ALCOHOL POLICY

Summary
The aim of the policy is to provide a framework within which members of CURUFC are able:

- To maintain a healthy lifestyle
- To achieve high standards in sport
- To maintain high standards of personal behaviour
- To maintain high standards of respect for others within the community.

Some people choose not to drink alcohol, but the policy recognises that many people do. The club expects that the lives of those who choose not to drink, or choose to drink responsibly, should not be adversely affected by the behaviour and attitudes of others.

The Club
The Club encourages everyone who chooses to drink alcohol to do so responsibly and not to abuse it. It is well documented that alcohol adversely affects sports performance and recovery. It is both wrong and dangerous to encourage others to drink more than they ought or wish to by pressing them to participate in competitive drinking games, or in forms of initiation. Organisers of events should always make sure there are plenty of good quality, alcohol-free drinks available. Those responsible for organising functions should ensure that excessive quantities of alcohol are not available, and that only sensible drinking takes place. All functions at the Club are expected to operate within the spirit of the Club's premises licence, and the government's Code on Responsible Drinking. When offering both alcoholic and non-alcoholic drinks, food should also be served. The Executive Secretary will not authorise any function which may lead to binge drinking.

Alcohol may lie behind many instances of bad behaviour that harm the character of the Club. These include, but are not limited to, unsociable noise, damage to property, litter and mess, and inappropriate or discourteous behaviour. Most Colleges and the Club will treat certain kinds of conduct as disciplinary offences. Club members should not be drunk and disorderly, or drunk to the point of incapacity. They are regarded as incompatible with ordinary adult behaviour and if in public, would probably lead to arrest by the police.

The Bar staff have a responsibility to ensure Club members and their guests do not drink to excess; those who do will be refused further service and may be asked to leave the Bar. It is illegal for Bar staff to serve someone who is clearly inebriated.

Guidance for personal safety when drinking
You should not drink alcohol at all if:

- You may be driving a car
- You will be working with equipment in a practical class operating machinery
- You might be in the early stage of pregnancy

Being under the influence of drink puts you at greater risk of physical or sexual assault. If you are going out with a group of friends, be wary of the risks of pre-drinking. It is best avoided, and very unwise on an empty stomach. If you are out in a group, don't abandon a member of the group and if one of you gets badly drunk, be sure to take them back to their residence. It is very dangerous to leave a badly drunken person on their own, or for them to be looked after by a person who has been drinking or who may not know how to look after them properly.

Spiking of drinks with disabling drugs is an infrequent occurrence but nevertheless one of which you should be aware. It is better not to accept drinks that you have not seen being poured from people you do not know or trust.

Antisocial behaviour is often associated with excessive drinking. Although alcohol is a depressant it can exaggerate whatever mood you are in when you start drinking. When drunk, you may unwittingly seem more threatening to others, influencing how they react to you. Avoiding violence when not fully in control of yourself can be difficult; your perceptions will be dulled, it will take longer to react and think things through, and your judgement may be reduced. Aim to talk your way out of a situation, avoiding aggressive language, and using open body language. Bear in mind that when you have been drinking, you will be more vulnerable to difficulties and danger than when sober.

Bear in mind also that you may do things when you are drunk that you would never consider doing when sober. These things can have life changing consequences that neither nor the Club can put right. Like many things in life, alcohol can be safe and enjoyable when consumed in moderation. Take care of your own consumption and be responsible in relation to that of others.