individual of legal age may bring one six-pack of twelve-ounce beers or one four-pack of wine coolers to an event for personal consumption.

4. Guests may not remove alcohol from any social function.
5. Kegs or the use of "beer bong" and/or any other devices that permit mass consumption of alcohol shall be prohibited at all times.

C. Alternative Beverages and Food

1. Individually wrapped snack foods and individually canned or plastic bottled non-alcoholic beverages must be readily available at all social functions.
 - i. Snack foods shall be non-salted.
 - ii. Alternative beverages and food must be easily accessible at all times, and offer enough to reasonably last the duration of the social function.

D. Liquor Policy

1. Chapters shall abide by the following liquor (hard alcohol) policies during social functions
 - i. All liquor is strongly discouraged, regardless of alcohol content.
 - ii. Liquor over 30 proof shall be strictly prohibited.
 - iii. Liquor shall not be served straight or in shot form at any time, including mixed shots.

SECTION 4 SOCIAL FUNCTION MONITORING PROGRAM

A. Alcohol-Free (Sober) Members

1. A chapter is suggested to have at least ten percent (10%) of the social functions attendees serve as alcohol-free members for the duration of each social function.
 - i. It is suggested that alcohol free members are in attendance at the social function.
 - ii. An alcohol-free member must abstain from consuming alcohol for the entire day that he is serving this role.
2. Alcohol-free members should monitor social functions, intervene in events that threaten safety of persons at the event, and ensure that proper authorities are notified whenever the situation calls for such action.
 - i. Responsibility is not limited to alcohol-free members.

B. Self-Monitor System

1. Each individual chapter is responsible for monitoring their own social functions and ensuring that the functions do not violate Panhellenic and/or their own risk management and social policies.
2. Violations of any policy must be handled according to Article IX of the University of Nebraska - Lincoln Panhellenic Association Standing Rules.
 - i. The Panhellenic Judicial Board may additionally or alternatively handle violations of any policy.

C. Self-Reporting System

1. A chapter must notify the Panhellenic Advisor in Greek Affairs Vice President of Administrative Affairs immediately if a social function has police intervention.
 - i. Police intervention shall be defined as member(s) being cited for a legal violation. The name (s) of member(s) being cited will remain confidential.
 - ii. Failure to report to the Panhellenic Advisor in Greek Affairs Vice President of Administrative Affairs will result in a Panhellenic Judicial Board Review and/or add to the severity of the violation.

D. New Member Education

1. All new members must learn the social policies of the Panhellenic Association and of the individual chapter prior to attending any social function.
2. All active members, both initiated and uninitiated, must review the social policies prior to the first social function of a semester.

INTERFRATERNITY COUNCIL SOCIAL POLICY |

IFC Social and Alcohol Bylaws Social Policies and Judicial Board

Article I Social Policies

SECTION 1 LIMITATIONS AND LIABILITY

A. Limitations

1. Each University of Nebraska- Lincoln IFC member fraternity will adopt and implement a policy that prohibits the presence of alcohol products whose original alcohol content is above 15% ABV at any chapter event, except when served by a licensed third-party vendor.
 - i. This policy will take place August 1, 2019 in spirit with NIC policy adopted September 2018.
 - ii. All alleged violations could be brought to the IFC Judicial Board.

B. Liability

1. The IFC accepts no liability for incidents involving its' individual chapters and their members when any federal, state, or local laws and/or any University or fraternity international policy is being violated.

SECTION 2 SOCIAL FUNCTIONS

A. Definition

1. Individual fraternity international policy defines a social event, and that definition will be applied to that chapter and its activities.
2. In the event of such policy not being defined, a social function shall be defined as any activity sponsored by a chapter and/or a substantial percent of its members, where alcohol is present.

B. Classifications

1. A social function may be, but is not restricted, to the following classifications:
 - i. Social Event
 - ii. Multi-Chapter Events
 - iii. Third party Venues
 - iv. Alumni and/or Parent Events
 - v. Brotherhood Events
 - vi. Tailgates
2. Social Functions with themes that are racially insensitive, ethnic or gender discriminant, and/or otherwise offensive shall be strictly prohibited.

C. Tailgates

1. Tailgates shall be limited to four (4) hours prior to the game and must end by the start of the game. Tailgates where alcohol is present (not hosted at a third party vendor) is restricted to only members who are 21 years of age or older. Tailgates where the entire membership is attending can take place at a licensed third party vendor or a vendor that has a special designated permit.
2. The IFC and College Panhellenic council will try and provide a location for a third party tailgate for its members and its guests.

SECTION 3 ALCOHOL POLICY

A. Introduction

1. All Social functions where underage student, persons, members, or new members of any organization shall have its alcohol distributed by a licensed third party vendor.
2. The following alcohol policy must be followed for all social functions, regardless of classification.
3. The following policy does not precede rules and regulations set out in the IFC by-laws, specifically Article VI.
4. This policy does not apply to events held at or through legitimate third-parties.

B. Distribution

1. Alcohol may be served for a period of no more than four (4) hours.
2. Alcohol must not be served after 2 a.m.
3. Guests may not remove alcohol from any social function.
4. Kegs or the use of "beer bong" and/or any other devices that permit mass consumption of alcohol shall be prohibited at all times.

C. Alternative Beverages and Food

1. Individually wrapped snack foods and individually canned or plastic bottled non-alcoholic beverages must be readily available at all social functions.
2. Alternative beverages and food must be easily accessible at all times, and offer enough to reasonably last the duration of the social function.

D. Alcohol-Free (Sober) Members

1. A chapter must have at least ten percent (10%) of the attending fraternity members, or four (4) members, whichever is fewer, serve as alcohol-free members at each social function.
 - i. An alcohol-free member must abstain from consuming alcohol for the entire day that he is serving this role.