

Foxfield FOA 2015



Stay for the drawing for
a set of 4 Foxfield Tickets, parking pass,
Foxfield bowtie and cooler!



1 Standard Drink = 0.6 fluid oz. of pure alcohol

Beer



12 oz
5% alcohol



Wine



5oz
12% alcohol



Liquor



1.5 oz
40% alcohol

Equivalency



*Lines indicate approximate measurements



Alcohol percentage and package volume will determine number of standard drinks.
Source: National Institute on Alcohol Abuse and Alcoholism

On average, it takes nearly 3 hours for most people to eliminate the alcohol in 2 drinks.

THIS IS A 20 OZ. SOLO CUP...

See this line all the way down here?



That's equal to
one shot, one
shot = one drink!

ANOTHER 20 OZ. SOLO CUP...

5 ounces of wine
is right about...



Here!

5 oz. of wine =
ONE drink

YET ANOTHER 20 oz. SOLO CUP...

And for one
drink equivalent
of beer, fill up to
about...



HERE!

Just a little
more than
halfway up for
one equivalent
drink of beer
(12 oz.)

MORNING OF FOXFIELD



EAT ALL THE PROTEIN

INFLUENCE OF BIRTH SEX

Women's BAC increases at a faster rate than men's.

- generally smaller body size,
- greater percent of body fat,
- smaller quantities of an enzyme that metabolizes alcohol
- premenstrual hormonal changes.

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Average Total Body Water

women

men

52%

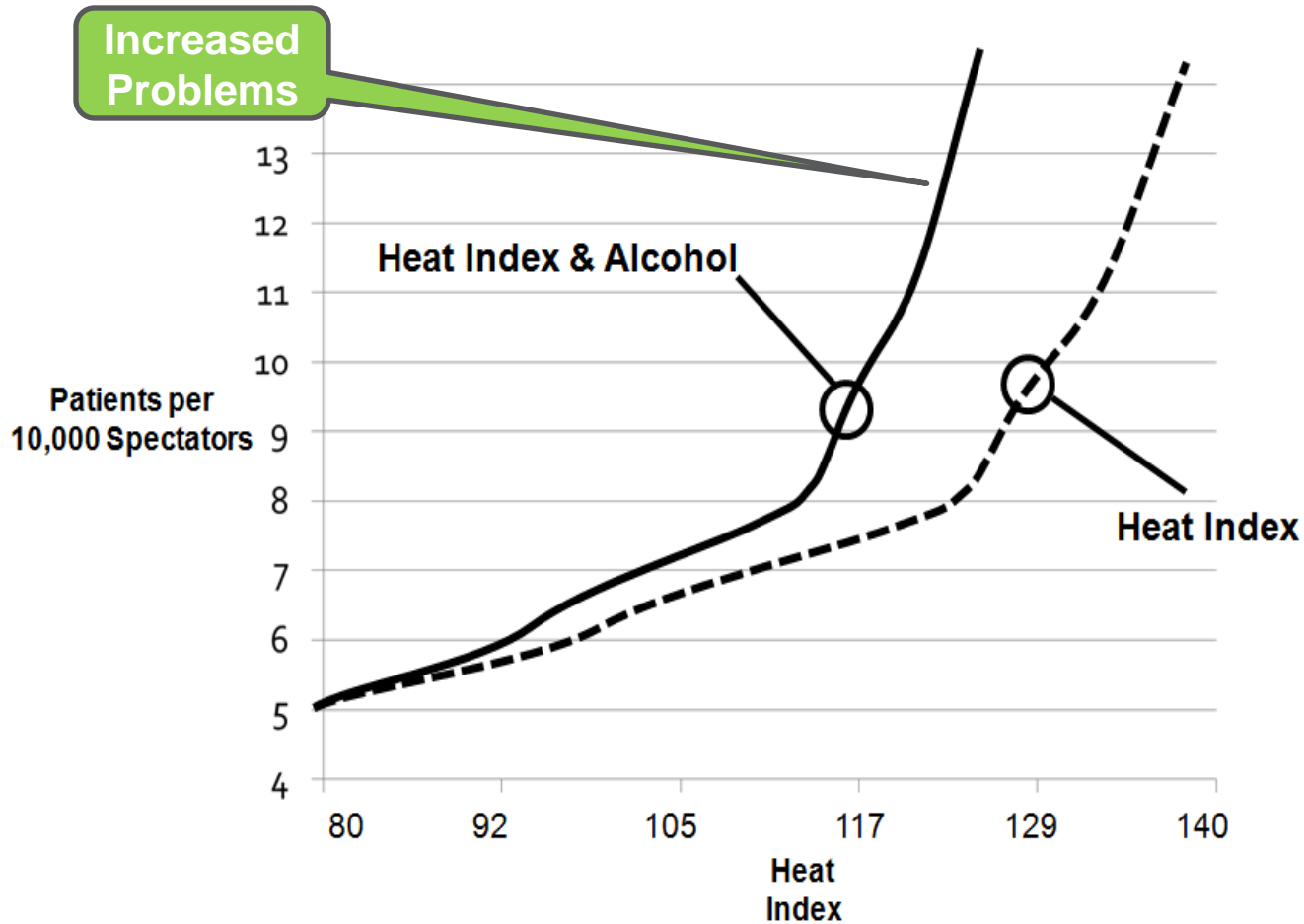
61%

Source: Facts on Tap

Heat Index

ASSOCIATION OF HEAT INDEX AND PATIENT VOLUME AT A MASS GATHERING EVENT

Andrew D. Perron, MD, William J. Brady, MD, Catherine B. Custalow, MD, David M. Johnson, MD



CARE FOR AN INTOXICATED FRIEND



Nothing works except time

DON'T GIVE A **REALLY** DRUNK PERSON WATER
(OR OTHER BEVERAGES)



DON'T MAKE SOMEONE THROW UP



**DON'T GIVE FOOD TO A
REALLY DRUNK PERSON
UNLESS THEY CAN ASK FOR IT
THEMSELVES**



DON'T LET SOMEONE SLEEP IT OFF ALONE



When a friend passes out, use
The BACCHUS Maneuver*
until you can get sober help.

1

Raise the person's left arm above head. Pull right shoulder to roll the person towards you.



2

Gently roll the person as a unit. Guard the head as you roll.



3

Tuck right hand under cheek to help maintain head tilt. Drop right knee forward to stabilize.



4

Stay and monitor closely for PUBS symptoms. Get sober help if needed.

If you observe any ONE of these signs, call **911** immediately.

- P**uking while passed out
- U**nresponsive to stimulation (pinching or shaking)
- B**reathing (slow, shallow or no breathing)
- S**kin (blue, cold or clammy)

GORDIE^{*}Check

Alcohol overdose can have any of these four PUBS symptoms



Learn about Gordie's story—gordiescall.org

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Poison Control
1-800-222-1222

Phone not getting a signal?
911 may still work



Find a Foxfield Safety Team
staff member (red, yellow or
gray shirts) to radio for help

If you have a friend who is “sick”

- Law enforcement is there to protect public safety
- Don't hesitate to ask police for medical help for a sick friend
- HIPPA Law PROHIBITS notification to UVA or parents unless:
 - ❖ you are an “unaccompanied, non-emancipated minor”
 - ❖ you are unresponsive / unable to communicate reliably
 - ❖ you are in a life threatening situation

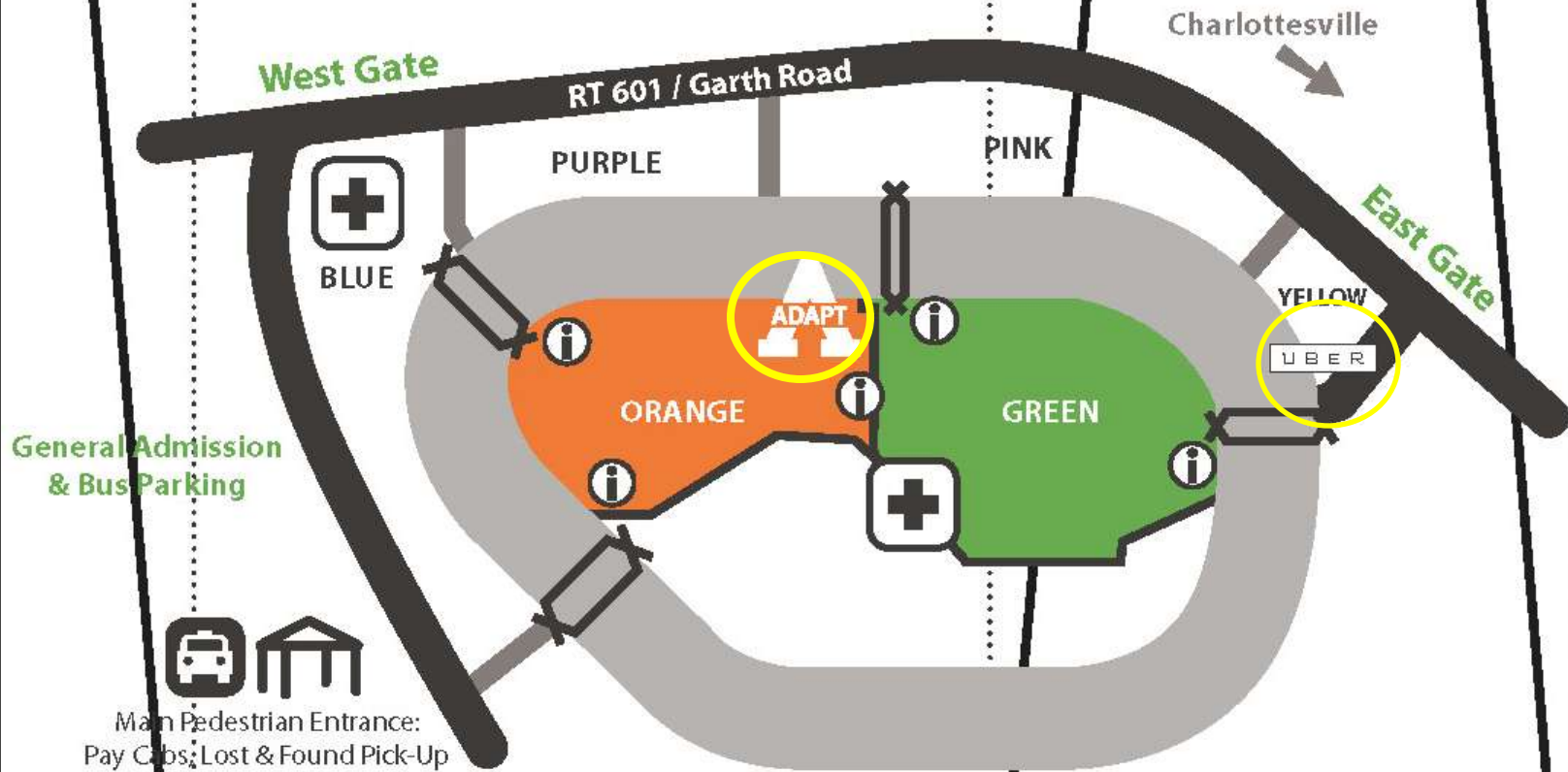


Be Safe,
Be Considerate

BE SMART, BE SAFE, BE A SAVVY FOX!



Look for the ADAPT flag in the **Orange** Section
Follow the gravel road toward the tower



Main Pedestrian Entrance:
Pay Cabs; Lost & Found Pick-Up

KEY

- Event Information Staff, Lost & Found Drop-Off
- First Aid Tent
- Student Safety Tent (FREE water and snacks)
- Uber Drop-Off/Pick-Up
- Racetrack Crossing

Foxfield Policies

- Gates open : 9am
- First horse race : 1:30pm - Rain or Shine!
- Coolers – **only one 22qt cooler with alcohol** for anyone over the age of 21
 - **can bring additional coolers for food/mixers**
- **No re-entry to races** if you go back to invitation parking
- **Bring extra trash bags.** Excess trash at your plot can result in a \$75 fee.



THE FOXFIELD RACING ASSOCIATION

Planning for easy entry and exit

- Open your ticket packages, make sure you get everything you ordered and read the policies.
- Have your pass and tickets accessible on arrival – don't put it in your trunk!
- Official Foxfield coolers available for \$15 at County Club Prep on the corner – gives you **Express Check at the entrance tent!**
- Be prepared for a 30-60 minute wait for cabs (perhaps plan another way to get home)



Savvy Fox Honor Pledge

- I promise **not to drive after drinking at Foxfield**, ride in a vehicle if the driver has been drinking, or let any friends get behind the wheel impaired.
- If I drink, I will **practice safer drinking habits** by eating protein beforehand, consuming no more than one standard drink per hour and alternating with non-alcoholic beverages.
- I will be an **active bystander** to keep my friends and others safe.
- I will **use the buddy system** and make sure no one is left behind.

Sign the pledge,
Get a free shirt!



It's easy to get lost...



So make sure to use the buddy system!



Did we just become best friends?

Buses look the same – make sure your bus is marked!





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And a big thank you to our sponsors!!



STUDENT SAFETY TENT

ICELANDIC H₂O
GLACIAL



You Choose



COUNTRY CLUB PREP

THE FRANK
COLLECTION



FREE WATER, SNACKS, AND SUNSCREEN!

STAY AROUND FOR Q&A AND
THE DRAWING FOR FOXFIELD TICKETS,
PARKING PASS, FOXFIELD BOW TIE AND
COOLER!

