

the RED CUP Q&A

separating alcohol fact from fiction

wildfact

Did you know? Arizona Athletics gives out great prizes to randomly chosen members of the ZonaZoo in the fourth quarter for staying the whole football game. (from Greg Byrne's Wildcat Wednesday)

Tailgating Tips

Tailgating: A tailgate party is a social event held on and around the open tailgate of a vehicle. Tailgating, which originated in the United States, often involves socializing, eating and drinking.

Not all students drink alcohol at tailgates, but if you choose to, follow these simple tips to ensure that you make it to the football game to cheer on the Wildcats!

- **Eat.** Before, during and after consuming alcohol. Food helps to dilute alcohol in the stomach and slows the absorption of alcohol into the small intestines, meaning you have a better chance of staying in your sweet spot (usually a BAC of 0.05 or under).
- **Drink Water.** Alcohol is a diuretic, which is why when you're drinking you may have to pee often. This can cause dehydration, a common cause of headaches and hangovers.
- **Pace Yourself.** Drinking too much alcohol, too fast, can kill you. It can

also lead to blackouts, which prevent you from remembering your experience. In 2014, 57% of UA students report alternating with non-alcoholic beverages.¹

- **Choose beer instead of liquor.** Beer has less alcohol by volume, which can encourage pacing and help you enjoy every aspect of the tailgate and game. UA tailgate policy only allows for beer and wine anyway!
- **Designate a Driver.** 90% of UA students reported having a designated driver when they drink.¹ Be sure you have a sober driver to get you home after celebrating Wildcat wins!
- **Wear Sunscreen.** We all know the Tucson sun can be brutal! Sunscreen can help prevent sunburn, and even heat exhaustion. Wearing your favorite red and blue hat can also help protect you from harmful rays and help keep you cool.
- **Bear Down!**

1. 2014 UA Health & Wellness Survey, (n=1,941)

Got a question about alcohol? Email it to redcup@email.arizona.edu



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