

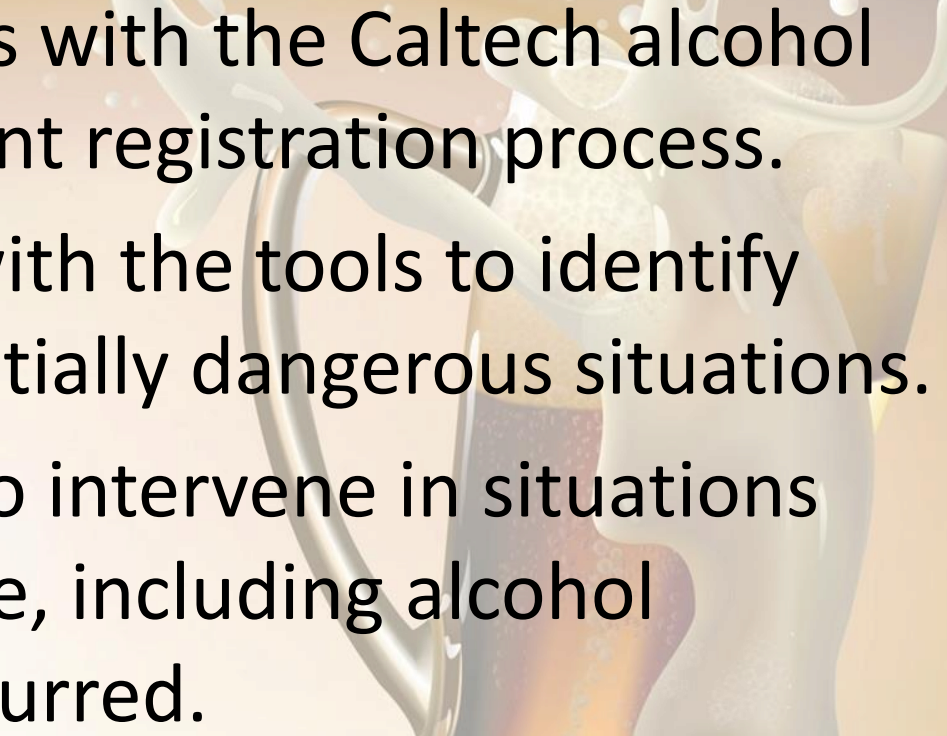


Welcome to the Caltech Social Host Training Program!

**An online training program to educate and
prepare social hosts for a safe (and fun) party
experience...**

**Please note: you must be at least
21 years old to serve as a Social Host.**

Training Goals:

1. To familiarize hosts with the Caltech alcohol policy and the event registration process.
 2. To provide hosts with the tools to identify and react to potentially dangerous situations.
 3. To prepare hosts to intervene in situations where high risk use, including alcohol poisoning, has occurred.
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- A large, detailed illustration of a glass mug filled with beer, topped with a thick, overflowing head of white foam. The foam is splashing upwards and outwards, creating a dynamic and energetic scene. The background is a soft, warm gradient of light brown and beige, with small white specks scattered throughout, suggesting a festive or social atmosphere.

Planning a party??!!!

A hand holding a beer mug with a splash of beer. The background is a warm, golden-brown gradient with white bokeh lights. The hand is holding a large, ornate beer mug filled with dark beer and a thick head of white foam. A splash of beer is captured mid-air, creating a dynamic and celebratory scene.

- The 1st step in planning your party or event is to familiarize yourself with the Institute's alcohol policy, which you can find at: http://www.studaff.caltech.edu/policies/alcohol_policy.pdf
- The 2nd step is READ the instructions and complete the online event registration form: <https://spa.caltech.edu/>
- The 3rd step is to meet with Sue Chiarchiaro (626 395-6194 email: suec@caltech.edu) to begin the process, and to identify who needs to be at the Event Registration meetings.
- Please understand that it is important to follow the timeline listed on the Event Registration form!!

Things to Keep in Mind:



1. Plan ahead. Invitations? Location? Publicity? Music? Theme?
2. Any construction must be completed and APPROVED at least 48 hours ahead of time. If it is not, the party will be postponed.
3. If there will be alcohol, always provide REAL food & encourage guests to eat. Your food needs to be more substantial than just potato chips!
4. Also provide easily accessible, non-alcoholic beverages for guests who choose not to drink or want to stop drinking at any point.

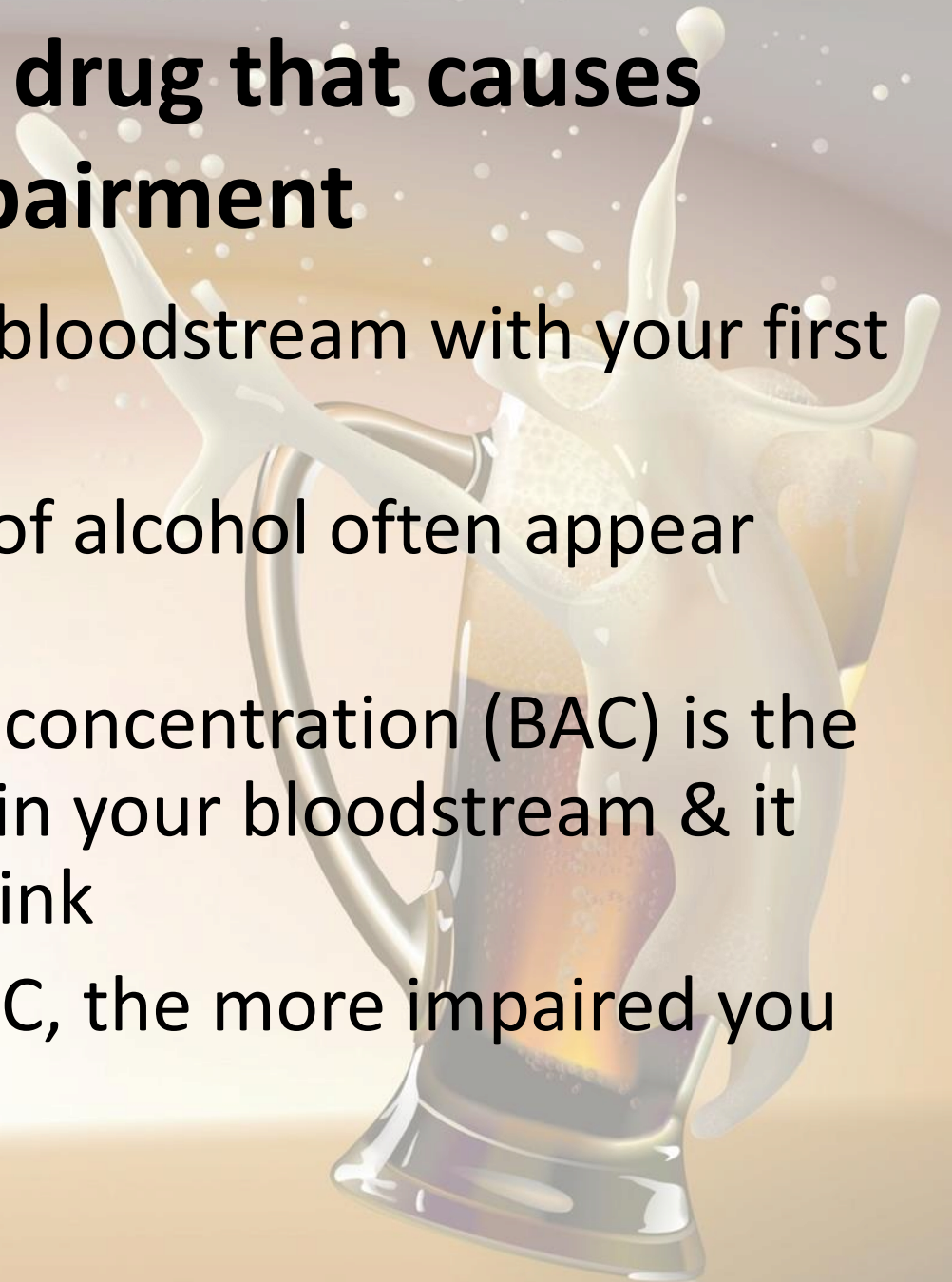
A glass of beer with a large splash of foam. The glass is filled with a dark beer and a thick head of white foam. The foam is splashing out of the top of the glass, creating a dynamic and energetic scene. The background is a soft, warm gradient of light brown and beige, with small white bubbles scattered throughout, suggesting a festive or party atmosphere.

Partying with Alcohol at Caltech: What You Need to Know

(Why? Because you're the host, of course.)

Alcohol is a drug that causes impairment

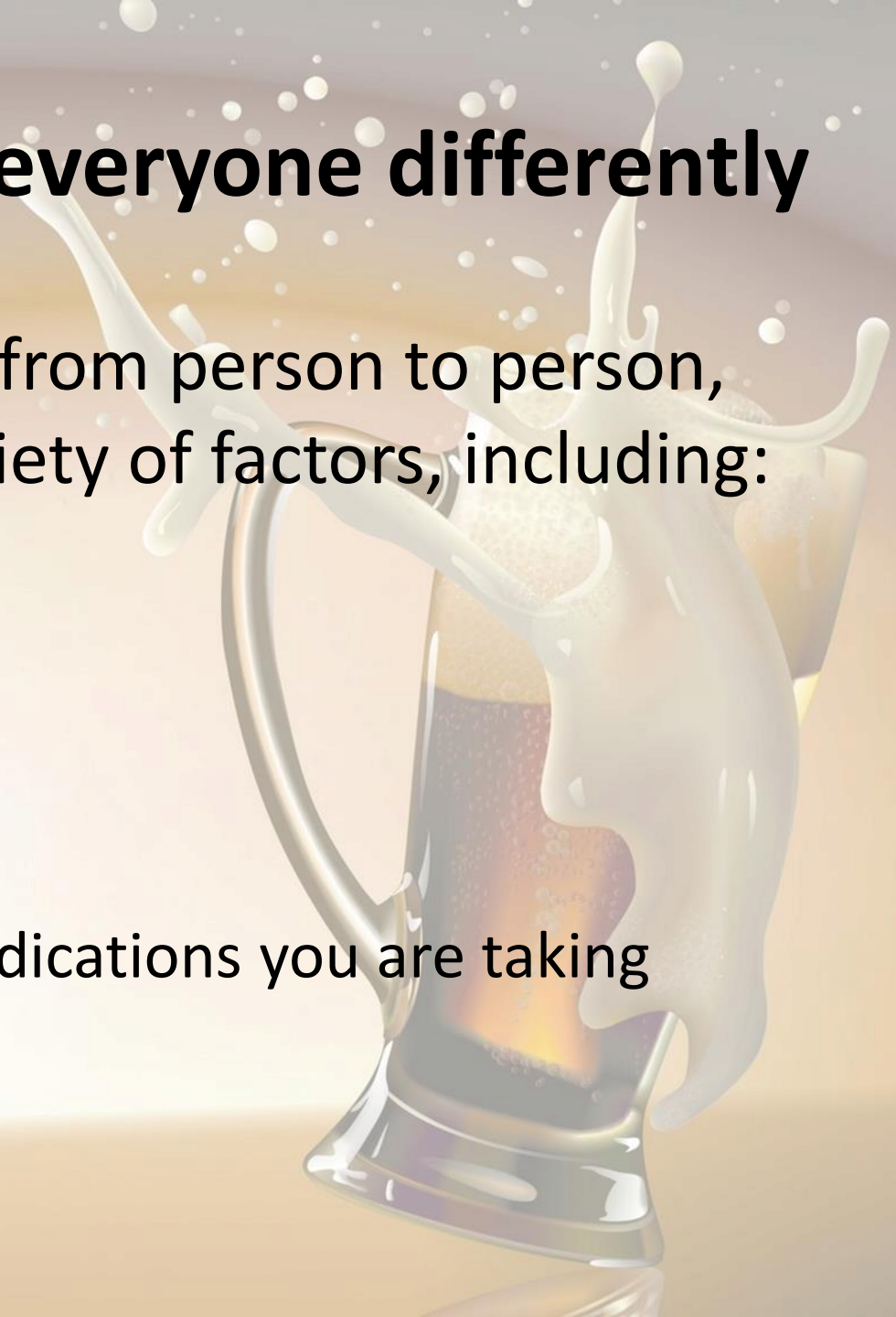
- Alcohol enters the bloodstream with your first sip
- Immediate effects of alcohol often appear within 10 minutes
- Your blood alcohol concentration (BAC) is the amount of alcohol in your bloodstream & it increases as you drink
- The higher your BAC, the more impaired you become



Alcohol effects everyone differently

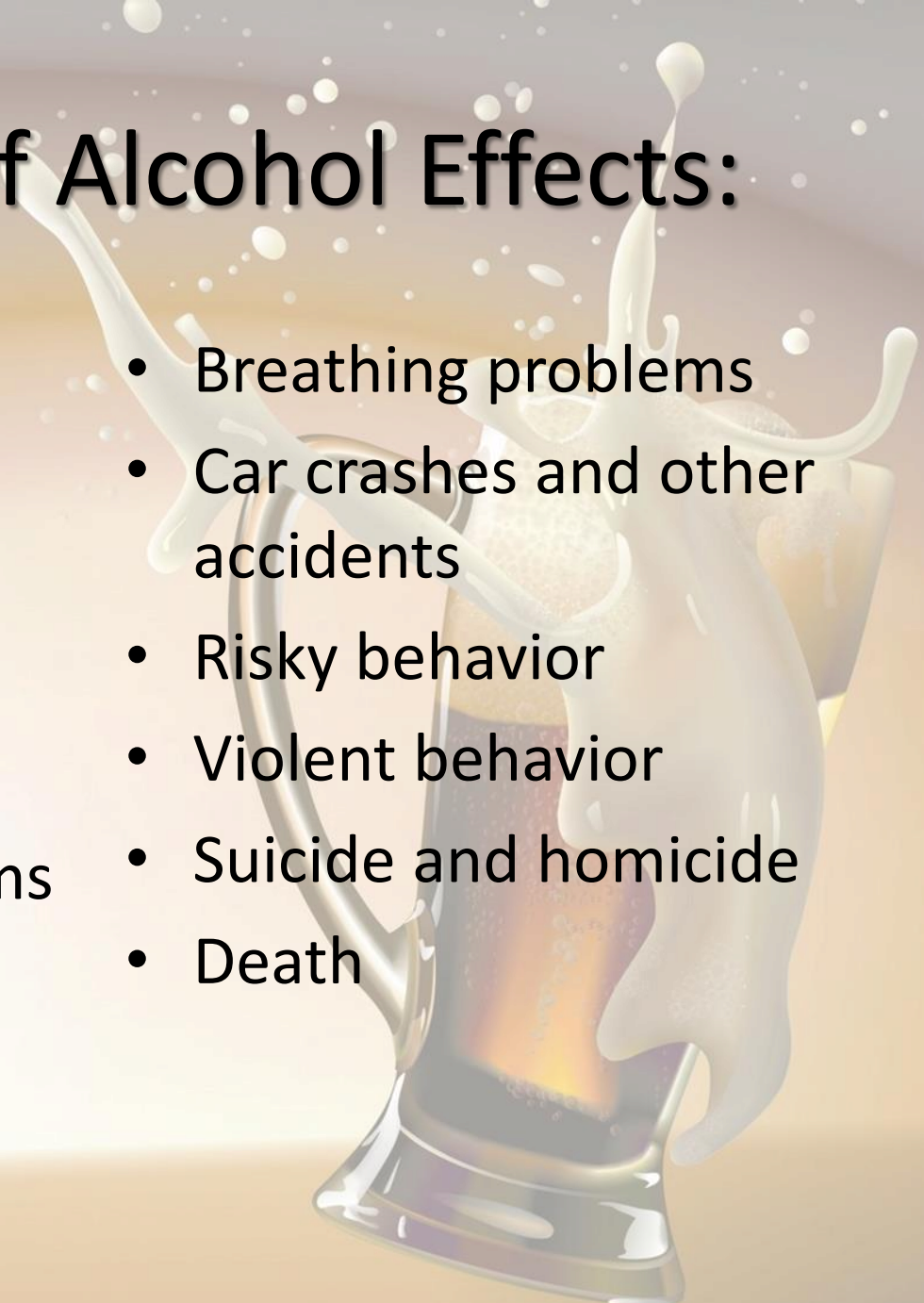
Alcohol's effects vary from person to person, depending on a variety of factors, including:

- How much you drink
- How often you drink
- Your age
- Your gender
- Your health status/medications you are taking
- Your family history



The Range of Alcohol Effects:

- Reduced inhibitions
- Slurred speech
- Motor impairment
- Confusion
- Memory problems
- Concentration problems
- Coma
- Breathing problems
- Car crashes and other accidents
- Risky behavior
- Violent behavior
- Suicide and homicide
- Death



A Snap Shot of Alcohol use at Caltech:

According to the American College Health Survey administered at Caltech in Spring of 2010

- 23% of our students do not drink
- 65.7% of students reported drinking alcohol within the last 30 days
- 1.3% of students reported driving after having 5 or more drinks in the last 30 days
- 22.7% of students reported driving after having any alcohol in the last 30 days



A glass of beer with a large splash of foam. The glass is filled with a golden beer, and a thick, white foam is splashing out of the top, creating a dynamic and energetic scene. The background is a soft, warm gradient of light brown and beige, suggesting a bar or restaurant setting.

Please remember...

One of your primary jobs as a host is to look out for possible binge drinking, which can lead to dangerous situations or poor decision making...

What IS binge drinking?



- A “binge” is a pattern of drinking alcohol that brings blood alcohol concentration (BAC) to the legal limit 0.08 gram-percent or above.
 - Typical consumption rate that qualifies as “binge” drinking= 5 or more drinks (male), or 4 or more drinks (female) in 2 hours or less.
- Binge drinking is most likely to occur at parties
- Binge drinking can result in:
 - Alcohol poisoning
 - Brain damage
 - Cardiovascular problem
 - Gastrological problems

How do you define one drink?

**12 fl oz of
regular beer**

=

**8–9 fl oz of
malt liquor**
(shown in a
12 oz glass)

=

**5 fl oz of
table wine**

**1.5 fl oz shot of
80-proof spirits**
("hard liquor"—
whiskey, gin, rum,
vodka, tequila, etc.)



about 5%
alcohol



about 7%
alcohol



about 12%
alcohol

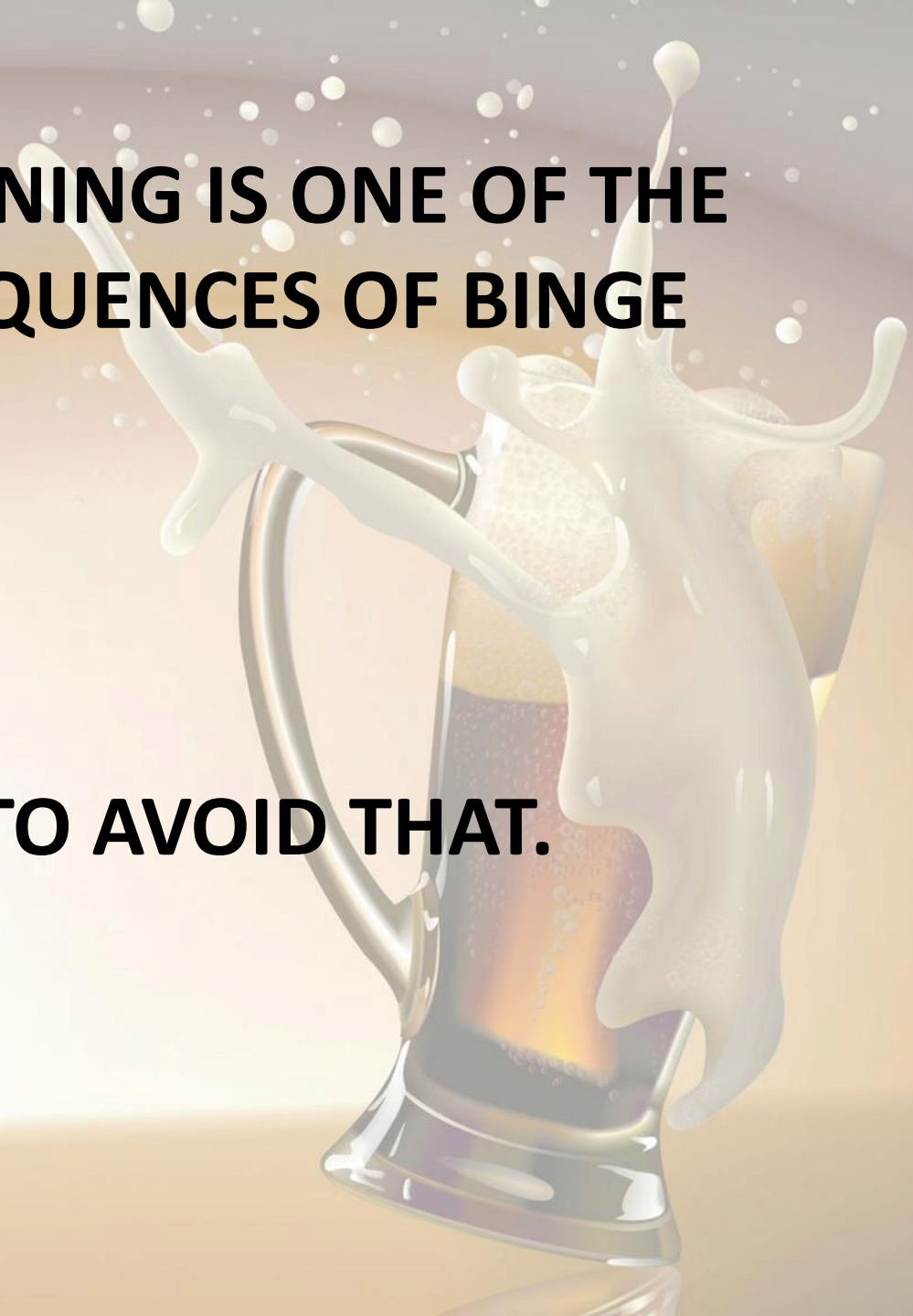


about 40%
alcohol

The percent of "pure" alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage.

**ALCOHOL POISONING IS ONE OF THE
SERIOUS CONSEQUENCES OF BINGE
DRINKING.**

AND WE WANT TO AVOID THAT.

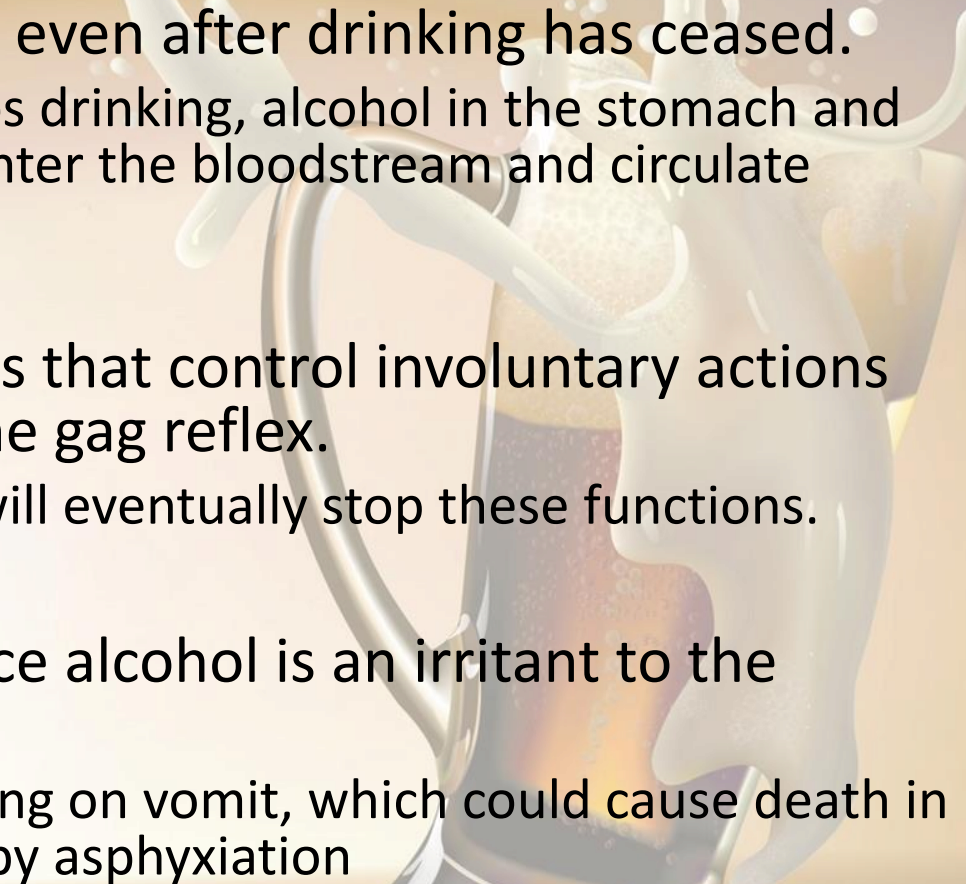


What is Alcohol Poisoning?

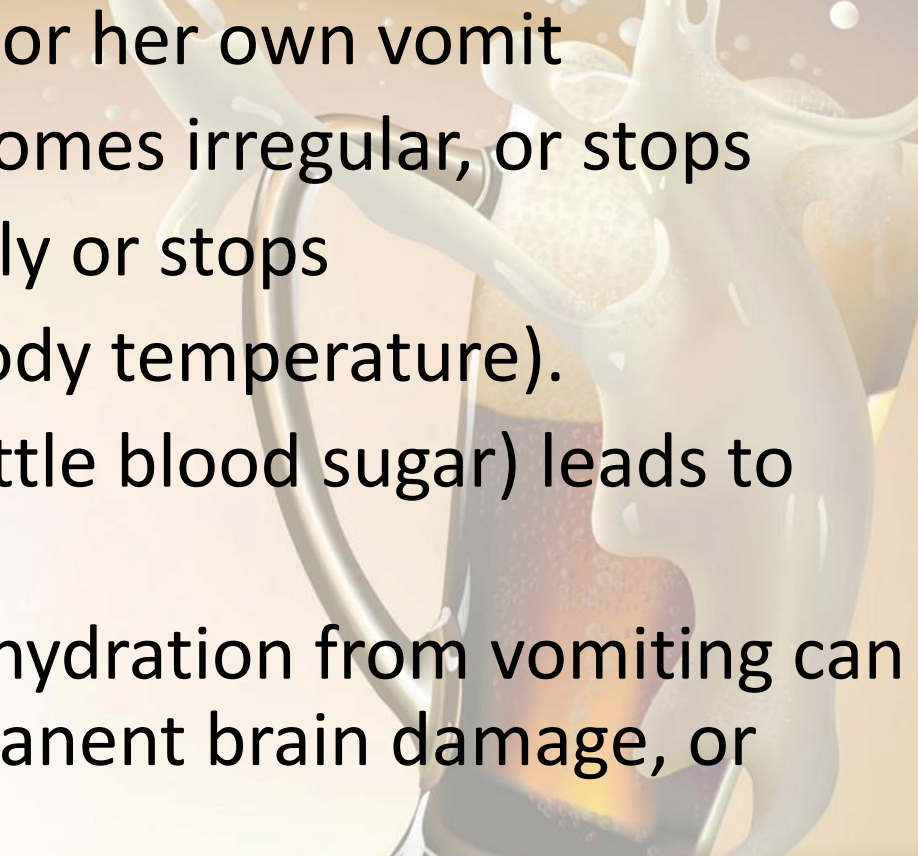
A glass of beer with a large splash of foam. The glass is filled with a golden beer topped with a thick, white head of foam. A large splash of foam is erupting from the top of the glass, creating a dynamic and energetic scene. The background is a soft, warm gradient of light brown and beige.

- A serious and potentially deadly consequence of drinking large amounts of alcohol in a short period of time.
- Drinking too much, too quickly, can affect your breathing, heart rate and gag reflex and potentially lead to coma and death.

What happens to the body when it gets alcohol poisoning?

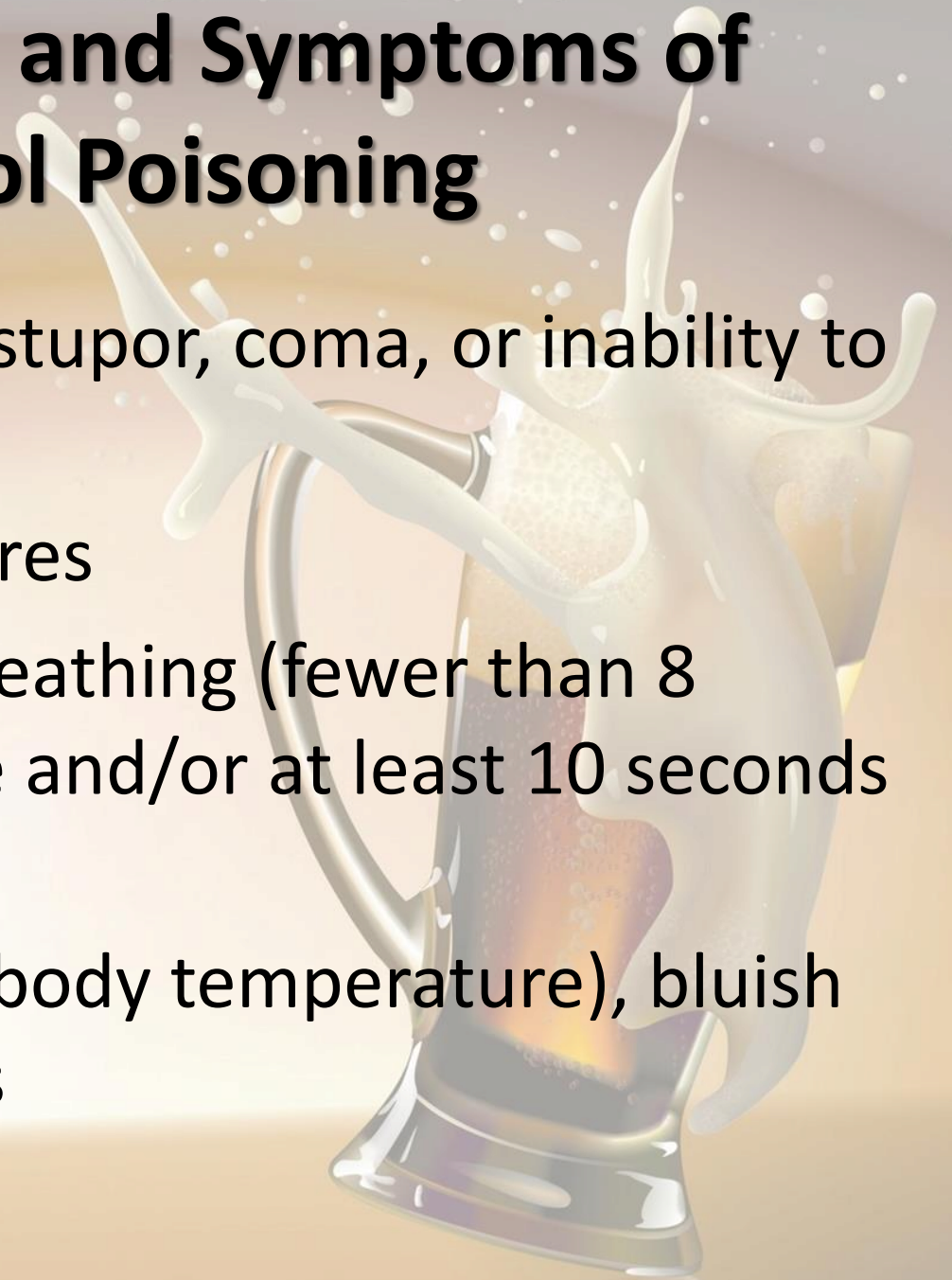
- BAC can continue to rise even after drinking has ceased.
 - Even after a person stops drinking, alcohol in the stomach and intestine continues to enter the bloodstream and circulate throughout the body.
 - Alcohol depresses nerves that control involuntary actions such as breathing and the gag reflex.
 - A fatal dose of alcohol will eventually stop these functions.
 - Vomiting is common since alcohol is an irritant to the stomach.
 - There is danger of choking on vomit, which could cause death in an unconscious person by asphyxiation
- 

The consequences are **SERIOUS** when someone with alcohol poisoning goes untreated

- Victim chokes on his or her own vomit
 - Breathing slows, becomes irregular, or stops
 - Heart beats irregularly or stops
 - Hypothermia (low body temperature).
 - Hypoglycemia (too little blood sugar) leads to seizures.
 - Untreated severe dehydration from vomiting can cause seizures, permanent brain damage, or death
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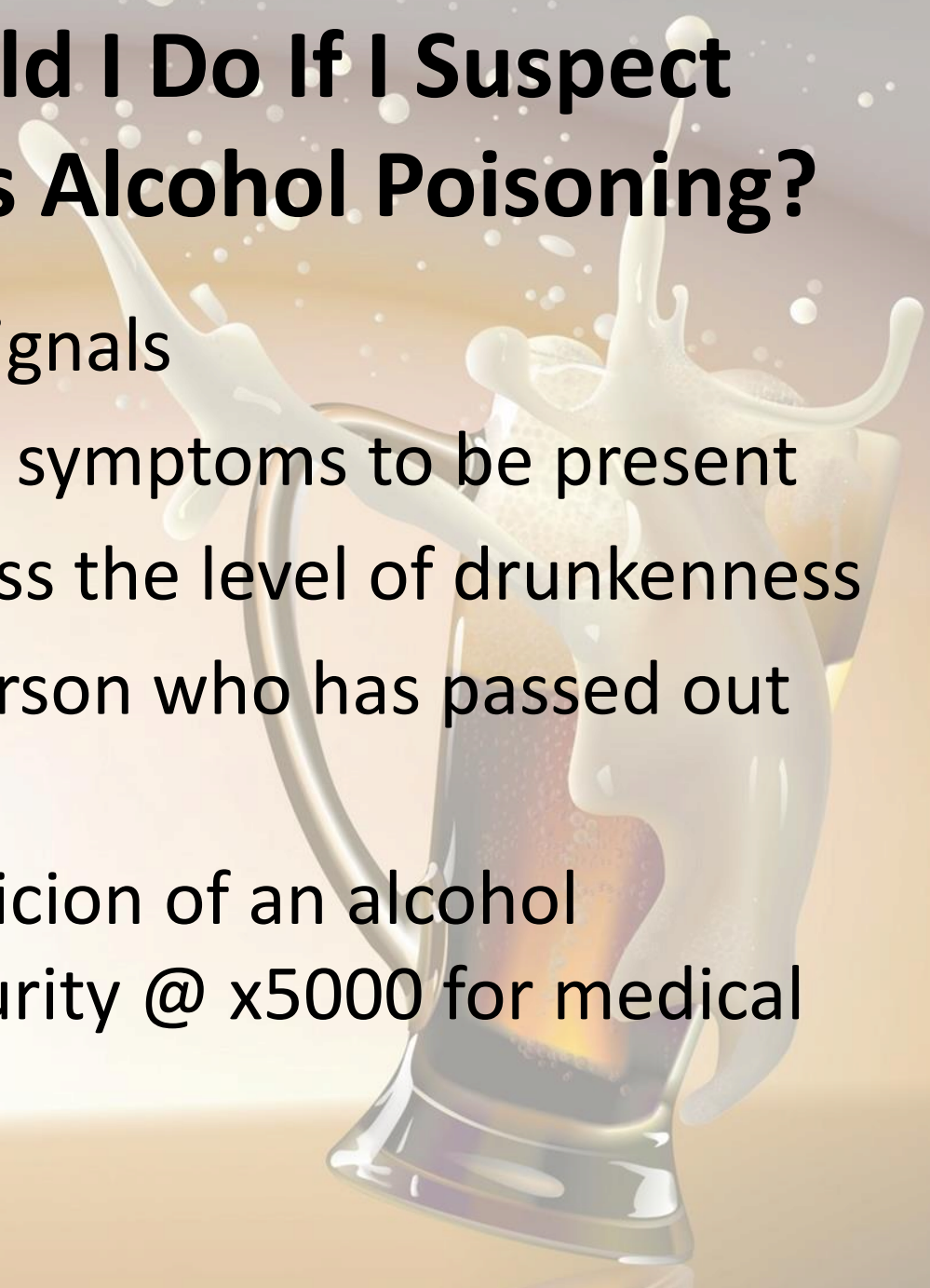
Critical Signs and Symptoms of Alcohol Poisoning

- Mental confusion, stupor, coma, or inability to be roused
- Vomiting and seizures
- Slow & irregular breathing (fewer than 8 breaths per minute and/or at least 10 seconds between breaths)
- Hypothermia (low body temperature), bluish skin color, paleness



What Should I Do If I Suspect Someone Has Alcohol Poisoning?

- Know the danger signals
- Do NOT wait for all symptoms to be present
- Do not try and guess the level of drunkenness
- Be aware that a person who has passed out may die
- If there is **any** suspicion of an alcohol overdose, call security @ x5000 for medical help.

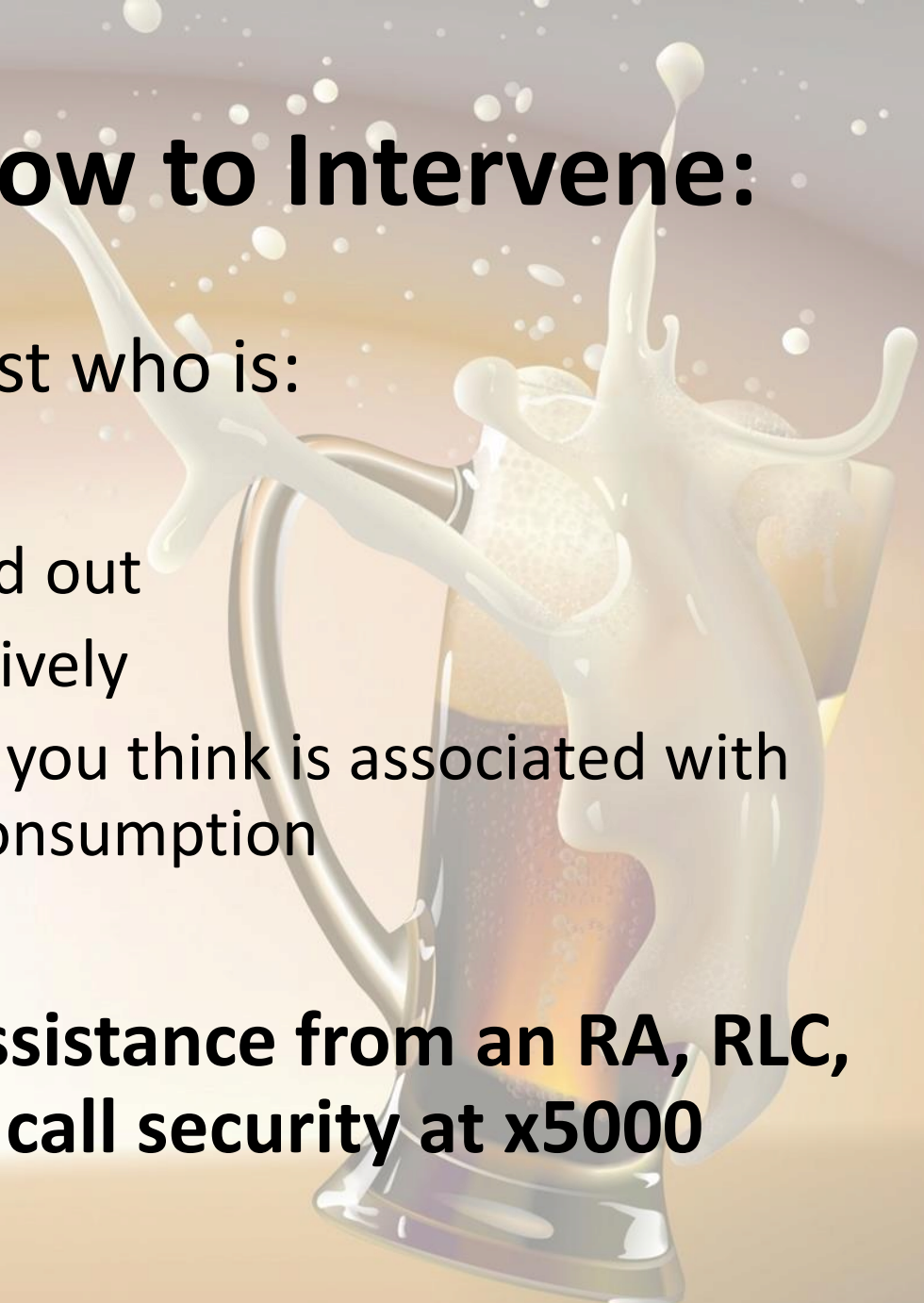


When and How to Intervene:

If you see a party guest who is:

- Unconscious/passed out
- Throwing up excessively
- Exhibiting behavior you think is associated with excessive alcohol consumption

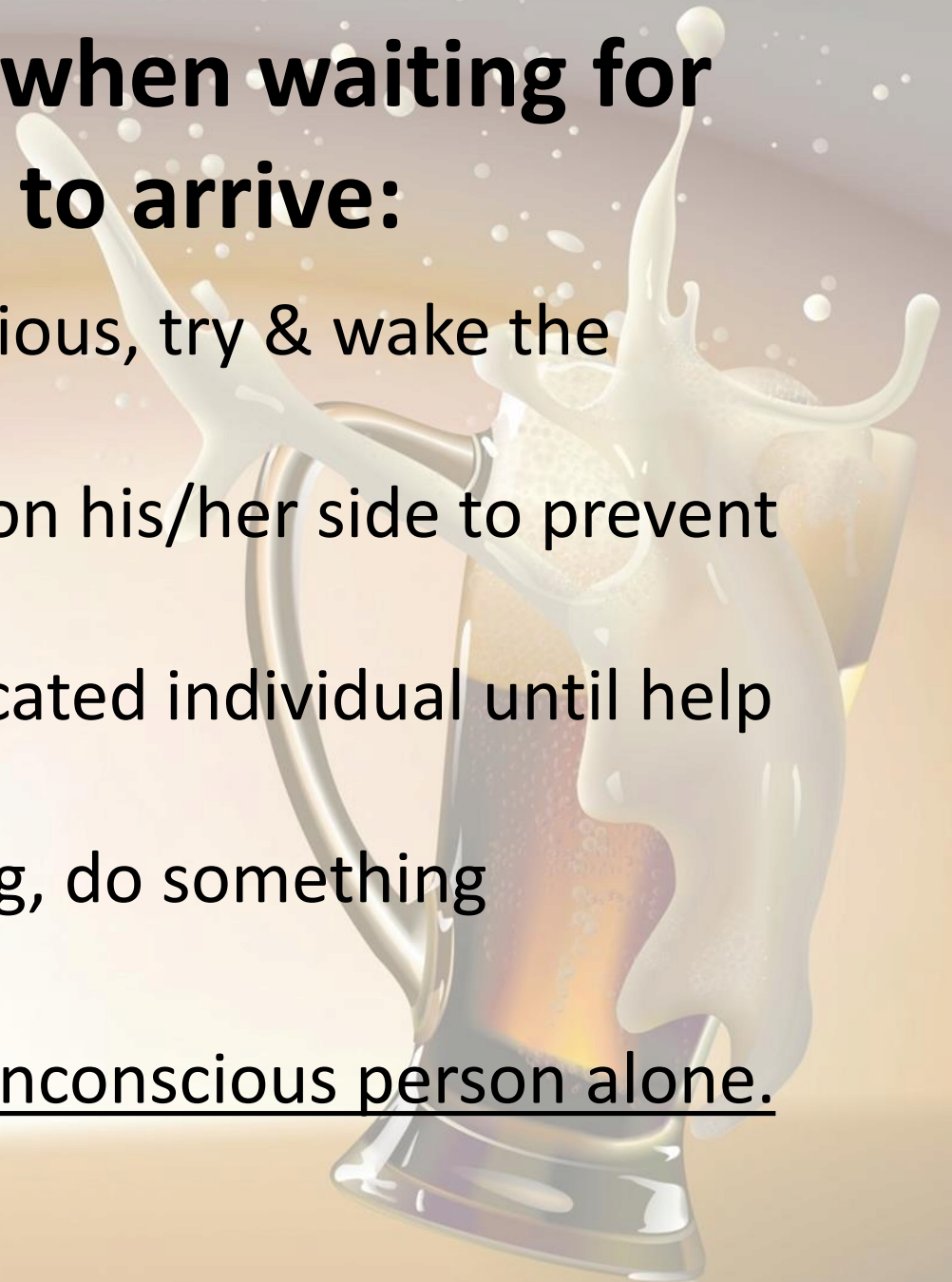
**Get immediate assistance from an RA, RLC,
or HA AND call security at x5000**



What to do when waiting for help to arrive:

- If he/she is unconscious, try & wake the intoxicated person.
- Turn the individual on his/her side to prevent choking on vomit.
- Stay with the intoxicated individual until help arrives.
- If you see something, do something

Never, ever leave an unconscious person alone.



What other potentially dangerous situations could arise during a social event?

- Decision-making may become impaired when people are drinking
- Monitor your guests to ensure that no one is engaging in potentially dangerous activities such as:
 - leaving the party with a stranger
 - engaging in sexual activity when incapable of giving consent
 - driving while intoxicated, or
 - putting themselves into a situation in which they—or someone else—could get hurt
- As the party host, you have a special responsibility to make sure that everyone gets home safely at the end of the night.

If you see something, Do something!



Am I going to get in trouble if I have been drinking, and I need help for a friend?

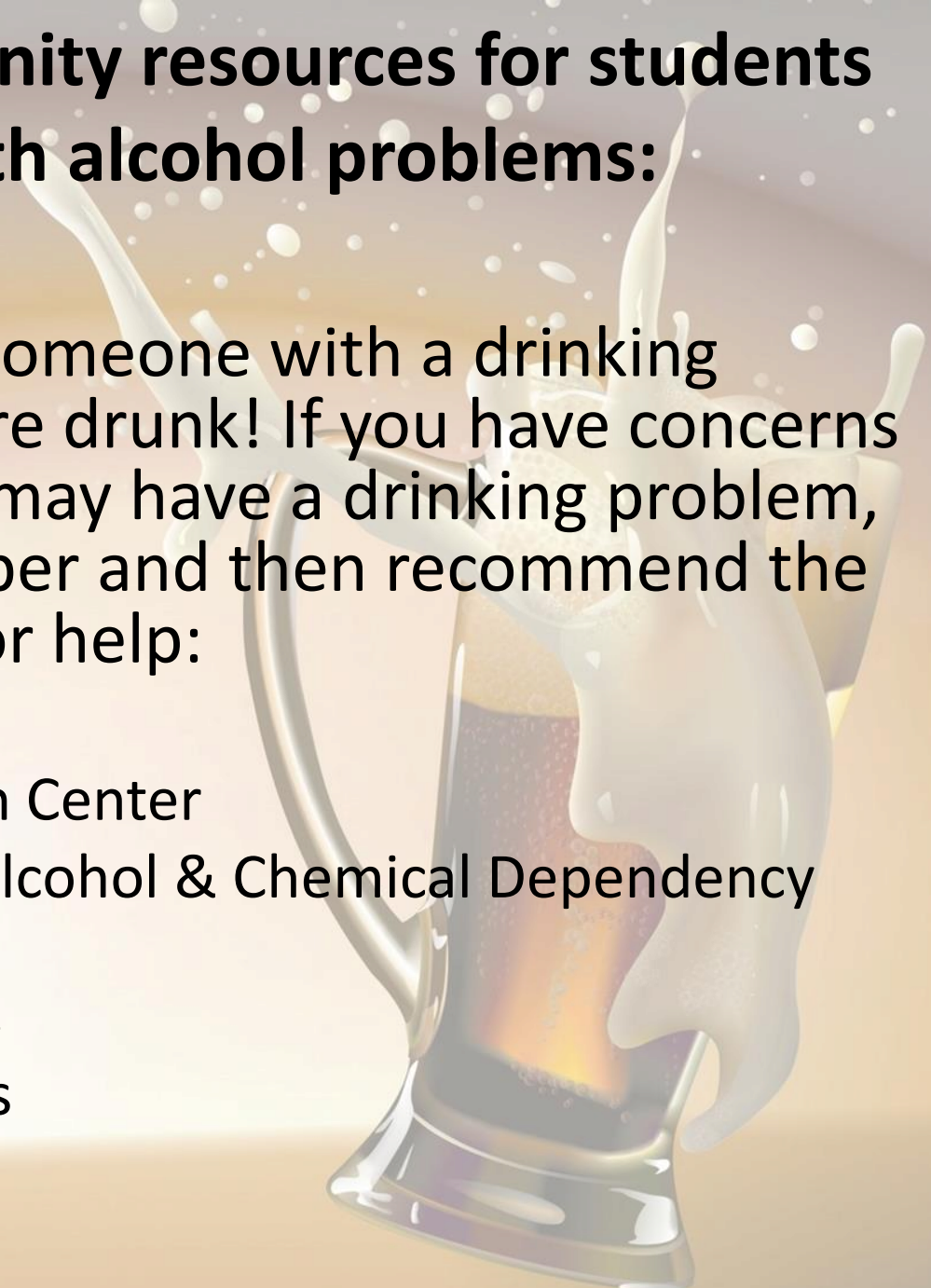
- **NO!** That is why we have a Good Samaritan policy, which states that:
 - It is the immediate obligation of those in the presence of a severely intoxicated person to seek help!
 - Alcohol intoxication requiring medical attention is a health issue, and the primary Institute response is a medical one.
 - In fact, **failure** to call for assistance will be considered an especially serious violation of policy.
 - Disciplinary action ordinarily will occur only if other circumstances indicating a violation of Institute policy exist. For more info visit:

<http://www.deans.caltech.edu/details/goodsamaritanpolicy.html>

Caltech and community resources for students struggling with alcohol problems:

You cannot confront someone with a drinking problem while they are drunk! If you have concerns about someone who may have a drinking problem, wait until they are sober and then recommend the following resources for help:

- Health Educator
- Counseling and Health Center
- Huntington Hospital Alcohol & Chemical Dependency Unit
- Community therapists
- Alcoholics Anonymous



Testing Your Knowledge

A glass of beer with a large splash of foam. The glass is filled with a golden beer topped with a thick layer of white foam. A large splash of foam is erupting from the top of the glass, creating a dynamic and celebratory scene. The background is a soft, warm gradient of light brown and beige.

Please visit:

Complete “Testing your Knowledge at:
<https://www.surveymonkey.com/s/JY9GSVM>

When finished email Sue Chiarchiaro to let her know you’ve completed the training.