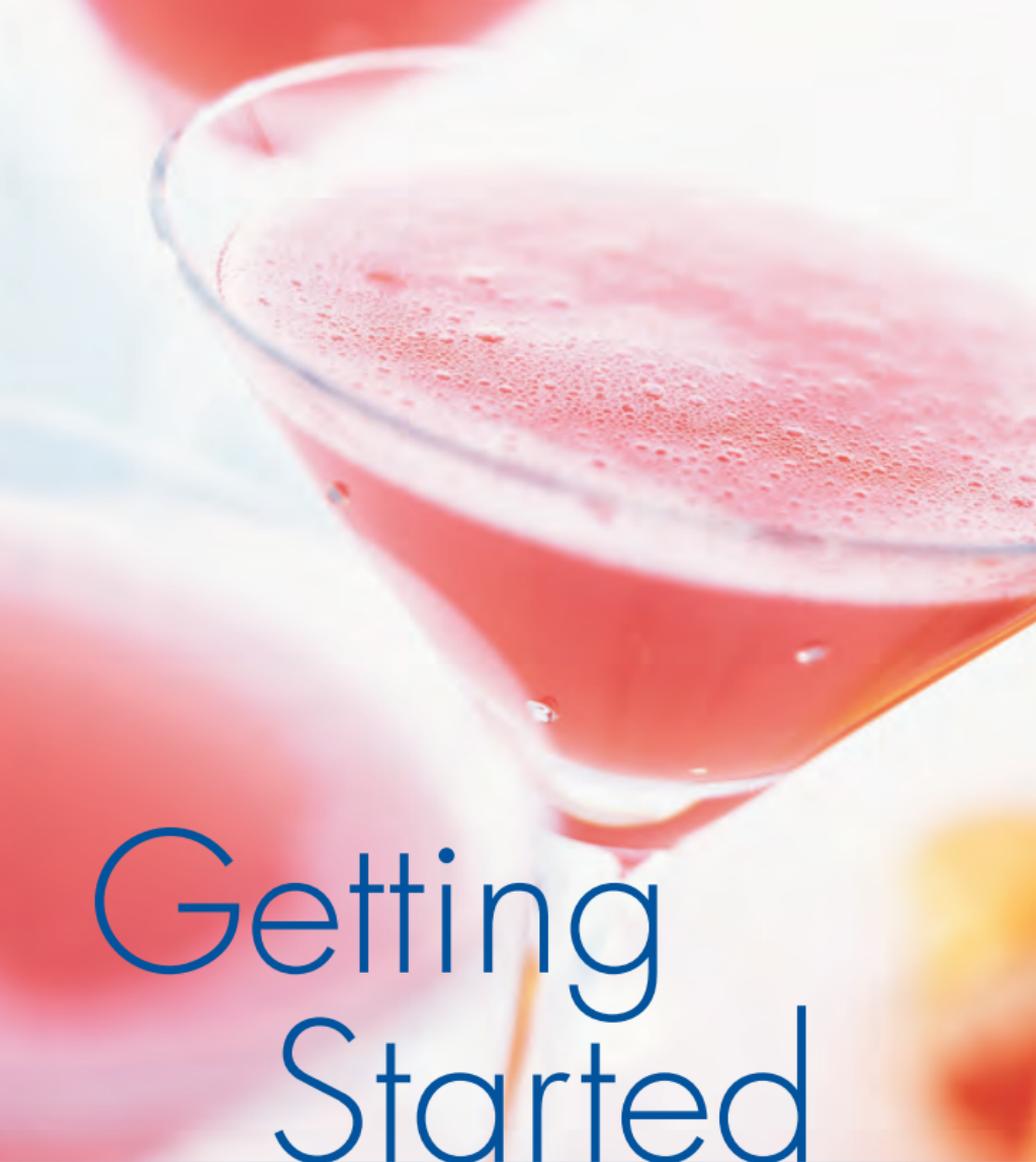




HOST

Your guide to smart,
responsible entertaining.

Educ  **alcool**



Getting Started

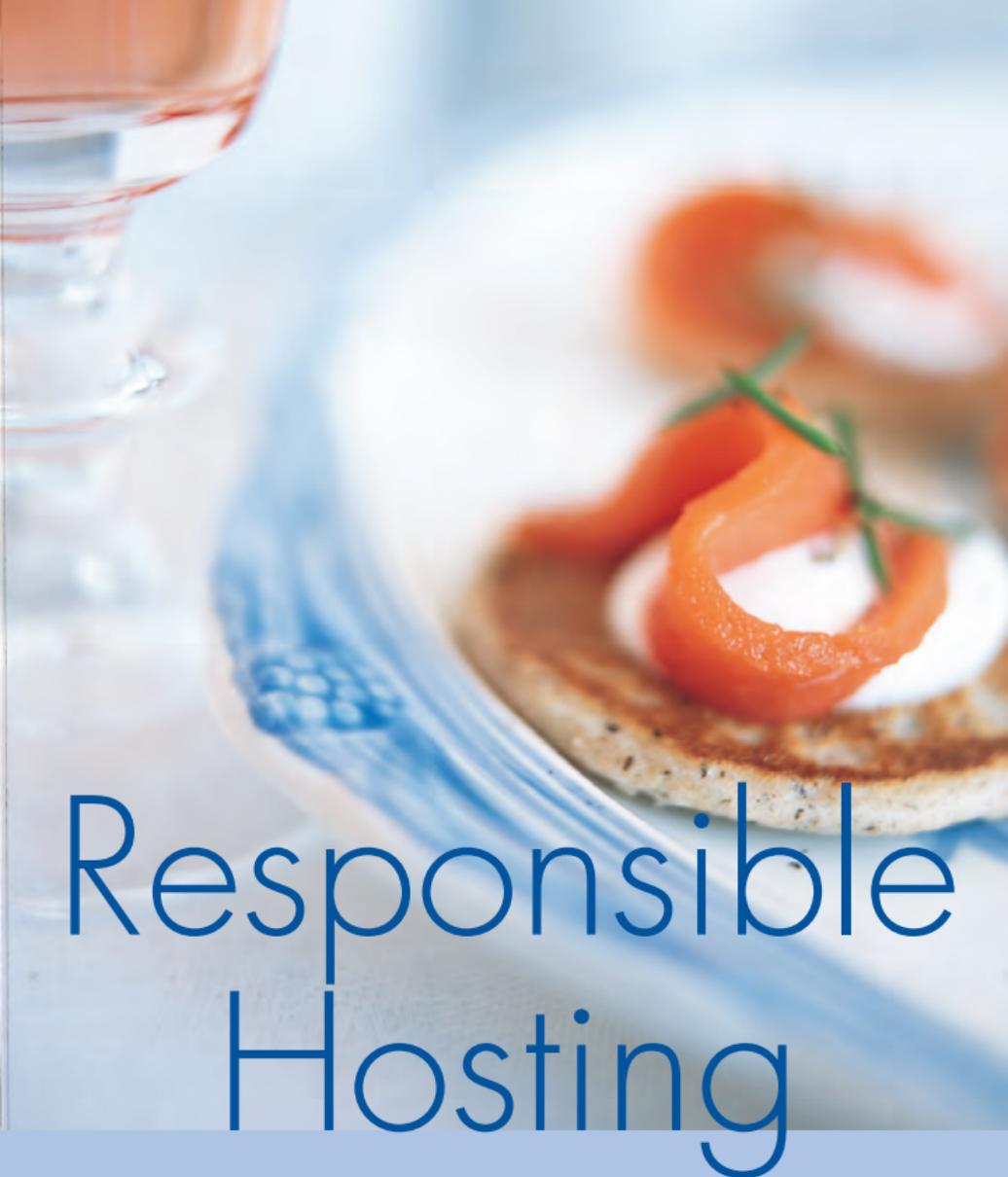
To help you plan and host a stress-free event that you and your guests will enjoy, Éduc'alcool has developed the HOST program, containing all the ingredients for successful and memorable entertaining.

We know you care about your friends, family and guests. That's why we created HOST: to help you keep everyone safe at your get-togethers. This way, you can relax and enjoy your party, knowing you've created the friendly, comfortable environment that ensures success.

After all, whatever the circumstances, moderation is always in good taste.

10 Tips for Responsible Hosting

- 1** Don't drink too much. As the host, you can stay on top of the situation and avoid potential problems when you are able to think clearly and act quickly.
- 2** Stop serving alcoholic beverages at least an hour before the party ends. Bring out more non-alcoholic drinks (bottled water, juice, coffee and tea) and food.
- 3** Find out what kind of transportation your guests will be using and make sure they can get home safely. Encourage the use of designated drivers and keep cash and telephone numbers on hand for taxis. Be prepared to take away the car keys and to put people up for the night, if necessary.
- 4** Have a plan for dealing with guests who drink too much. Before the party, ask someone reliable to help you keep things under control.
- 5** Don't push alcohol on anyone who chooses not to drink, or to switch to a non-alcoholic beverage. Hospitality is not about how many drinks you pour. A good host will never badger a guest about drinking.
- 6** Make sure there are enough tables and surfaces where people can put their drinks. People tend to drink more - and more quickly - when they have to hold their glasses all the time.
- 7** Serve the drinks yourself or designate a bartender, rather than having an open bar. Avoid serving doubles and keep a shot glass or jigger next to the bottles: judicious measurement makes all the difference.
- 8** Serve snacks with drinks and always have food available throughout the party so that people don't drink on an empty stomach. Avoid serving salty, sweet or greasy snack foods, which make people thirstier.
- 9** Always provide low-alcohol and non-alcoholic beverages.
- 10** Don't plan any physical activity when you serve alcohol. People are generally more prone to injury or mishap after drinking.



Responsible Hosting

When you throw a party, you want to make sure that all your guests enjoy themselves fully and return home safely. A little advance planning and awareness of the kind of situations that might arise can go a long way towards reducing the risk of drinking-related problems. Being a responsible host can also make it easier for you and your guests to have a good time.

You certainly don't want anything unpleasant to happen to your guests while they are in your home, on your property or at any function or party you organize.

If alcohol is part of the festivities, at your home or elsewhere, you'll want to take care of your guests and make your party a success. For example, you wouldn't want one of your guests to start a fight, fall down the stairs or drive home after drinking and be involved in a crash. If you serve drinks to someone to the point of intoxication, you're not doing anyone any favours: it's not good for the person, it's not good for the other guests, and it's not good for you. When you entertain,

you have to take the necessary precautions to protect all your guests from harm, including those who may not be in full possession of their faculties because they've had too much to drink.

It pays to think ahead. The following tips will help you plan the kind of party where everyone will have fun and feel safe.

Be the host with the most

Plan to drink minimally so you can stay on top of things. You'll be better able to avoid potential problems if you can think clearly and act quickly. Before the party, enlist the services of a friend who can help you if anyone gets out of hand. If someone is drinking too much, engage them in conversation and offer them something to eat, along with a non-alcoholic beverage.

Need a permit?

You do not need a permit from the Régie des alcools, des courses et des jeux (RACJ) if you are serving alcohol at no charge in your home, your secondary residence or your place of business.

However, if you hold a reception in a public place on the occasion of some special event (a wedding, a gala celebration, a fund-raising event for a non-profit organization, a party for a sports league, etc.), and you are going to serve alcohol, you must have a *reunion permit to serve*. If you sell alcoholic beverages at such a gathering, you will need a *reunion permit to sell*. These permits may be obtained by contacting the RACJ.

You can obtain additional information about permits by visiting the RACJ website (www.racj.gouv.qc.ca) or by calling the Régie's Customer Service department at one of the following numbers: Quebec City: (418) 643-7667, Montreal: (514) 873-3577, elsewhere in Quebec: 1 800-363-0320.

Business hours are 8:30 a.m. to noon and 1 p.m. to 4 p.m.

Designate drivers

Before the party gets going, it's important to make sure that all your guests have planned for a safe drive home. Know who the designated drivers are and serve them accordingly.

Hold the fizz

If you serve an alcoholic punch, use a non-carbonated base, such as fruit juice. The body absorbs alcohol faster when it is mixed with carbonated drinks – and that includes sparkling wines.

Measure up

Measure drinks with a proper jigger and avoid serving doubles or shots. Don't refill glasses too quickly. And never let children serve alcohol. For larger gatherings, consider hiring a bartender who has had Responsible Service training.

No means no

Never force drinks on your guests. If someone says no to a drink, be sure to offer a non-alcoholic alternative. Also, don't force abstainers to make a public statement by serving alcohol in one type of glass and soft drinks in another. Plan on providing plenty of water and non-alcoholic beverages.

Chow down

The effect of alcohol is felt more quickly when you drink on an empty stomach; conversely, food in the stomach tends to slow the rate at which alcohol is absorbed. When you serve alcohol, always have plenty of food available. If you're not serving a meal, offer snacks rich in proteins and carbohydrates and foods with a high water content. Avoid salty, sweet or greasy snacks, which tend to make people thirstier.

Forget the games

Drinking games (ones in which the loser has to take a drink) promote the rapid consumption of alcohol and can lead to alcohol poisoning, which is potentially fatal. Plan activities for your guests so that drinking isn't the main focus of the party and they'll be less likely to rely on it to loosen up.

Last call

Never serve guests to the point of intoxication. Stop serving alcohol at least an hour before the end of the party. Close the bar and make the transition by serving desserts and coffee or other non-alcoholic drinks.

Got insurance?

Check the liability coverage in your home insurance policy. Minimize potential problems by contacting your insurance provider to make sure you understand your risks and responsibilities.



Common Myths about Drinking

MYTH: Eating a big meal before you drink will keep you sober.

FACT: Food in your stomach only delays the absorption of alcohol into the bloodstream. A full stomach won't keep you from feeling the effects of alcohol or getting drunk.

MYTH: You'll get drunker if you drink hard liquor than if you stick to beer or wine.

FACT: A drink is a drink is a drink. There is the same amount of alcohol in one standard bottle of beer (355 ml), one standard glass of wine (142 ml) and one standard shot of spirits (43 ml). Each of these is considered one drink.

MYTH: Switching between beer, wine and spirits will affect you more than if you stick to one type of alcohol.

FACT: Absolutely not. Your blood alcohol concentration, or BAC – the percentage of alcohol in your blood – is what counts, not the type of alcohol you drink.

MYTH: I'm only drinking beer or wine spritzers. That can't do any permanent damage.

FACT: Any kind of alcohol, if consumed irresponsibly, has the potential to seriously damage your digestive system, brain, heart, liver, stomach and other critical organs. Not to mention that it could also shorten your life by a number of years.

MYTH: It's OK for me to drink as much as my boyfriend or husband.

FACT: It takes less alcohol for a woman to become intoxicated because women process alcohol differently than men. They reach a higher blood-alcohol level than men do after drinking the same amount, even if they're the same height and weight.

MYTH: Alcohol gives you energy.

FACT: Actually, the opposite is true. Alcohol is a depressant and slows down your ability to think, speak and move. Your perception, coordination and judgement will be affected before you notice any physical signs of impairment.

MYTH: You'll sleep better after a few drinks.

FACT: Wrong again. Alcohol may help you fall asleep because it's a depressant, but it interferes with the quality of sleep and cuts down on the amount of restful sleep you get.

MYTH: A cold shower and a cup of coffee are good ways to sober up.

FACT: They may make you feel clean and awake, but time is the only thing that will sober you up. Coffee is a stimulant - it will keep you awake but it won't make you sober

MYTH: Alcohol makes you sexier.

FACT: Alcohol may make you less inhibited, but physiologically, it reduces your performance. You may end up engaging in something you hadn't planned on, including unprotected and/or unwanted sex. And that could result in unwanted pregnancy and/or sexually transmitted diseases (including HIV). That's not very sexy.

MYTH: If someone passes out after drinking, it's best to let them sleep it off.

FACT: If a friend or a guest passes out, do not leave the person alone. Have someone call 911 for medical assistance. Roll the person onto his or her side, place the head to the side as well, and keep him or her in this position until help arrives.

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www.educalcool.qc.ca