

From: "Allen W. Groves, University Dean of Students" <odos@virginia.edu>
Date: April 20, 2015 at 9:02:29 AM EDT
Subject: Going to Foxfield on Saturday? Please Read for Important Information
Reply-To: <odos@virginia.edu>



Dear Students:

For many of you, this Saturday will be a chance to celebrate at the Foxfield Races before classes end and exams begin. I am writing to urge you to be smart about your own safety and that of your friends.

Foxfield is not a UVa-sponsored event. The only official UVa presence includes a safety tent hosted by UVa's Alcohol and Drug Abuse Prevention Team peer educators. Please [read more](#) about ADAPT's safety campaign and how you can participate.

The below infographic provides important tips on getting medical help, looking out for your friends, and getting home safely.

As in past years, there will be a significant law enforcement presence on the roads leading to Foxfield and within the event grounds. These uniformed officers, in conjunction with a private public safety team, will focus on providing a safe environment for all spectators, assisting individuals in need of help, and deterring and responding to illegal activity. Foxfield has posted information for students on its [website](#).

Here are additional ways to prepare for a safe Foxfield:

- **Student Council Shuttles:** StudCo will be operating shuttles to and from the races throughout the day on April 25. Shuttles will run hourly and depart from Grounds between 8 and 11 a.m. They will depart from Foxfield between 3 and 5:30 p.m. Tickets are \$18 and can be purchased at uvastudentcouncil.com/foxfield.
- **Savvy Fox Honor Pledge:** Look out for your friends, and if you are of legal age and decide to consume alcohol at Foxfield, please make a commitment to practice safe drinking habits. If you sign the "Savvy Fox" pledge (sponsored by ADAPT, the Peer Health Educators, and the Honor Committee), you will receive a free Foxfield T-shirt. Sign up this week at the Gordie Center or at the Whispering Wall. Learn more [online](#).
- **ADAPT's Foxfield Educational Programs:** Attend one of the sessions on Wednesday, April 22, in Campbell 153, either from 6 p.m. to 7 p.m. or from 7:30 p.m. to 8:30 p.m. Door prizes will be raffled, including bow-ties, Foxfield tickets, and official Foxfield coolers. Learn more [online](#).
- **Catering Guide:** This [online guide](#), prepared by ADAPT, will help you estimate enough food for your group to last the entire day.

Please enjoy the Foxfield Races, but also be smart, think about your personal safety, and watch

out for one another.

Sincerely,

Allen W. Groves
University Dean of Students

TIPS FOR A SAFE FOXFIELD

If you and/or your friends choose to drink:

- Bring and drink plenty of water**
On a warm, sunny day, you can become dehydrated quickly.
- Pace and space**
Alternate non-alcoholic beverages with those containing alcohol.
- Bring plenty of high protein foods**
This is the best type of food to slow down the negative effects of alcohol. Be aware that some friends may bring drinks but no food. Plan to have enough food for everyone in your group.
- Stay in a group**
Look out for and check in with one another. Say something if a friend's behavior concerns you.
- Bring a valid ID**
Always carry a photo ID and make sure your friends carry an ID with them in case they become incapacitated for any reason. A college ID is NOT legal proof of age.
- Make a plan to get home safely**
If your group is driving, decide now who will be the sober driver. If you're taking a bus, decide how you will make sure no one is left behind and how you will get home after the bus drops you off. Prepare for a 30-60 minute wait for cabs.

ADAPT

Designed by Sara Neal, Class of 2015

Foxfield alcohol policy:

- Guests over 21 years of age may enter Foxfield with a maximum of one 22-quart container/cooler containing alcoholic beverages.
- Additional containers/coolers containing only food and non-alcoholic beverages are permitted and are subject to search.
- Alcoholic beverage quantities in excess will be confiscated and doctored. All beverages, alcoholic and non-alcoholic, must remain unopened with factory seals intact upon entry.

Know the PUBS signs of alcohol overdose - call 911 if you see even one of these signs.

U Unresponsive (no pinching)
B Breathing (irregular)
S Skin (cold or clammy)
P Puking (able to get out)
***** *Hazard Call
! Call 911
Police Central
1-800-225-7022

If a friend has too much to drink:

- Slow the person down** - Keep them from consuming more alcohol by offering them food or a non-alcoholic drink. ADAPT will be hosting a safety tent with free water and snack foods. Look for the ADAPT flag at our tent near the tower. **#HoosGotYourBack**
- Stay with the person** - BAC can continue to rise after someone stops drinking.
- Go to the First Aid Station** - There is a station on the paddock line between the orange and green sections. It's fully staffed by medical personnel.
- 911** 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.
- *** No cell phone service? Find anyone wearing a yellow or grey Event Staff shirt and they will radio in your request. Don't hesitate to get help.

Office of the Vice President and Chief Student Affairs Officer
University of Virginia
The Rotunda, S.W. Wing, Charlottesville, VA 22904
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