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.

- **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.

- **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.

- **Stay in a group**
  Look out for and check in with one another. Say something if a friend’s behavior concerns you.

- **Pace and space**
  Alternate non-alcoholic beverages with those containing alcohol.

- **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.

- **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.

- **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.

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**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 discarded. All beverages, alcoholic and non-alcoholic, must remain unopened with factory seals intact upon entry.

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

- Unresponsive (to pinching)
- Breathing (irregular)
- Puking (while passed out)
- Skin (cold or clammy)
- Call 911

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*Unsure? Call Poison Control 1-800-222-1222*