Safe & Informed

Student Wellness Resource Center
& Title IX Student Services
Harm Reduction

Risk

Safety
Traditions & Celebrations

- Winning a game
- Losing a game
- Breaks with the team
- Initiation
- Recruitment
- Birthdays
- Graduation
Biphasic Curve

Euphoria

Feeling

Dysphoria

Time
Standard Drink

Beer - 5%
12 oz

Wine - 12%
4-5 oz

Liquor - 40%
1.5 oz

Ethanol - ½ oz
Path of Alcohol

- Mouth, Throat, Stomach, Small Intestine
  - 10 minutes
- Processed out of the Blood
  - 1 hour
4 Factors for BAL

1. Amount
2. Time
3. Weight
4. Sex
Blood Alcohol Level (BAL)

.04 - Inhibitions Lowered

.08 - Reaction Times Impaired

.15 - Coordination Impaired

.2 - Blackouts Common

.3 - Stupor
Blackouts

How fast you drink. Smoking too.
Sleep
Alcohol Myopia
The Cold
Drinking Before

- Compromised motor skills
- Decreased coordination
- Delayed reactions
- Diminished judgment
- Impaired balance
- Increased risk of injury

~72 Hours (3 Days)

Siekaniec, 2017
Drinking After

- Dehydration
- Less Optimal Nutrition
- Inhibited muscle growth and repair
- Prolonged recovery period
- Inadequate recovery period
- Lack of desired muscular adaptations

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