FOXFIELD FOA 2016
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!
5 ounces of wine is right about... Here! 5 oz. of wine = ONE drink
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.)
Make sure to eat protein-packed food before and while you’re at Foxfield. Great examples are Greek Yogurt, Peanut Butter and breakfast sandwiches WITH EGG.
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.

<table>
<thead>
<tr>
<th>Average Total Body Water</th>
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<tr>
<td>women</td>
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<tr>
<td>52%</td>
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Source: Facts on Tap
Caring for an Intoxicated Friend?

Clock

Y U No Faster!?

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
GORDIE Check
Alcohol overdose can have any of these four PUBS symptoms

**Unresponsive** (to pinching) **P**
**Breathing** (irregular) **U**
**Puking** (while passed out) **B**
**Skin** (cold or blue) **S**

*Unsure? Call Poison Control* Call 911

GORDIE’S CALL
Learn about Gordie’s story—gordiescall.org

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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

Poison Control 1-800-222-1222
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
Look for the ADAPT flag in the **Orange Section**

On the gravel road, near the Wooden Officials tower & plot A50
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.
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!

- Be prepared for a 30-60 minute wait for cabs (perhaps plan another way to get home)
At Foxfield 2016 I will:

1. Be an active bystander and use the buddy system to keep my friends and others safe.

2. Not drink and drive, ride in a vehicle with a driver who has been drinking, or let friends get behind the wheel impaired.

3. Practice safer drinking habits by:
   - Consuming no more than one standard drink per hour
   - Alternating with non-alcoholic beverages
   - Eating protein beforehand

Sign the pledge, Get a free shirt!
It’s easy to get lost! Write your plot number on wrist bands provided by ADAPT!
Make sure to use the buddy system, and be an active bystander!

Did we just become best friends?
Buses look the same – make sure your bus is marked!
FOLLOW ADAPT ON FACEBOOK FOR UPDATES!
And a big thank you to our sponsors!!

FREE WATER, SNACKS & SUNSCREEN!

STUDENT SAFETY TENT
STAY AROUND FOR Q&A AND THE DRAWING FOR FOXFIELD TICKETS, PARKING PASS, FOXFIELD BOW TIE AND HAT!