**TIPS FOR A SAFE FOXFIELD**

If you and/or your friends **choose** to drink:

- **Bring a valid ID.** Always carry a photo ID, even if you don’t plan to drink, in case you become incapacitated for any reason.
- **Pace and space your drinks.** Alternate non-alcoholic beverages with those containing alcohol.
- **Bring and drink plenty of water.** On a warm, sunny day, you can become dehydrated quickly.
- **Eat plenty of high protein foods.** Consuming protein is the best way to slow down the effects of alcohol. Plan to have enough food for everyone in your group.
- **Decide now who will be the sober driver.** Make sure no one is left behind! Prepare for a 30-60 minute wait for cabs or Uber service.
- **Stay in a group.** Look out for one another. Say something if a friend’s behavior concerns you.

If a friend has too much to drink:

- **Encourage your friend to slow down** by offering food or non-alcoholic drinks.
- **Stay with your friend.** BAC can continue to rise after someone stops drinking.
- **Go to the First Aid Tent** located in the green section. It’s fully staffed by medical personnel.
- **In an emergency, or even if you’re not sure, call 911** and tell the dispatcher you’re at Foxfield. Provide your plot number and EMTs will come to you.
- **Know the signs of alcohol overdose** and call 911 if you see even one of these signs.

**Foxfield Alcohol Policy**

Guests over 21 years of age may enter Foxfield with a maximum of one 22-quart container or cooler containing alcoholic beverages.

Alcoholic beverage quantities in excess will be confiscated and discarded. All beverages, alcoholic and non-alcoholic, must remain unopened with factory seals intact upon entry.

Additional containers/coolers containing only food and non-alcoholic beverages are permitted and are subject to search.

#WorkHard PlaySmart