

Alcohol Policy

If you need help or support, contact:

- Dean, Mr Stuart Meldrum
- Director of Wellbeing, Ms Sally Cassidy
- Director of Learning, Dr Katrina Stats
- Adviser and Special Projects, Dr Rachel Buxton
- Chaplain, Rev'd Canon Steve Daughtry
- Drug and Alcohol Services of SA: 1300 131 340 (confidential counselling and information)
- Headspace: 1800 063 267
- other services listed later in this policy.

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 must be responsible for what they consume. The excessive use of alcohol does not diminish anyone'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 the College and over the age of 18 are legally entitled to purchase and consume alcohol. No one should ever be coerced or pressured into drinking when they do not want to, or to drink more than they want to.

It is also important to recognise that excessive consumption of alcohol creates many risks to the individual concerned, and to others. **Almost all behavioural problems in the College – some with significant adverse effects for individuals – arise in the context of irresponsible consumption of 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 achieving their potential in their university studies.

Social activities which involve alcohol must be run in a way that is consistent with the responsible service and consumption of alcohol. Non-alcoholic drinks must be equally prominent, and food must be served whenever alcohol is served.

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 visitors and guests, on College grounds.

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

Liquor licence requirements apply to all events organised on College grounds or externally by the College Club Committee or other relevant groups.

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 resident student of the College

The Policy

Personal conduct

Members of the College and their guests who are at least 18 years old and who have chosen to consume alcohol are encouraged to drink at responsible risk levels. This means no more than two standard drinks per day to decrease lifetime risk of harm, and no more than four standard drinks on one occasion to decrease acute risk of harm on any drinking occasion. The current National Alcohol Guidelines state "to reduce the risk of harm from alcohol-related disease or injury, healthy men and women should drink no more than 10 standard drinks a week and no more than 4 standard drinks on any one occasion" (nhmrc.gov.au/health-advice/alcohol).

What is a Standard Drink?

What is a standard drink?

 Australian Government
National Health and
Medical Research Council

 <p>LIGHT BEER 425 ml 2.7% alc/vol</p>	 <p>MID STRENGTH BEER 375 ml 3.5% alc/vol</p>	 <p>FULL STRENGTH BEER 285 ml 4.9% alc/vol</p>	 <p>REGULAR CIDER 285 ml 4.9% alc/vol</p>
 <p>SPARKLING WINE 100 ml 13% alc/vol</p>	 <p>WINE 100 ml 13% alc/vol</p>	 <p>FORTIFIED WINE <small>(eg. sherry, port)</small> 60 ml 20% alc/vol</p>	 <p>SPIRITS <small>(eg. vodka, gin, rum, whiskey)</small> 30 ml 40% alc/vol</p>

The standard drink is defined in the Australia and New Zealand Food Standards Code.

 www.nhmrc.gov.au/alcohol **BUILDING A HEALTHY AUSTRALIA**

Normal community and legal standards relating to behaviour are applicable in the College as they are everywhere else, and students will face consequences (as provided for in the *Behaviour Management Policy*) if their conduct is not aligned with the College's values and expectations (including as outlined in the *Student Code of Conduct* at Appendix A) and wider 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 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, or to excess, or in any other dangerous manner, are not acceptable behaviours.

No one is to compel or otherwise exert pressure on any other person to drink alcohol, and behaviour must be consistent with the St Mark's College *Anti-Hazing Policy* (Appendix J).

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, members of the College 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 and Assistant Deans at least 14 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. Non-alcoholic drinks must always be prominently available when alcoholic drinks are offered, and food must also be provided.

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 that requires a licence are required to seek the Dean's approval to apply for a liquor licence, apply for the licence on the basis approved by the Dean, and forward the licence to the

Dean and Assistant Deans prior to final 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 a 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; or
- 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 or College-related events. This includes in the private rooms of students. 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 College Club or other event as delineated by the liquor licence 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 Licence;
- 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

Members of the College 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 members should take pride in always helping in appropriate ways to maintain the safety and wellbeing of others as well as of themselves. If there is injury or risk of injury resulting from excessive consumption of alcohol, students are encouraged to call for help regardless of alcohol or substance use.

To be a proactive bystander, students should:

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

Take **RESPONSIBILITY** for intervening. Students are encouraged to be the leader who 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 practising or seeking additional support.

Alcohol and Informed Consent

Informed Consent

Everyone has 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. It is important to understand that:

- Consent cannot be given by anyone who is intoxicated (whether by alcohol or any other substance or combination of substances) to the point of being incapable of freely and voluntarily agreeing to the activity;
- 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

- The standard drink per cup of beer or cider served should be calculated and clearly visible at the bar
- If a pre-mixed drink is on offer at any event (e.g., punch), the standard drinks per cup must be calculated and clearly visible at the bar;
- 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; and
- To be permitted to change their mind at any time.

Alcohol, Respectful Relationships and Consent

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

Where intoxication means that genuine informed consent cannot be given, sexual activity must not occur.

For further information, refer to the College's "Sexual Misconduct Policy and Response Procedures" (Appendix F).

Behaviour Management

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

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

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

- consequences under the Behaviour Management Policy;
- individual follow up and monitoring;
- referral for ongoing counselling to an appropriate professional;
- a behavioural contract; and/or
- suspension or expulsion from the College.

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 Wellbeing
- Director of Learning
- Adviser and Special Projects

- Chaplain
- Assistant Deans
- 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. Services include:

- Drug and Alcohol Services of South Australia: sahealth.sa.gov.au/DASSA
- Headspace: headspace.org.au/explore-topics/for-young-people/alcohol/
- University of Adelaide counselling service: adelaide.edu.au/counselling/
- University of South Australia counselling service: i.unisa.edu.au/students/student-support-services/counselling/
- Flinders University counselling service: students.flinders.edu.au/support/hcd/counselling
- Legal Services Commission of SA: lsc.sa.gov.au/

[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 resident students 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 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. This provides an approximate guide to standard drinks:

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

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 back to College if you are away.
- Never mix alcohol with other drugs such as sleeping pills, tranquillisers, or cannabis, as this can be a lethal combination.
- Respect the needs of others in the College and the surrounding community to sleep, study, and work.

Policy Review

This policy will be reviewed on an annual basis at the start of each year, prior to publication in the student Handbook, 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 last updated: January 2025

Policy authorised by: Head of College

Date to be reviewed: January 2026