

# Alcohol Policy

**Policy Number:**

**Policy Date: 23<sup>rd</sup> May 2014**

*This policy should be read and carried out by all staff, contractors, volunteers and visitors across the Northern Territory while they are using or providing Athletics Northern Territory services.*

## Purpose of the Policy

This policy provides guidelines as provided by the Northern Territory Department of Health & Families to ensure responsible use of alcohol.

## Background

### Alcohol and Driving

Women tend to reach .05 after drinking less alcohol than men. It is safest not to drink at all if you are going to drive.

The following guidelines are recommended to help you stay under .05:

- Women - no more than one standard drink per hour
- Men - no more than 2 standard drinks in the first hour, and one standard drink every hour after that.

***Note: people should be aware of their own limits!***

If you are unsure of your ability to drive safely, don't drive! Call a taxi, stay the night, or catch a ride with someone who has not been drinking.

### Drinking to Minimise Harm

New guidelines for drinking alcohol were released in 2009. Research identified that alcohol has a significant place in Australian Culture, however a proportion of the population consume alcohol at levels which increase risks of alcohol related harms. These harms cause a burden on the health systems as well as eroding the health of communities, through injury, death and disease. These guidelines are for the Australian population.

# Alcohol Policy continued

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## Guidelines

### Guideline 1: Reducing the risk of alcohol-related over a lifetime.

The lifetime risk of harm from drinking alcohol increases with the amount consumed.

*For healthy men or women, drinking no more than two standard drinks on any day reduces the lifetime risk of harm from alcohol related disease or injury.*

### Guideline 2: Reducing the risk of injury on a single occasion of drinking

On a single occasion of drinking, the risk of alcohol related injury increases with the amount consumed.

*For healthy men and women, drinking no more than four standard drinks on any one occasion reduces the risk of alcohol-related injury arising from one occasion.*

### Guideline 3: Children and young people under 18 years of age

For children and young people less than 18 years of age, not drinking alcohol is the best option.

A: Parents and carers should be advised that children under 15 years of age are at the greatest risk of harm from drinking and that for this age group, not drinking alcohol is particularly important.

B: For young people aged 15-17 years, the safest option is to delay the initiation of drinking as long as possible.

### Guideline 4: Pregnancy and breast feeding

Maternal alcohol consumption can harm the developing foetus or breastfeeding baby.

A: For women who are pregnant or planning a pregnancy, not drinking is the safest option.

B: For women who are breastfeeding, not drinking is the safest option.

For further information please contact Phone 1 800 131 350