

Alcohol and Drugs Guidelines

Aims of Macra na Feirme's Alcohol & Drugs Guidelines are to:

- Ensure that the social and educational aspects of Macra na Feirme are conducive to the health and well-being of all members.
- Ensure that the environment at all Macra na Feirme events is safe for members and staff and complies with health and safety regulations.
- Promote Macra na Feirme as having a safe environment, which enables members to make healthy choices that promote health and well-being.
- Provide supportive structures for those who may require assistance during their time as a member of Macra na Feirme.
- Emphasise that illegal drug use is unacceptable and unsafe and will be reported to the authorities if encountered.

Respect Guidelines as part of the Alcohol & Drugs Guidelines.

These guidelines are framed against the background in Ireland today, which see widespread and well-founded concern about the high level of alcohol misuse and the high level of anti-social and disrespectful behaviour that sometimes occurs. Macra na Feirme would like members and leaders/staff to maintain at all times a high level of respect for one another and so the following guidelines outline some of the responsibilities for members and leaders/staff to adhere to.

Member Responsibilities

- Members must be responsible for their behaviour and respect the rights and dignity of others both within and outside of the Macra na Feirme community.

Examples of acts of personal misconduct could include:

- Conduct that is lewd, indecent or obscene.
- Disorderly conduct, including obstructive and disruptive behaviour that interferes with the running of any Macra na Feirme event.
- Actions that endanger one's self, other members, staff or the wider community.
- Damage to or destruction of any property.
- Acting with violence.
- Verbal abuse of another person.
- Physical abuse of another person.

Staff/Volunteer Leader Responsibilities

Staff and volunteers have a strong responsibility to take a lead role regarding the proper use of alcohol and appropriate behaviour at all Macra na Feirme events.

Low Risk Drinking Behaviour

- Consideration before you go drinking as to whether you will drink, what you will drink and how much you will drink.
- Eating a meal before drinking.
- Selecting a safe way to get home/back to your accommodation before drinking.
- Always knowing what you are drinking, where your drink came from and keeping it in sight at all times.
- Avoid mixing drinks or drinking double shots.
- Pacing your drinking.
- Knowing the signs of intoxication.
- Alternating with non-alcoholic drinks throughout the evening.

- Not allowing others to talk you into drinking more than you had planned or to intoxication.

High Risk Drinking Behaviour

- Assuming that everyone drinks and that being drunk is socially acceptable.
- Drinking to relieve stress, anxiety or deal with uncomfortable feelings.
- Drinking to get drunk.
- Drinking from an unknown source, not knowing what you are drinking or leaving your drink unattended.

Some Useful Websites

- www.spunout.ie
- www.alcoholireland.ie
- www.drinkhelp.ie
- www.alcoholicsanonymous.ie
- www.drinkaware.ie
- www.na-ireland.org
- www.drugs.ie