



## **‘WE HAVE A SITUATION’**

*“A GUIDE TO IDENTIFYING AND DEALING WITH COMMON CHAPTER SCENARIOS AND EVENTS”*

Sigma Nu Fraternity, Inc. is proud to offer a number of resources designed to assist chapter and alumni leaders in maintaining and moving chapters forward toward our organization’s vision of ‘Excelling with Honor.’ Many of the most important decisions a chapter must make, however, do not necessarily present themselves in a formal chapter setting, but rather on the weekends or during special campus sporting and alumni events. How to handle situations that could potentially alter the entire future of a chapter must be one of the top priorities of all chapter leaders.

What follows is a list of 13 scenarios, events and/or circumstances that are readily present on college campuses and could very easily present themselves to chapter leaders. How these situations are addressed will be of utmost importance. They range from those involving aspects of chapter operations (Big Brother Programming and Candidate Activities) to those involving the safe consumption of alcohol (Binge Drinking, Pre-Gaming and Tailgating). Many involve personal decisions that many chapter members will undoubtedly face during their college tenure, such as Underage ID Usage and 21<sup>st</sup> Birthday Celebrations.

All scenarios include a brief description, an emphasis on why the scenario is important and a listing of resources to assist the chapter in minimizing the risk(s) associated with each scenario.

The General Fraternity stands ready to assist each chapter in addressing these or other issues that might arise.



## TABLE OF CONTENTS

Pre-gaming.....	3
Alumni Traditions.....	4
Big Brother Programs .....	5
Underage ID Usage .....	6
Tailgating.....	7
Binge Drinking Culture.....	8
House Parties .....	9
Guest Accountability.....	10
Sexual Assault Allegations .....	11
Interventions .....	12
21st Birthday Celebrations.....	13
Designated Driver/First Alert Issues.....	14
Candidate Bonding Events .....	15

All rights reserved. This publication and all of its contents are protected by copyrights, trademarks, service marks, or other intellectual property and proprietary rights and laws, and is owned by Sigma Nu Fraternity, Inc. or its Licensors. Except as stated herein, none of the material may be copied, reproduced, distributed, republished, downloaded, displayed, posted or transmitted in any form or by any means, including, but not limited to, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of Sigma Nu Fraternity, Inc. or the copyright owner. Permission is granted to display, copy, distribute and download this publication for personal, non-commercial use, provided you do not modify the materials and that you retain all copyright and other proprietary notices contained in the materials. This permission terminates automatically if you breach any of these terms or conditions. Upon terminations, you will immediately destroy any downloaded and printed materials.

Copyright © 2019 Sigma Nu Fraternity, Inc.  
9 N. Lewis Street  
Lexington, Virginia 24450  
Phone 540.463.1869 • Fax 540.463.1669  
[www.sigmanu.org](http://www.sigmanu.org)



## **PRE-GAMING**

### **WHAT IS IT?**

Pre-gaming is the practice of consuming alcohol prior to attending a social event, at which alcohol may or may not be available. Oftentimes, pre-gaming is popular among underage students, who might over-consume from the comfort of their apartment or the fraternity house before going to a facility with a third-party vendor and thus no access to alcohol or students who do not want to spend large amounts of money on alcohol at a bar. Pre-gaming regularly involves drinking games, shots of hard alcohol and other mechanisms of rapidly consuming alcohol in a short amount of time.

### **WHY IS IT IMPORTANT?**

Over-consumption of alcohol is always concerning – students who pre-game probably will not immediately show signs of being overly intoxicated; however, they will become dangerously drunk as the day progresses, especially if they continue drinking after they pre-game. It is impossible for bartenders or other social event monitors to determine just how much a pre-gamer has had to drink. All of these factors can lead to a pre-gamer's Blood Alcohol Concentration (BAC) reaching a dangerous level at a rapid pace.

### **HOW CAN I MINIMIZE THE RISKS?**

If you know members of the fraternity are going to be drinking before an event at which alcohol will be served, encourage them to have food available or to drink a non-alcoholic drink for every alcoholic drink.

Schedule chapter events or programming immediately prior to social gatherings to allow members as little time as possible to dangerously pre-game; for instance, hold a chapter dinner prior to a social function or schedule multiple committee meetings or LEAD sessions prior to any functions where alcohol will be present.

Chapters should also be strict about enforcing a zero-tolerance policy for alcohol consumption prior to non-alcoholic events, especially Ritual ceremonies, LEAD sessions, or specific non-alcoholic social functions with other student organizations. Include language in the chapter bylaws specifically prohibiting alcohol consumption at these events and reprimand those members who violate this rule by asking them to leave the event immediately and holding them accountable through judicial proceedings thereafter.

### **RESOURCES**

- <http://www.healthzone.ca/health/article/554950>
- <http://media.www.michiganreview.com/media/storage/paper1232/news/2009/05/18/ArtsCulture/PreGame.Guide.How.To.Be.A.Fan-3742692.shtml>



## ALUMNI TRADITIONS

### **WHAT ARE THEY?**

You may have heard many stories from the ‘good ole’ days of fraternity life. Perhaps pledge manuals that detail intense scavenger hunts or old alumni who recall tortuous hazing rituals that took place when they were a pledge. Fraternities breed traditions, traditions that oftentimes last for decades upon decades. And while it only takes one sensible individual to stop an inappropriate or harmful tradition, it can, unfortunately, take only one graduated member to resurrect such a tradition. Alumni traditions are those harmful practices – since abandoned by the current undergraduate chapter – that oftentimes rear their ugly heads when overzealous (oftentimes intoxicated) alumni members come back to visit the chapter.

### **WHY ARE THEY IMPORTANT?**

Most colleges and universities will not distinguish acts of the undergraduate chapter from acts of alumni members. Thus, if a thirty-year old alumnus subjects your candidate class to a regimen of wall sits and push ups, the chapter will most likely have to answer for this act of hazing on chapter property. If alumni traditions go unchecked, undergraduate members might start to embrace these old traditions – and indeed feel empowered with the support of some alumni – and return the chapter to bad old habits.

### **HOW CAN I MINIMIZE THE RISKS?**

This underscores the importance of alumni communication. The chapter should communicate with alumni via newsletters and e-mail on a regular basis. In these communications (especially in advance of Homecoming or other alumni-specific events on campus or at the chapter house), the chapter should revisit and emphasize current fraternity and college/university regulations on hazing and alcohol consumption. Some alumni might not be aware that you are no longer allowed to have kegs in the chapter premises, for example.

Host ‘dry’ events at the chapter facility for alumni, and ask any attendees who may be intoxicated to leave.

Not all alumni are eager to perpetuate old traditions; in fact, the number is very small. Thus, the chapter should rely on alumni advisors or trusted and respected alumni members to diffuse situations if they arise. Alumni who feel a sense of entitlement around an undergraduate brother might think twice about talking back to a 60-year old alumnus.

In the rare event that an alumni tradition is resurrected and chapter property or chapter members are harmed, the chapter should work to hold responsible alumni accountable by billing them for damages. If negative alumni traditions go unchecked, they will continue to grow.

Finally, not all alumni traditions are negative; having a multitude of opportunities where alumni can interact with the chapter (from formal alumni events to invitations to chapter meetings, Ritual ceremonies and LEAD sessions) will give alumni an opportunity to share these stories and traditions in a non-alcoholic setting.



## **BIG BROTHER PROGRAMS**

### **WHAT ARE THEY?**

In most chapters, a Big Brother Program is the process through which an older member (e.g. Older Brother, Big Brother, or Pledge Dad) is paired with a candidate (e.g. Little Brother, Younger Brother, or Pledge Son) and is expected to serve as a role model and mentor. In the best scenarios, the Big Brother monitors the progress of his Little Brother and provides support and guidance in the areas of academics, candidate education and overall health and involvement in the fraternity.

In the worst scenarios, the Big Brother is tasked with 'building' the Little Brother into an active member, oftentimes by requiring the Little Brother to submit to acts of hazing, perform personal servitude or consuming large quantities of alcohol.

Oftentimes, Big Brother selections are part of something greater – acceptance into a 'Pledge Family.' In some instances, each pledge family will have a specific drink (a shot or type of alcohol) that all new family members are required to consume. Accordingly, the acceptance into a pledge family is oftentimes contingent on forced consumption of alcohol, and the initial meeting of the Big Brother and Little Brother often includes a 'gift' of alcohol to the Little Brother.

### **WHY IS THIS IMPORTANT?**

The relationship a candidate has with his Big Brother will ultimately define how he chooses to occupy the same role in the future. Thus, Big Brothers who perpetuate negative behavior will breed the same behavior from future members. Hazing is still hazing even if it's only being done by a Big Brother to his Little Brother and letting these behaviors by Big Brothers go unchecked will continue to undermine the legitimacy of the Marshal and the written candidate education program.

### **HOW CAN I MINIMIZE THE RISKS?**

**Building a Big Brother Program:** A Big Brother Program, when executed successfully, is a tremendous opportunity to provide candidates with an additional layer of support and instruction. A true Big Brother Program will encourage mentoring and have specifically outlined expectations of each active brother serving in this mentor role. Each Big Brother should assist the Marshal in assuring that candidates are meeting the expectations of the candidate education program.

A successful Big Brother Program starts with a thoughtful pairing process. Each chapter should create minimum standards for Big Brother eligibility – only brothers who are in academic good standing, regularly attend chapter meetings and are actively involved in chapter operations, for example, should be allowed to have Little Brothers. This promotes the seriousness of the position and creates an incentive for initiated brothers to be valuable members of the chapter.



## UNDERAGE ID USAGE

### **WHAT IS IT?**

The process by which members who are not 21 years old utilize either a fake Driver's License or the license of an individual who is 21 and looks similar, to purchase alcohol or gain admittance into a specific club or bar for the purposes of consuming alcohol.

### **WHY IS IT IMPORTANT?**

It is illegal to use another person's identification as your own or to possess an ID for the purpose of establishing false identification. Severe fines can accompany getting caught with an ID that is not yours. Additionally, if you are of age and provide your ID to an underage individual and that individual subsequently purchases or consumes alcohol, you can easily be held liable for any resulting incidents. In many states, providing your ID to someone else may result in you losing your license for a set period of time. In short, using an ID that's not yours or providing your ID to someone who is underage is against the law.

### **HOW CAN I MINIMIZE THE RISKS?**

Share with chapter members the dangers of possessing a fake or fraudulent ID by publicizing state laws governing their use. Relevant state laws can also be found in the 'Resources' tab, which all members can have access to by creating an account for GreekLifeEdu. Your chapter should create a zero-tolerance culture for ID sharing and hold members who share their IDs – and those who use the IDs of others – accountable through internal judicial procedures.

Emphasize to candidates that underage alcohol consumption is forbidden, not only by Sigma Nu Fraternity, Inc., but by laws that govern the land and that using older chapter members for the purpose of purchasing or consuming alcohol could result in an early end to their candidacy.

### **RESOURCES**

- <http://www.fakeids.com/Fake-ID-Laws.html>



## TAILGATING

### **WHAT IS IT?**

Tailgating most commonly refers to a social event held on or around the open tailgate of a vehicle – most often in an outdoor common area – prior to sporting events or other large concerts. Typically, a tailgate includes food, beverages (both alcoholic and non-alcoholic) and lawn activities to occupy tailgaters prior to an event.

On college campuses, tailgating mostly refers to the process of consuming alcohol prior to college sporting events – most often football. In some instances, tailgating serves the same purpose as ‘pre-gaming’ – allowing students to consume large amounts of alcohol before entering the campus stadium which, as an institutional facility, is most often alcohol free.

### **WHY IS IT IMPORTANT?**

Just like ‘pre-gaming’ the large amounts of alcohol students consume in a short amount of time during tailgates can prove highly consequential, if not fatal. The presence of kegs and common sources of alcohol (such as fruit drinks mixed with potent [Everclear](#) such as '[Jungle Juice](#)') makes exact consumption of alcohol difficult to regulate and drinking games promote binge drinking.

Because tailgating often starts early in the morning (as many college football games kickoff at 12:00 p.m. EST), many students often begin drinking with little to no food in their stomachs. Furthermore, some students will either pull ‘all-nighters’ or get a minimal amount of sleep on Friday evening prior to a tailgate. Little food, little to no sleep, and oftentimes the presence of alcohol in a student’s system from drinking the night before all exacerbate the effects of alcohol consumed during a tailgate.

### **HOW CAN I MINIMIZE THE RISKS?**

If a chapter hosts a tailgate party with alcohol, it must take great care to ensure that it adheres to the *Risk Reduction Policy* of Sigma Nu Fraternity, Inc. Members who wish to consume alcohol and are of legal drinking age must purchase their own alcohol for consumption. The chapter should ensure that non-alcoholic beverages and food are on hand and that guest/member ratios are intact.

If brothers are going to tailgate, encourage them to eat breakfast prior to arriving at a tailgate party. Additionally, be on the lookout for signs that a member has had too much to drink (to review, these signs are covered in GreekLifeEdu, Section 1 on Alcohol) and prohibit that member from further alcohol consumption. The highly public nature of tailgates creates a higher likelihood for arrests and citations (either for public intoxication or underage consumption of alcohol).



## **BINGE DRINKING CULTURE**

### **WHAT IS IT?**

Binge drinking refers to the practice of consuming large amounts of alcohol in a short period of time, oftentimes with the primary intention of getting drunk. Binge drinking oftentimes takes place at 'pre-gaming' parties and/or 'tailgates.' GreekLifeEdu defines binge drinking as five or more drinks in one sitting for a male and four or more drinks in one sitting for a female. Because of its prevalence at pre-game parties and tailgates, binge drinking has become an unfortunate social norm on most college campuses.

The binge drinking culture has become prominent because of its ability to get students drunk without spending a large amount of money on alcohol. It is much less expensive for students to get drunk by taking shots of hard alcohol or participating in drinking games as part of a 'pre-game' than it is to attempt and purchase alcohol at a restaurant or nightclub. It is also easier for underage students to access alcohol at a 'pre-game' or 'tailgate' and get drunk prior to going out to a restaurant or bar where the drinking age is strictly enforced.

### **WHY IS IT IMPORTANT?**

Binge drinking is responsible for a number of [alcohol-related deaths](#) on college campuses and is unfortunately prevalent in [fraternities](#) and has a recent history in [Sigma Nu](#). The culture of binge drinking is exacerbated by acts of hazing, whereby candidate members are forced to consume large quantities of alcohol in a short period of time to pass a test or prove their worth.

### **HOW CAN I MINIMIZE THE RISKS?**

Educate your candidates, officers and all members about the dangers of binge drinking and how to address the issue by completing [GreekLifeEdu](#). All college and university campuses have resources to provide students with alternatives to alcohol consumption and to help you address binge drinking either in your chapter or by specific chapter members, including campus counseling and Greek Life/Student Activities support centers.





## HOUSE PARTIES

### WHAT ARE THEY?

House parties are gatherings hosted by homeowners or renters that feature music, food, consumption of alcohol and, oftentimes, illicit drug use. They are common on college campuses and popular because they are usually off-campus and thus far removed from the public eye. House parties are easily publicized through Facebook and other social networking entities. In the fraternity and sorority community, house parties provide an alternative, cheaper venue for chapter members to gather to consume alcohol, often in lieu of a chapter facility being alcohol-free. Kegs and other common sources of alcohol provide for affordable distribution of alcohol and drinking games flourish in an unregulated environment.

### WHY ARE THEY IMPORTANT?

In most instances, house parties are not considered legally registered events by local Interfraternity Councils, primarily because they do not provide a safe, regulated environment in which to host a social event. Most house parties take place in residential college houses and the large quantities of people often makes for clear fire code and other safety violations.

Because house parties are largely unregulated, the risks greatly increase. These include:

- Intoxicated partygoers walking home in unlit or isolated areas
- Intoxicated partygoers driving back to campus from a remote location
- Inability to monitor and/or remove those who have had too much to drink
- Lack of responsiveness to those who may need medical assistance from over-consumption of alcohol
- The number of guests violating stated fire codes

Furthermore, in most states, social hosts who serve alcoholic beverages at house parties can be held liable if guests are harmed or cause harm to others after drinking.

### HOW CAN I MINIMIZE THE RISKS?

Put simply, do not host social functions at off-campus houses. Despite the appeal of these locations to host events (especially if the chapter is on alcohol-free housing status with the General Fraternity) the risk is too great. Make it clear to candidates that house parties are not sanctioned by the General Fraternity, host institution, or the chapter and explain why using the *Risk Reduction Policy* is the safest way to go about event planning.

Familiarize the chapter with stated college/university and IFC/PHC regulations on social functions and ensure that everyone understands the danger associated with hosting events with alcohol at these locations.

Many times, junior or senior members of a chapter may live together in an off-campus house or apartment and encourage younger members of the chapter to come over and consume alcohol, under the guise of socializing with their brothers. Take charge of this distraction by planning non-alcoholic events that take place at the off-campus locations of chapter brothers (such as a progressive dinner, wing night or viewing of a sporting event). Just because an off-campus location is prohibited from hosting social functions with alcohol does not mean the chapter cannot purchase food for a brotherhood event at the location.



## **GUEST ACCOUNTABILITY**

### **WHAT IS IT?**

In this particular instance, guest accountability refers to the practice of monitoring guests at a fraternity house and highlights the responsibility of chapter members to share with their guests relevant policies and regulations that govern behavior. All members of the chapter are expected to abide by specific standards – related to housing, structure maintenance and conduct during social events. In the event that members entertain guests – be they students of the host institution or otherwise – it is necessary that they recognize their responsibility for the behavior of their guest.

### **WHY IS IT IMPORTANT?**

Oftentimes, guests at a fraternity house might show complete disregard for stated policies or rules (e.g. drinking in common areas, playing drinking games, purchasing kegs). Guests might sincerely have not been told that such actions were prohibited or they may not care, given their lack of attachment and/or ownership in the fraternity and the fraternity house.

In the event of damaged chapter property or violated chapter rules, brothers are hesitant to hold guests accountable, similar to ‘Alumni Traditions’ that can plague chapters.

### **HOW CAN I MINIMIZE THE RISK?**

Chapter brothers should be made aware that a guest of theirs at the chapter house is an extension of themselves. Thus, anything the guest does to violate fraternity or college/university policy will be seen as that brother violating fraternity and/or college/university policy. In this instance, brothers should be held accountable through the chapter’s internal disciplinary process.

Additionally, the chapter can place limits on the amount of guests brothers are allowed to have at the chapter house. Indeed, for registered social events at the chapter facility, each brother is only permitted two guests (to adhere to the overall 2:1 guest to member ratio). Chapter bylaws can dictate how many guests live-in members are allowed to have at anytime throughout the school year.

House rules and crisis management protocol should be clearly posted in multiple locations at the chapter house so as to make all guests aware of stated policies. Brothers should not be hesitant to confront guest who are violating stated policies and/or being disrespectful to chapter members or property.



## **SEXUAL ASSAULT ALLEGATIONS**

### **WHAT ARE THEY?**

Sexual assault allegations occur when either a female or male files a police report stating that s/he was assaulted by another individual in a sexual manner. Sexual assault is defined as a violent crime involving sexual actions imposed upon a person against his/her will. This could include unwanted verbal harassment, physical contact or even forced penetration. While exact definitions vary by state, sexual assault generally constitutes any sexual action imposed upon another individual against their will.

### **WHY IS THIS IMPORTANT?**

Because of the emotional and physical scars that are created by sexual assault, allegations are extremely important and are treated by law enforcement, campus and fraternity employees with the highest level of care. In the instance that a member of your chapter is accused of sexual assault, it is important to be aware of your rights and what you and the chapter should do. In the event that a member of your chapter is accused of sexual assault:

1. Immediately contact all entities listed on your crisis management plan, including the General Fraternity, college/university and chapter advisors;
2. Inform members of the chapter – members should be made aware of the allegations and reminded to not speak to the media. Not speaking to members of the media does not concede any guilt; rather, it ensures that only the facts (and not baseless rumors) are publicized
3. Refer all media inquiries to the General Fraternity and/or appropriate campus legal counsel – it is not the responsibility of the chapter to speak for an individual brother accused of sexual assault.
4. Cooperate fully with local law enforcement officials – it is the General Fraternity's practice to work closely with local college/university and law enforcement officials to reach a resolution in any criminal investigation. To the extent that law enforcement officials need to speak to chapter members who may be witnesses or search relevant areas of the chapter house for evidence, it is important to not impede any legal searches and requests.
5. Remain in close contact with all aforementioned entities – in the event of a crisis, the last thing a chapter needs to do is shut itself off from its support network. Remaining in constant communication with the General Fraternity, advisors and college/university personnel will ensure a fair and effective process.

### **HOW DO I MINIMIZE THE RISK?**

Sexual assault can happen to anyone at anytime. Educate members on the definitions of sexual assault and empower them to stop a dangerous situation from escalating through GreekLifeEdu, Section 3 (Sexual Assault). Also, review the chapter's crisis management plan with all brothers and ensure each brother is comfortable with the execution of the plan in the event of any crisis.

### **RESOURCES**

- <http://www.rainn.org/>
- Local campus organizations or rape victim advocacy groups



## INTERVENTIONS

### **WHAT ARE THEY?**

Interventions are defined as the acts of confronting a person with self-destructive habits with the intention of encouraging them to seek help. In a college setting, self-destructive habits could include, but are certainly not limited to, alcohol or drug addiction, relationship problems, suicidal thoughts and/or serious depression and numerous other mental health issues. Many interventions are executed by groups of individuals (such as a group of fraternity brothers) who confront one individual with a destructive problem and encourage them to seek professional counseling.

### **WHY ARE THEY IMPORTANT?**

As a college student, you live in close contact with other students; this living arrangement is especially true in the college fraternity. Thus, the access you have to other students (in the evenings, on the weekends, etc.) is unparalleled compared to others on campus (professors, non-fraternity members, etc.). Many times, you may be the only one to consistently witness the destructive behavior of a fraternity brother. Not seeking help for that individual – either via confrontation or call for professional assistance – could be the difference between that fraternity brother falling into more trouble or getting the assistance that he needs to recover.

### **WHAT CAN I DO TO MINIMIZE THE RISK?**

Know what resources are available on campus to assist with interventions. It is important to know that you **are not expected to be an expert on counseling a brother out of a serious problem**. Indeed, most fraternity men are not suited to address a serious drug addiction or mental health issue. Thus, the Chaplain should make public relevant campus resources such as help hotlines, the counseling center and other emergency services available for a student's use.

Know your brothers and recognize when behaviors that, at first, might seem harmless and comical, are becoming dangerous and hurtful. It is easier to confront a brother and let him know that his behavior is worrying you sooner rather than later. For tips on how to confront a brother, see the LEAD session Controversy with Civility. Additionally, seek the assistance of the brother's close friends and respected leaders and alumni of the chapter to help you convey your concerns to the chapter brother.



## 21<sup>ST</sup> BIRTHDAY CELEBRATIONS

### **WHAT ARE THEY?**

Often known as celebrating the coming of legal age to consume alcohol, 21<sup>st</sup> birthday celebrations occur on college campuses nationwide with alcohol as the centerpiece. Oftentimes, these celebrations are hosted at a bar and involve symbolic consumption of alcohol (i.e. 21 shots of hard liquor or 21 glasses of beer commemorating 21 years of age). Even if symbolic drinking is not present, these celebrations are frequently associated with inebriating the individual celebrating his/her birthday.

### **WHY ARE THEY IMPORTANT?**

Consuming 21 drinks (regardless of their alcohol content) in a 24 hour period or less is extremely dangerous and can have fatal consequences. Additionally, the peer pressure of party guests (i.e. buying shots or drinks for the birthday individual) contributes to dangerous levels of alcohol consumption for fear of offending the individual who purchased/provided the drink.

Birthday celebrations create a dangerous air of invincibility for participants that frequently lead party guests to push their limits regarding alcohol consumption. As most college students will celebrate their 21<sup>st</sup> birthdays during the academic year, it is very likely that members of a fraternity will encounter numerous celebrations of this nature.

### **WHAT CAN I DO TO MINIMIZE THE RISK?**

Educating members about the dangers of alcohol misuse and consumption of mass quantities of alcohol is the best form of preventative education. [GreekLifeEdu](#) is one such educational resource that can be utilized for this purpose. Specifically, members should understand the size of a standard drink and recognize the importance of balancing alcohol consumption with consumption of non-alcoholic beverages and food.

Furthermore, chapter leaders should normalize appropriate consumption behaviors and reprimand brothers who display irresponsible alcohol behaviors. For instance, if a brother is overly intoxicated during the weekend, the feat should not be celebrated by chapter members at the weekly meeting; rather, this brother should be asked to speak with the Executive Board or Judicial Board about appropriate alcohol consumption.

Perhaps most importantly: monitor individuals on their birthdays. If a brother is going to celebrate with alcohol on his 21<sup>st</sup> birthday, ensure that he has allies in the chapter who can assist him in refusing excessive amount of alcohol, drinking non-alcoholic beverages and returning home safely.

### **RESOURCES**

- <http://www2.potsdam.edu/hansondj/youthissues/1109125356.html>
- <http://alcoholism.about.com/od/college/a/21for21.htm>



## DESIGNATED DRIVER/FIRST ALERT ISSUES

### WHAT ARE THEY?

A designated driver typically refers to an individual who agrees to abstain from consuming alcohol during an evening so as to remain safely under the legal limit to drive. This individual usually accompanies a group of others who might be drinking to the point of intoxication – or at least to the point of being impaired to operate a vehicle – to ensure that they have safe transportation home. Because they are usually of the soundest mind, designated drivers are oftentimes the first line of defense in identifying issues such as alcohol poisoning.

### WHY ARE THEY IMPORTANT?

Selecting a designated driver ensures that all partygoers in your group have a safe ride home. Designated drivers eliminate the risk of partygoers driving drunk, risking their – and other – lives. The presence of a designated driver also prevents partygoers from having to guess if they are ‘sober enough’ to drive – a gamble that oftentimes leads to jail time, significant fines, a suspended driver’s license and/or the loss of a life.

Additionally, designated drivers serve as able first responders to address potentially dangerous scenarios involving alcohol. These situations could include, but are not limited to:

1. Alcohol poisoning due to binge drinking;
2. Intoxicated partygoers attempting to operate a motor vehicle or walk home alone;
3. Brownouts – a period of partial memory loss – or Blackouts: period of total memory loss most often occurring at BAC levels of .10 - .15%.
4. Physical violence or the threat of physical violence;
5. Unwanted sexual advances/contact or the threat of unwanted sexual contact;

In all of these above instances, designated drivers are best positioned to intervene to prevent further damaging behavior, seek professional medical or enforcement assistance and ensure the safety of partygoers. More information on identifying the warning signs of alcohol poisoning or sexual assault can be found in the [GreekLifeEdu](#) Program.

### WHAT CAN I DO TO MINIMIZE THE RISK?

Ensure that a designated driver is selected **before** you start consuming alcohol. It takes alcohol a significant amount of time to leave your system; hence, an individual who consumes alcohol for majority of the evening but stops drinking a few hours before departure is most likely not going to be well below the legal limit.

Have phone numbers readily accessible for other brothers who might not be drinking that evening or local transportation companies that would be able to transport you home. For larger groups, it is recommended to have multiple designated drivers.

### RESOURCES

- <http://www2.potsdam.edu/hansondj/PreventingDrunkDriving.html>



## CANDIDATE BONDING EVENTS

### **WHAT ARE THEY?**

Candidate bonding activities or events can refer to exercises, games or initiatives that assist in building trust, respect and communication among a group of individuals. These activities could include icebreakers (activities designed to introduce a new group of people to one another), energizers (activities designed to break up monotony or re-energize a group during a session) or initiatives (activities that present a problem and require a group to work together toward a solution). Candidate bonding activities may be more commonly referred to as teambuilding activities.

### **WHY ARE THEY IMPORTANT?**

If utilized correctly, candidate bonding activities can be utilized throughout a chapter's candidate education process. Initially, icebreakers can be implemented to allow members of a candidate class to get to know more about each other and establish a comfort level within the group. Initiatives can be implemented to encourage a group to establish future cohesiveness and effectiveness while working to solve a common problem. Energizers can be utilized to break up LEAD sessions and keep engagement level at a maximum.

Unfortunately, candidate bonding activities can lose their potential to be effective when alcohol is introduced. Additionally, menial tasks and useless physical requirements that constitute hazing are oftentimes touted as candidate 'bonding' activities; however, these activities can have the opposite affect of bringing candidates together. The resentment and frustration that builds during these activities drives candidates away from the active chapter.

### **WHAT CAN I DO TO MINIMIZE THE RISK?**

All candidate bonding activities should be approved by – at a minimum – by the Candidate Marshal and Commander. It is strongly encouraged, however, for activities to be approved by the Executive Board and Alumni Advisory Board/Chapter Advisor. The value of each activity should be readily apparent and easily articulated to not only the candidate class but all external stakeholders of the chapter (e.g. Greek Advisor/IFC and alumni advisors).

Brothers who attempt to implement and/or execute inappropriate candidate bonding activities must be held accountable by the chapter's internal judicial process. Failing to address inappropriate activities implemented by other members of the chapter will only breed continued abandonment of the chapter's core candidate education objectives.

### **RESOURCES**

- <http://www.sigmanu.org/collegiate-members/lead-program/team-building>