



St Mark's College

ALCOHOL POLICY

If you need help or support, contact:

- **the Dean, Professor Peter Tregear**
- **the Director of Learning, Dr Rachel Buxton**
- **the Chaplain, Rev'd Grant Moore**
- **Drug and Alcohol Services of SA: 1300 13 1340 (*confidential counselling and information*)**
- **Headspace: 1800 063 267**
- **other services listed later in this policy.**

About the Policy

This Policy is available on the St Mark's College [student portal](#) and in the student Handbook.

This is a stand-alone Policy. As far as possible, it is consistent with the College's health, safety and welfare management system and with student and staff codes of conduct.

Statement of Commitment

The College is a living and learning environment where every student, staff member and visitor must be respectful and considerate of others. The College operates on the basic principle that our students are young adults and are responsible for what they consume. The excessive use of alcohol does not diminish a resident's personal responsibility for observing community rules and expectations.

Where there is alcohol misuse, students will be supported to seek professional help and advice in a sensitive manner.

St Mark's recognises that safe alcohol consumption in Australia is legally and culturally accepted. Students who are at College and over the age of 18 are legally entitled to purchase and consume alcohol. It is the responsibility of students and staff to ensure that everything is done to minimise the harmful effects of alcohol and that this Policy is adhered to and enforced.

St Mark's College takes a harm minimisation approach towards the use of alcohol. Harm minimisation recognises that the consumption of alcohol can be a part of life for many young people in Australia and seeks to decrease any harm as a result of excessive or anti-social consumption. The College aims for students to develop responsible attitudes and behaviours towards alcohol and to ensure that its consumption does not prevent students from engaging energetically with College life and their university studies.

All activities at St Mark's are covered by relevant Commonwealth and State laws, and the College's own policies and procedures.

Who is covered by this Policy

This Policy applies to all St Mark's College staff and students, and to their visitors and invitees, on College grounds.

It also applies to everyone (College staff, students and their visitors and invitees) attending and/or participating in College events and activities, whether held on or outside College grounds.

Liquor license requirements apply to all events organised on College grounds or externally by the College Club Committee.

Definitions

Binge drinking	Drinking heavily on a single occasion or drinking continuously over a number of days or weeks. Binge drinking is drinking with the specific intention of getting drunk.
College	St Mark's College Inc of 46 Pennington Terrace, North Adelaide SA
Resident	All residents of the College
Student	A student resident of the College

The Policy

Personal conduct

Residents and their guests who are 18+ years old and who have chosen to consume alcohol are encouraged to drink at lower and safer risk levels. This means up to two standard drinks per day to decrease lifetime risk of harm and up to four standard drinks on one occasion to decrease acute risk of harm on any drinking occasion.

Normal community and legal standards relating to behaviour are applicable in College as they are everywhere else and residents will be face consequences in line with *Behaviour Management Policy* if their conduct is not aligned with the College's and community expectations.

Drunkenness or other intoxication is not a defence for unacceptable behaviour.

Those who choose to consume alcohol must take full responsibility for their behaviour and those who serve alcohol to residents must recognise they have some responsibility for the behaviour of those they serve.

Competitive drinking games which include alcohol and the encouragement or expectation to drink alcohol fast, to excess, or in any other dangerous manner, are not acceptable behaviours.

No resident is to compel or otherwise exert pressure on any other person to drink alcohol, and behaviour should be in line with the St Mark's College No Hazing Policy (Appendix I).

Dry zones

The Academic Centre and the Learning Commons (except when there is an authorised event at which alcohol is permitted), Gym, Chapel and kitchen are dry zones and alcohol is not permitted to be consumed in these areas.

The Dining Hall

Formal Hall and other College events are special occasions and where appropriate, residents are welcome to bring bottled wine or pre-mixed drinks to dinner.

Anyone who is intoxicated is not permitted to enter the Dining Hall.

College Club Events

Event organisers are required to complete an Event Request Form, including the Event Management Checklist, which is to be lodged with the Dean at least fourteen days prior to the event. College Club funds are not normally to be used to distribute alcohol free of charge at student functions. Permission for this to occur must be obtained from the Dean. Alcohol should not be available at events in excess of lower risk consumption levels. This means that alcohol should be catered for at a maximum of four standard drinks per attendee.

Liquor Licence

All student-organised events at which alcohol is served must adhere to the Liquor Licence requirements in South Australia.

College Club Committee Members and/or those in charge of organising an event are required to apply for a liquor licence and forward it to the Dean prior to event approval. Event organisers must understand and abide by the conditions of the Liquor Licence at all times.

Display of Liquor Licence signage is required in a prominent location during the event.

Advertising and Promotion of events

The College does not condone the following, and events where this is the case will not be approved:

- Promotional activities offering inducements or otherwise encouraging drinking as the major objective
- Customs or activities that exert social pressure on students to drink or to drink to excess, particularly competitive, binge, or excessive drinking practices
- Alcoholic drinking games and other activities that promote binge drinking or rapid intoxication.

Sanctions will apply for such behaviours.

People under the age of 18

St Mark's College is committed to providing an environment that is safe for all children living at or visiting its premises. As such, no person under the age of 18 is permitted to consume alcohol on College grounds or at College events. This includes in the private rooms of residents. Furthermore, no student, staff member or guest is permitted to supply alcohol to persons under 18 years of age.

Underage guests must be accompanied by a responsible adult at all times on College grounds.

Responsible Service of Alcohol

Student activities at St Mark's must adhere to the relevant Commonwealth and State laws, in addition to the following:

- No intoxicated person is permitted to enter a Club Event as delineated by the liquor license boundaries
- No person who exhibits signs of intoxication is permitted to be served alcohol at the Event
- Quality non-alcoholic drink options are to be given equal prominence as alcoholic beverages at the bar
- Water is to be available and clearly visible at the bar
- Individuals who serve alcohol are to be accredited with SA Responsible Service of Alcohol, a copy of which needs to be provided to the Dean
- Alcohol must not be removed from the designated Event area as determined by the Liquor License
- It is the responsibility of the event organisers to discuss with the Dean and Caterers to ensure that arrangements are made for food to be provided

Visitors to the College

Residents are responsible for ensuring that their visitors and guests comply with this Policy.

Events where external guests are in attendance need prior approval and a full list of attendees provided to the Dean prior to commencement of the event, including notification of any attendees under the age of 18.

Roles and Responsibilities

The College is responsible for implementing this Policy and responding to reports of alcohol misuse or harm.

Every person covered by this Policy (see **Who is covered by this Policy** above) is responsible for familiarising themselves with and adhering to this Policy and is responsible for their own safe decisions regarding the consumption of alcohol.

The Dean is responsible for the implementation of this policy.

Being an ethical bystander

College residents take pride in maintaining their own wellbeing as well as that of their friends and others at all times. If there is injury or risk of injury resulting from excessive consumption of alcohol, residents are encouraged to call for help regardless of alcohol or substance use.

To be a proactive bystander, residents should:

NOTICE an incident as one that needs their assistance or awareness.

Take **RESPONSIBILITY** for intervening. Residents are encouraged to be the leader that steps up and takes on the responsibility for doing something or who engages others in intervening as a group.

Be **READY** to intervene by having the skills and practicing or seeking additional support.

Alcohol and Informed Consent

Informed Consent

Residents have the right to make choices free from peer pressure and with a clear understanding of the facts and potential outcomes of that choice. This is informed consent and must be considered when consuming alcohol. Therefore, residents should understand the following:

- Intoxicated people cannot give informed consent
- Informed consent requires people to be free from the influence or coercion of others
- Informed consent requires the person to be aware of the relevant facts

Informed consent and consumption of alcohol

All people have the following rights regarding the consumption of alcohol at College:

- To know how alcoholic a drink is
- To be given sufficient information to understand what they are agreeing to
- To be given free choice to opt in or out without fear or pressure
- Be permitted to change their mind at any time

Alcohol, Respectful Relationships and Consent

Engagement in sexual activity should only ever be undertaken where strong and positive consent is freely given and maintained by all parties involved.

Consent cannot be given when a person is intoxicated. Where consent cannot be obtained from all parties, sexual activity must not occur.

For further information refer to the College's Sexual Assault and Sexual Harassment policies (Appendix F).

Behaviour Management

If a resident of the College displays an inability to use alcohol responsibly by breaching any of the above clauses, a complaint may be referred to the Head of College or Dean in person, by phone or in writing.

When a resident's alcohol consumption is consistently excessive, or a resident demonstrates unacceptable behaviour resulting from the over-consumption of alcohol, the College reserves the right to take appropriate action in accordance with the *Behaviour Management Policy*.

Immediate intervention is managed through personal interview and may result in a management strategy which may include:

- Consequences under the *Behaviour Management Policy*
- Individual follow up and monitoring
- Referral for ongoing counselling to an appropriate external professional.
- A behavioural contract
- Suspension or expulsion from the College

Procedural Fairness

The College will respect the rights of respondents throughout any investigation and behaviour management process. We acknowledge that respondents are entitled to the presumption of innocence. For the purposes of its own investigation and behaviour management interventions, the College acts according to an appropriate standard of proof.

Seeking Support – within the College

The College encourages anyone who is concerned about themselves or their peers to seek support as soon as possible, so that they can be helped and supported.

The following people at the College have received appropriate training in this area

- Head of College
- Dean
- Director of Learning
- Chaplain
- Assistant Dean
- Residential Advisors

Seeking Support – other sources

Aside from the sources of support at College, there are many other support services for anyone who would like to learn more about alcohol related harm or to seek support for alcoholism or behavioural issues relating to alcohol consumption.

Support persons at College can help anyone affected to access these services.

[Drug and Alcohol Services of South Australia](#)

[Headspace](#)

[University of Adelaide counselling service](#)

[University of South Australia counselling service](#)

[Flinders University counselling service](#)

[Legal Services Commission of SA](#)

[SA Police – Emergency assistance \(including ambulance\): phone 000; non-urgent police assistance: phone 131 444](#)

Education and training

The College recognises its obligation to take all reasonable measures to ensure that up to date and relevant information is made available to residents about the effects, both short and longer term of using alcohol and other addictive substances.

All resident students must participate in College-provided education programs on alcohol awareness and harm minimisation.

Tips for Safer Alcohol Consumption

The following information is drawn from the 2009 *Australian Guidelines to Reduce Health Risks from Drinking Alcohol*:

There is no safe level of alcohol consumption, only relatively higher or lower levels of risk. For healthy men and women, **lower risk drinking** means consuming **no more than two standard drinks per day** to reduce the lifetime risk of harm from alcohol-related disease or injury drinking, and **no more than four standard drinks on a single occasion** to reduce the risk of alcohol-related injury arising from that occasion.

The *Australian Guidelines* define a standard drink as containing 10g of alcohol (equivalent to 12.5ml of pure alcohol). A serving of alcohol frequently differs from a standard drink.

How much is a standard drink?	
Can/Stubbie low-strength beer	= 0.8 standard drink
Can/Stubbie mid-strength beer	= 1 standard drink
Can/Stubbie full-strength beer	= 1.4 standard drinks
100ml wine (13.5% alcohol)	= 1 standard drink
30ml nip spirits	= 1 standard drink
Can spirits (approx 5% alcohol)	= 1.2 to 1.7 standard drinks
Can spirits (approx 7% alcohol)	= 1.6 to 2.4 standard drinks

Image: Approximate guide to standard drinks

General tips for safer alcohol consumption:

- Quench your thirst with a non-alcoholic drink
- Eat before you drink
- Drink alcohol slowly
- Alternate alcohol with non-alcoholic drinks (especially water)
- Count your standard drinks
- Learn to identify when you've had enough
- Listen to your friends when they say you've had enough to drink
- Look after your friends. Let them know when you think they've had enough and should switch to non-alcoholic drinks
- Do something else while drinking. Don't just drink. Don't get involved in drinking games.
- Arrange safe transport home
- Never mix alcohol with other drugs such as sleeping pills, tranquillisers or cannabis, as this can be a lethal combination
- Respect the needs of other residents of College and the surrounding community to sleep and study

Policy Review

This policy will be reviewed on an annual basis at the start of each year, prior to publication in the student Handbook and on the student portal, to ensure that it is compliant with best practice management and the College's legal obligations.

This policy may be reviewed and revised at other times also.

Policy created: June 2018 (replaces *St Mark's College Alcohol Policy and Guidelines*)

Policy updated: June 2018, February 2020

Policy authorised by: Head of College

Date to be reviewed: January/February 2021