

Undergraduate Student Handbook

Volume 2017 2017-2018

Article 14

9-2017

Alcohol and Other Drugs Policy

Saint Mary's College of California

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Recommended Citation

Saint Mary's College of California (2017) "Alcohol and Other Drugs Policy," *Undergraduate Student Handbook*: Vol. 2017 , Article 14. Available at: <http://digitalcommons.stmarys-ca.edu/undergrad-handbook/vol2017/iss1/14>

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Alcohol and Other Drugs

Saint Mary's College is an educational and social community within which students, faculty, staff, alumni, and their guests interact in a wide variety of activities. The Saint Mary's College Alcohol and Other Drugs Policy is intended to allow the responsible and legal use of alcohol under certain conditions (noted below) for those 21 years of age and over, and to prohibit the use of illicit and illegal drugs. This Policy seeks to promote an atmosphere conducive to the pursuit of learning, and applies to all individuals associated with the College including students, faculty, staff, alumni, and guests. Additionally, private sponsors and their guests who use the College facilities are required to comply with this Policy.

Although California state law permits the recreational use of marijuana for persons over 21 as of January 1, 2018 and as of November 2016, permits the use of medical marijuana, i.e. use by persons possessing lawfully issued marijuana cards, Saint Mary's College in accordance with federal law, the Drug Free Schools and Community Act of 1989, is required to uphold, and expects its students to abide by federal laws that prohibit use, distribution, consumption of marijuana on campus by anyone of any age for any reason.

The use, possession, or cultivation of marijuana for medical purposes is therefore not allowed in any College housing or any other College property; nor is it allowed at any College sponsored event or activity off campus.

Health Risks Associated with the Use of Alcohol and Other Drugs

Some of the health risks associated with alcohol and other drug use are specified below.

1. **Alcohol:** Contrary to popular belief, most college students do not drink alcohol excessively. Many have never consumed alcohol and others choose to drink moderately, or not at all. Individuals should consider the consequences and make responsible decisions when it comes to the use of alcohol.

You do not have to be an alcoholic to have a drinking problem. One night of excessive drinking can result in alcohol poisoning. On the average, your body can only process one ounce of alcohol per hour (approximately one regular-sized drink). Drinking too much too quickly raises your blood alcohol content to the point where your body cannot effectively process the alcohol, leading to overdose and possibly coma or death.

When you drink too much, your capacity to process information and make safe decisions is impaired. This places you at an increased risk for sexual assault and other violent behavior, exposure to sexually transmitted diseases, driving under the influence, and physical injury. Misusing alcohol can also have a negative impact on academic success, work performance, friendships and family relationships.

Numerous health risks are associated with drinking. Alcohol intensifies the effects of over-the-counter medications or other drugs, which may cause physical damage to the body. Long-term excessive drinking can lead to a variety of health problems such as: decreased brain function; impaired sensation, perception, coordination, reflexes, and judgment; memory lapses or blackouts,

organ damage, and addiction. Research indicates that adult children of alcoholics have as much as a four to six times greater risk of becoming an alcoholic or having a problem with other drugs.

2. **Marijuana:** Immediate effects of THC (marijuana's active ingredient) vary greatly with the person, setting, dose, and expectation of the user. Marijuana can make it harder to function and succeed in an academic setting particularly when tasks require close attention and thoughtful decision-making. Using marijuana may impair your short-term memory, reading comprehension, and capacity to solve verbal and mathematical problems. Uncomfortable feelings such as paranoia and panic are often experienced with marijuana. Additionally, regular use may lead to a motivational syndrome consisting of listlessness, fatigue, inattention, withdrawal and apathy making it rather difficult to achieve your academic and personal goals.

Coordination is greatly affected by marijuana use since it slows reflexes and impairs visual perception. Driving while under the influence (or being driven by someone else under the influence) can be as dangerous as driving under the influence of alcohol. Regular use can lead to a variety of health problems such as elevated blood pressure and decreased body temperature; irritation of the mouth, throat, and lungs, and aggravation of asthma, bronchitis, and emphysema; chronic lung disease and cancer. Additionally, marijuana can lead to a positive drug test for as long as three months after your last use.

3. **Tobacco:** The ingestion of nicotine through cigarette smoking is highly toxic, addictive, and can result in emphysema and cancer. Emphysema destroys the lung's capacity to expand and contract which causes decreased oxygen intake leading to organ damage. Smoking has been linked to cancers of the lung, mouth, throat, pancreas, cervix, kidney, and bladder. Smoking cigarettes can also affect the health of non-smokers. Environmental tobacco smoke contains many of the toxic substances the smoker inhales. Chewing tobacco and snuff are **not** safe alternatives to cigarettes. They are highly addictive, contain more nicotine than cigarettes, and cause rapidly-spreading cancers of the mouth, head, and neck.

4. **Ecstasy (MDMA):** Although Ecstasy (MDMA) has been publicized as a "feel good" designer drug, it is actually a hallucinogenic-amphetamine that can lead to a variety of physical problems such as cardiac difficulties, dangerously high body temperature, severe thirst and heat exhaustion, sensory distortion and heightened arousal. Even with limited use, it can permanently alter serotonin levels in your brain, which can increase the risk of chronic depression.

5. **Steroids:** Anabolic steroids are synthetic versions of the male hormone testosterone. Used medically to supplement normal hormonal levels after injury or disease, others use steroids to increase muscle mass, reduce body fat, and enhance endurance. Steroid use can lead to a variety of health problems such as: liver disease and cancer; testicular atrophy, breast reduction, failure of secondary sex characteristics, sexual dysfunction, sterility, impotence, or fetal damage; acne, growth problems, or bone fusion. Psychological problems include aggression, violence, and uncontrolled anger ("road rage"), rapid mood swings, and psychotic episodes.

6. **Cocaine:** Cocaine is a potent drug with effects that begin almost instantly. Cocaine use can lead to many health problems, such as damaged nasal tissues, kidney damage, or stroke; diseases of the lung, heart, and blood vessels; malnutrition, cardiac arrhythmia, convulsions, seizures, suppression of respiration, or sudden death. Psychological difficulties include intense anxiety and anger, restlessness, fear, paranoia, depression, and hallucinations. The effects of increased adrenaline fade fast resulting in a desire for more which increases the risk of repeated use and addiction.

7. **LSD:** LSD dramatically alters normal mental and emotional processes. Initial effects are mostly physical: dilated pupils, muscular weakness, rapid reflexes, decreased appetite, and increased blood pressure and body temperature. Subsequently, LSD scrambles your brain chemistry, significantly distorting thought and sensation which results in unusual or frightening hallucinations. LSD can trigger more serious problems for individuals with a history of emotional difficulties or psychological problems. Effects may recur days or weeks later without further use (flashbacks).

8. **Amphetamines:** Amphetamines speed up the brain and nervous system. Even limited use can lead to many physical and emotional effects including increased heart rate and blood pressure; heart, brain, and lung damage, chronic fatigue and malnutrition. Psychological effects include anxiety, depression, mood swings, hallucinations, paranoia and psychosis.

9. **Heroin:** In recent years the potency of heroin has increased making it easier to achieve similar effects without injection. This has led to more individuals experimenting by snorting and smoking heroin. Regardless of the type of use, tolerance increases quickly resulting in a rapid addiction process as well as heightened physical cravings. Heroin use can lead to many physical effects such as: drowsiness and loss of appetite, addiction with severe withdrawal symptoms, impaired mental functioning, slowing of reflexes and physical activity; infection, hepatitis, and HIV (from needle sharing), or death from overdose.

10. **Predatory Drugs:** These drugs are given to another person without their awareness of it, usually by slipping them into a drink. Rohypnol, better known as roofies, is a potent tranquilizer that is notorious for its use in sexual assaults. It is usually slipped into a drink, rendering the person helpless and immobile. Sedation occurs 20 to 30 minutes after administration and leaves the person feeling drowsy, dizzy, and disoriented. In addition to these sedative effects, impaired balance and/or speech, and memory loss are common.

Like rohypnol, GHB has also been associated with sexual assault. In its clear liquid form, it can easily be slipped into someone's drink undetected. Effects of the drug can be felt in 15-20 minutes and also include dizziness, heavy drowsiness, and confusion. Some people use GHB to enhance the effects of alcohol or other drugs. This combination can be especially life-threatening. GHB use can lead to a variety of physical problems such as dizziness, nausea, breathing problems, memory loss, seizures, unconsciousness, and in some cases, death.

Originally used as an animal tranquilizer, ketamine is now used as a club drug due to its hallucinogenic effects. Many serious negative effects can result from use including vomiting, numbness, loss of muscle control, paranoia, and aggression. In larger doses, effects may include convulsions, decreased oxygen to the brain, coma and even death. Individuals who use ketamine are at increased risk for sexual and physical assault since their loss of muscle control and mental state make them unable to combat assault.

11. **Prescription Drugs:** The misuse or abuse of prescribed medication is illegal and is increasing in our society. This form of drug abuse can have dire consequences, especially when combined with other common recreational/prescribed drugs or alcohol. If you or someone you know has physical pain or emotional suffering, we urge you to see your doctor so that your condition can be accurately diagnosed and properly treated. To use medications outside their intended use can cause unintended damage to health or even death.

Alcohol and Other Drugs Educational Programs and Resources for Assistance

Saint Mary's College strives to create a campus environment that minimizes risks associated with alcohol and other drug use. In order to promote the wellbeing of the College community, and in compliance with the Drug-Free Schools and Communities Act (34CFR Part 86, Subpart B, 1989), educational programs regarding alcohol and other drugs are provided. These programs address problems associated with alcohol and other drug misuse, coping with peer pressure, risk reduction, development of healthy lifestyles, stress management, and identifying and helping others with alcohol and other drug problems.

The College offers services to students regarding issues related to alcohol and other drug use. Those concerned about a person's life and health relative to alcohol and other drug use are urged to seek available resources. Students are encouraged to seek assistance from Counseling and Psychological Services and the Health and Wellness Center for evaluation and/or referral. Information obtained regarding a student during participation in such programs or services will be treated as confidential, in accordance with federal and state laws.

Information/Referral Services Alcohol and Other Drugs

On Campus

Alcohol and Other Drug (AOD) Program 925-631-4364
Mission and Ministry 925-631-4366
Counseling and Psychological Services 925-631-4364
Dean of Students 925-631-4238
Health and Wellness Center 925-631-4254
Public Safety 925-631-4282
Community Life 925-631-4238
Residential Experience 925-631-4236
Student Involvement and Leadership 925-631-4704
Student Life 925-631-4235

Community Resources

Al-Anon/Alateen 925-932-6770
Alcohol Beverage Control 510-622-4970
Alcoholics Anonymous 925-939-4155
Marijuana Anonymous 510-287-8873
Moraga Police Department 925-376-2515

Legal Statutes

Students, faculty, staff, administration, alumni, and guests of Saint Mary's College are responsible for the observance of applicable laws and local ordinances or codes with respect to alcoholic beverages and illegal drug use. In accordance with the Drug-Free Schools and Communities Act of 1989, the applicable laws are available online.

Federal Statutes: <http://www.usa.gov/Topics/Reference-Shelf/Laws.shtml>.

California Statutes: <http://leginfo.legislature.ca.gov/faces/codes.xhtml>.

Local Statutes:

<http://library.municode.com/index.aspx?clientId=16501&stateId=5&stateName=California>.

Alcohol Regulations - Prohibited Conduct

Students and their guests are expected to abide by the Code, this Policy and state and local laws/ordinances relative to the possession, consumption and distribution of alcoholic beverages.

Alleged violations of the following regulations will initiate the student discipline process:

1. Persons who are under 21 years of age may not possess or consume any alcoholic beverage or possess alcoholic beverage containers, full or empty, anywhere on campus, including in a residence hall room for the purpose of decoration. Underage students who are in locations where other underage persons are consuming or possessing alcohol will be considered to be in violation of this policy even if they do not have alcohol on their person.
2. Persons who are 21 years of age or older may possess and consume alcohol in their residence hall room but may not offer, give, provide or otherwise make alcohol available to anyone underage or to an obviously intoxicated person.
3. Alcohol may not be possessed or consumed in any public area of campus unless at a College sponsored activity at which alcohol is served in accordance with guidelines provided for in this Policy. A public area is defined as those areas of the campus that are readily accessible to students, faculty, staff and guests. Public areas include, but are not limited to, lounges, lobbies, stairwells, balconies, hallways, roofs, classrooms, parking lots, and outside areas.
4. The possession of kegs, "party-balls", "beer bongs", "beer pong tables", or similar common-source or oversized containers is not permitted on campus unless at a College sponsored activity at which alcohol is served in accordance with guidelines provided for in this Policy. A common-source of alcohol is also defined as a quantity of alcohol more than can be responsibly consumed by an individual.
5. Violating this Policy, including but not limited to being in an intoxicated state by a student and/or their guest while on-campus or by a student attending or participating in off-campus College sponsored/affiliated events is prohibited.
6. Driving a motor vehicle after having consumed alcohol is prohibited.
7. Disorderly conduct, property destruction, violations of the rights of a roommate, intimidation or other infringements of the rights of others as a result of alcohol use is prohibited. Intoxication or alcohol abuse is not an excuse for unlawful behavior or violations of the Code or other College policies.
8. Alcohol is not permitted at athletic events or in/on College athletic facilities unless at a College sponsored activity at which alcohol is served in accordance with guidelines provided for in this Policy.
9. Students and/or their guests may not furnish or attempt to furnish false information regarding their age and/or identity in order to possess or consume alcohol.

College Responses for Alcohol

Category I (*Any one of the conditions listed constitute a violation of this section of the Code*):

- a. Underage possession or consumption of alcohol
- b. Possession or consumption in public; being present at a location where alcohol is being consumed and where it is a violation to possess alcohol
- c. Furnishing or attempting to furnish false information regarding age and/or identity

- d. Possession of a “beer bong,” “beer pong table”
 - i. **First Offense:** education project or program; and warning.
 - ii. **Second Offense:** education project or program; warning or probation; and \$50.00 fine.
 - iii. **Third Offense:** education project or program; Health and Wellness Center educational program(s); probation or stayed suspension or suspension; stayed residence hall suspension or residence hall suspension; \$100.00 fine and parental notification*.
 - iv. **Fourth Offense:** stayed suspension or suspension; stayed residence hall suspension or residence hall suspension or residence hall expulsion; \$150.00 fine and parental notification*.

Category II: *(Any one of the conditions listed constitute a violation of this section of the Code).*

Regardless of age, student exhibits any of the following behaviors while under the influence of alcohol:

- a. Intoxication, disorderly conduct, verbally disruptive or abusive, fist fights, vomiting but coherent and conscious
- b. Providing alcohol to an underage or obviously intoxicated person
- c. Possession of kegs or other common source or over-sized containers.
- d. Consumption of large quantities of alcohol regardless of physical appearance
 - i. **First Offense:** education project or program; warning or probation; \$50.00 fine and parental notification*.
 - ii. **Second Offense:** education project or program; Health and Wellness Center educational program(s); probation or stayed suspension; stayed residence hall suspension or residence hall suspension; \$100.00 fine and parental notification*.
 - iii. **Third Offense:** education project or program; stayed suspension or suspension or expulsion; residence hall suspension or residence hall expulsion; \$150.00 fine and parental notification*.

Category III *(Any one of the conditions listed constitute a violation of this section of the Code).*

Regardless of age, student exhibits any of the following behaviors:

- a. Vomiting and/or incoherent, unconscious, needed or received medical attention (including treatment by EMTs and/or transport to hospital, and/or including treatment at College sponsored events), loss of control of bodily functions, memory loss
- b. A pattern of alcohol abuse
- c. Driving a motor vehicle after the consumption of alcohol.
 - i. **First Offense:** education project or program; Health and Wellness Center educational program(s); probation or stayed suspension; stayed residence hall suspension or residence hall suspension; \$100.00 fine and parental notification*.
 - ii. **Second Offense:** stayed suspension or suspension or expulsion; residence hall suspension or expulsion; \$150.00 fine and parental notification*.

**Please refer to the Parental Notification Policy for further explanation of this policy.*

Illegal Drugs Regulations - Prohibited Conduct

The College reserves the right to confiscate, retain, and dispose of/destroy any and all drug related items regardless of value or ownership.

Alleged violations of the following regulations will initiate the student discipline process:

1. The possession, use, sale, distribution or manufacture of any controlled substance, illegal drug and/or drug paraphernalia or the association with gatherings involving such possession, use or distribution is prohibited. Drug paraphernalia includes, but is not limited to, bongos, pipes, hookahs, water pipes, "whip- its," and roach clips. Students who are in locations where any controlled substance and/or illegal drug is being used will be considered in violation of this Policy even if they do not have the substance and/or drug on their person.
2. Possession of large quantities (28.5 grams or more) and/or the actual or attempted sale, distribution, cultivation or manufacture of any controlled substance, illegal drug and/or drug paraphernalia is prohibited.
3. The illegal use of or misuse/abuse of prescription or other legal drugs is prohibited.
4. Driving a motor vehicle after having used any illegal drugs or controlled substances is prohibited.
5. All illegal drugs or controlled substances and paraphernalia will be impounded and are subject to forfeiture without reimbursement or return to the person from whom they were confiscated.

College Responses for Illegal Drugs

Category I (*Any one of the conditions listed constitute a violation of this section of the Code*):

- a. Possession of drug paraphernalia or objects that could be used as drug paraphernalia
- b. Being in a location where controlled substances and/or illegal drugs are present.
 - i. **First Offense:** education project or program; and warning or probation
 - ii. **Second Offense:** education project or program; probation or stayed suspension; stayed residence hall suspension or residence hall suspension; \$100.00 fine and parental notification*.
 - iii. **Third Offense:** education project or program; stayed suspension or suspension; residence hall suspension or residence hall expulsion; \$150.00 fine and parental notification*.

Category II (*Any one of the conditions listed constitute a violation of this section of the Code*):

- a. Possession and/or use of any controlled substance or illegal drug regardless of quantity, including seeds and/or residue
- b. Illegal use of or misuse/abuse of prescription or other legal drugs.
 - i. **First Offense:** education project or program; probation or stayed suspension; stayed residence hall suspension or residence hall suspension; \$100.00 fine and parental notification*.
 - ii. **Second Offense:** education project or program; Health and Wellness Center educational program(s); stayed suspension or suspension; stayed residence hall

suspension or residence hall suspension or residence hall expulsion; \$150.00 fine and parental notification*.

iii. **Third Offense:** expulsion and parental notification*.

Category III (*Any one of the conditions listed constitute a violation of this section of the Code*):

- a. Possession of large quantity (28.5 grams or more) and/or the actual or attempted sale, distribution, cultivation or manufacture of any controlled substance, illegal drug and/or drug paraphernalia.
- b. Driving a motor vehicle while under the influence of illegal drugs or controlled substances.
 - i. **First Offense:** suspension/expulsion, residence hall expulsion, \$150.00 fine and parental notification*
 - ii. **Second Offense:** expulsion and parental notification*

**Please refer to the Parental Notification Policy for further explanation of this policy.*

Guidelines for Events Where Alcohol Will Be Available

All events at which students may be in attendance (sponsored by any campus constituency) and alcohol is served must be registered and/or approved through Student Involvement and Leadership (SIL). Please contact SIL at 925-631-4704 for information.

For Student Sponsored Events

Only student organizations chartered by the Associated Students may sponsor events where alcohol is served. The sponsoring organization must submit a request to serve alcohol to SIL a minimum of three (3) weeks prior to the proposed event date (late proposals will NOT be considered). For organization events the sponsoring organization must have the organization's advisor present for the duration of the event to serve as the on-site event manager. This person may not consume any alcohol or other drugs prior to or at the event and is responsible for monitoring compliance with the Alcohol and Other Drugs Policy, obtaining the necessary one-day permit through the California Department of Alcohol Beverage Control, and possessing the permit at all times during the event.

For all student-sponsored events, alcohol must be served by trained bartenders and served and consumed in a specific area designated for persons 21 and older. Anyone who intentionally furnishes false information regarding his/her age shall be subject to disciplinary action. Only one (1) drink may be served at one time. Free alcoholic beverages are not allowed at student organization sponsored events. A minimum of \$1.00 per drink must be charged and all drinks must be dispensed individually in cans or plastic containers by event bartenders.

Only beer or wine may be served at student-sponsored events. Distilled liquor in any form is not permitted. Food and non-alcoholic beverages must be available at the event and a reasonable portion of the budget must be designated for this purpose. Non-alcoholic beverages must be attractive, and displayed with equal prominence as the alcoholic beverages.

No individual under the age of 21, or anyone who is obviously intoxicated may be served, or permitted to consume, alcoholic beverages at any event. Identification must be checked by entry monitors prior to being served alcohol and must consist of a valid driver's license, passport, or

official California identification card, and, for Saint Mary's College students, a Saint Mary's College student ID card. Students of legal age are required to wear wristbands during the event.

The amount of alcoholic beverages and food items available at an event is to be appropriate for the expected number of guests and duration of the event as determined by Student Involvement and Leadership. Oversized containers (including, but not limited to, kegs, party balls, or beer trucks) may be allowed at student-sponsored events only with the approval of the Assistant Dean of Student Life for Leadership, Involvement and Diversity.

Alcoholic beverages may not be served during or after the last hour of any student-sponsored event. The hours and timing of the event will be determined in consultation with Student Involvement and Leadership

Student Involvement and Leadership has the right to alter or redefine, as a condition of approval, any of the above regulations as they relate to a specific department or organization. If, at any time, the well-being of the community members is deemed to be threatened, appropriate and prompt action will be taken by the College.

For Faculty/Staff/Administration Sponsored Events

College departments (academic or administrative) may sponsor events where alcohol will be served and where students will be present. The sponsoring department must submit an Alcohol Service Form to Student Involvement and Leadership (SIL) ten (10) business days prior to the event. This document lists the sponsor(s) of the event and requires acknowledgment of understanding and agreement to adhere to College policies and procedures as well as approval from the department chair, dean of the school or appropriate Vice President/Provost.

The sponsoring department must have a faculty or staff member present for the duration of the event to serve as the on-site event manager. This person may not consume any alcohol or other drugs prior to or at the event and is responsible for monitoring compliance with the Alcohol and Other Drugs Policy, obtaining the necessary one-day permit through the California Department of Alcohol Beverage Control (only if alcoholic beverages will be sold), and possessing the permit at all times during the event.

No individual under the age of 21, or anyone who is obviously intoxicated may be served, or permitted to consume, alcoholic beverages at any event. Identification must be checked by entry monitors prior to being served alcohol and must consist of a valid driver's license, passport, or official California identification card, and, for Saint Mary's College students, a Saint Mary's College student ID card. Students of legal age are required to wear wristbands during the event.

If the event involves students under the age of 21, alcohol must be served by trained bartenders and served and consumed in a specific area designated for persons 21 and older. Anyone who intentionally furnishes false information regarding his/her age shall be subject to disciplinary action. Only one (1) drink may be served at one time.

Student Involvement and Leadership has the right to alter or redefine, as a condition of approval, any of the above regulations as they relate to a specific department or organization. If, at any time, the well-being of the community members is deemed to be threatened, appropriate and prompt action will be taken by the College.

Guidelines for Off-Campus Events

Saint Mary's College recognizes the role and importance of off-campus events. Groups associated with the College who participate in and sponsor social, service, and educational events must adhere with the Policy and understand their responsibility as a result of their association with the College. In addition, sponsoring groups must provide supervision of designated College official(s) for the duration of the event. Further, groups must adhere to the College's policies for on-campus events, including submitting an alcohol request form, and additional stipulations depending on the nature of the event. Student Involvement and Leadership reserves the right to modify events in order to meet college policies and procedures.

The following guidelines regarding the availability of alcoholic beverages at off-campus events pertain to all members of the College community. These guidelines in no way relieve any public establishment of their obligation to observe and enforce the law.

1. The sponsoring group must abide by applicable laws and local ordinances or codes regarding alcohol. The group should take appropriate steps to prevent underage drinking and the consumption of alcohol by intoxicated persons.
2. The sponsoring group should promote responsible behavior and the general welfare of the sponsoring group, its individual members, and others participating in or associated with the event during that time.
3. At such events, the behavior of the group, individuals, and guests are governed by the regulations set forth in the Code and other College policies.
4. At no time should faculty and staff serve in the role of bartender, pour or purchase alcoholic beverages for students.

Publicity and Sponsorship for Student Sponsored Events Where Alcohol will be Served

The consumption of alcoholic beverages shall neither be the primary purpose of a student event (including, but not limited to, progressive drinking events) nor be used as an inducement to participate in an event. Promotion and advertising of an event may indicate that alcohol will be available for purchase and must indicate, "ID will be required." Also, the promotion and advertising of an event shall not portray symbols of alcoholic beverage consumption (including, but not limited to, foaming mugs, cans, wine glasses and kegs), excessive consumption (including, but not limited to, drinking contests and competitions) or emphasize frequency or quantity of alcoholic beverage consumption.

The sponsorship of events by alcoholic beverage companies is limited to cash donations, donated materials for College alcohol educational programs, and donated products (other than those which directly promote or advertise alcoholic beverages) in support of fundraising or other special events as approved by the Vice Provost for Student Life or the Assistant Dean of Student Life.