

SCHEDULE A: GUIDELINES FOR THE CONSUMPTION OF ALCOHOL

Approved by the Vice-Chancellor on 14 July 2017. This schedule is made pursuant to the Alcohol policy.

This information is based on [National Health and Medical Research Council](#) guidelines for reducing health risks associated with drinking alcohol.

There is no level of drinking alcohol that can be guaranteed to be completely 'safe' or 'no risk'. The risk of harm increases the more you drink. These guidelines set out advice on the level of drinking alcohol that will enable healthy adults to keep their risk of alcohol-related accidents, injuries, diseases and death low both in the short and long term.

Guideline 1: Reducing the risk of alcohol-related harm over a lifetime

Provided you are healthy, you can reduce your lifetime risk of harm from alcohol related disease or injury by limiting your daily intake to no more than **two** standard drinks.

Guideline 2: Reducing the risk of injury on a single occasion of drinking

Provided you are healthy, you can reduce your risk of harm from alcohol related disease or injury by limiting your intake to no more than **four** standard drinks at a particular out-of-hours function or event.

How this applies at Deakin

- G2.1 The University does not condone staff and students over 18 consuming more than two (2) standard drinks of alcohol during learning and working hours at any employer/University function.
- G2.2 The amount of alcohol to be provided at an out-of-hours function by the employer can be calculated using the four (4) standard drinks limit in combination with a knowledge of the number of participants.
- G2.3 All alcohol 'brought in' by Deakin students on residence at BYO events must be in pre-packaged containers that clearly stipulate the number of standard drinks contained within. The standard drinks stipulated on the package are the primary means of determining the number of standard drinks consumed by individuals.

Guideline 3: Children and young people under 18 years of age

For children and young people under 18 years of age, not drinking alcohol is the safest option.

How this applies at Deakin

- G3.1 Individuals under 18 must not be supplied with alcohol.
- G3.2 No individual is to consume alcohol when they are under the legal drinking age (i.e. under 18 years of age) at Deakin premises or Deakin sponsored or controlled events.

Guideline 4: Pregnancy and breastfeeding

For women who are pregnant, planning a pregnancy, or breast feeding not drinking is the safest option.