

Top Ten Strategies To Keep It Low-Risk When going out in the Burg

- 1) Know your limit. No more than 4-5 drinks in an evening and no more than 2 in an hour.
- 2) Consider alternating between alcoholic beverages and non alcoholic beverages.
- 3) Have a strategy to keep track of the number of drinks you consume.
- 4) Eat before, during, and after consumption.
- 5) Know the percent of alcohol by volume in a standard drink: higher alcohol content means quicker impairment.
- 6) Shots of alcohol will result in quicker impairment and shorten your evening.
- 7) Pre-plan for how you will get home. Driving under the influence is harmful to you and the community and can result in serious consequences.
- 8) Avoid mixing alcohol with any type of drug, including prescription medications.
- 9) Stay safe by enjoying your evening with others and by looking out for your friends.
- 10) Make your own choices about alcohol consumption.



Facebook - Frostburg Community Coalition
Twitter - @FrostburgCC
Instagram - frostburg_community_coalition
www.frostburg.edu/coalition



Anonymous Police Tip Hotline

301-687-STOP (7867)

**Your Community Matters...
Your Voice Matters...**

**If you see violations of law
in your community, look out
for your neighborhood and
make the call.**

For emergencies, call 911.

www.frostburg.edu/coalition



<http://www.frostburg.edu/realitycheck/>



One University. A World of Experiences.



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Community Standards for FSU Bobcats



Community Standards

Frostburg is a wonderful community where students and full-time residents live together in one of Maryland's finest small towns. Through a cooperative relationship with law enforcement agencies, the University holds every student accountable for any and all violations of civil and criminal law that occur off-campus.



Inherent Authority

The University reserves the right to take necessary and appropriate action to protect the safety and well-being of the campus community through enforcement of the Code of Student Conduct for behaviors and incidents occurring both on and off the University premises.

Improper Possession, Use or Abuse of Alcoholic Beverages

Students under 21 years of age may not possess, purchase, sell, provide, or consume any alcoholic beverages on or off-campus. Students 21 years of age or older may not purchase, sell, or provide alcohol to underage persons on or off-campus. Abuse of alcohol, dangerous levels of intoxication, driving under the influence of alcohol, or acting as social host who provides a location or opportunities for others to violate the University's alcohol policies (including underage drinking) on or off-campus shall constitute a violation of this policy regardless of age.

Possession or Use of Drugs

A student shall not possess or use any illegal or controlled drug or other substance, as defined by the laws of the state of Maryland, or drug paraphernalia of any kind other than those used under the direction of a physician by the individual prescribed, and in accordance with the Drug-Free Schools and Communities Act (1989), are strictly prohibited. No student shall sell or give such drug or substance to any other person. Students found responsible for use, possession, or sale of illegal drugs or drug paraphernalia of any kind may be subject to discipline including a recommended sanction of suspension or expulsion from the University.

Disorderly or Disruptive Behavior

The University will not tolerate disorderly or disruptive conduct which substantially threatens, harms, or interferes with university personnel or orderly university processes and functions. Disruptive behavior includes, but is not limited to, public urination, lewd behavior, yelling profanity, creating disturbances requiring police or emergency response, and other actions which disrupt normal university functions, activities, and processes. Additionally, disruptive behavior may occur on or off-campus by participating in disturbances that obstructs vehicle traffic or sidewalk egress in an unauthorized manner, interferes with public safety personnel in the performance of essential functions, or activities that may substantially harm the institutional reputation of the University.

Off-Campus Student Behavior

The University reserves the right to take appropriate action and/or initiate conduct proceedings when behavior of an individual or individuals presents a danger to the health, safety, and well-being of others in the community. Students are expected to conduct themselves in a manner that demonstrates their respect for the rights of others. Also, individuals engaging in activities off campus have a responsibility to conduct such activities within the laws and ordinances of the community. Additionally, students are expected to avoid behaviors that disrupt neighbors, create unruly gatherings, or negatively impact the reputation of the University. Students hosting parties at off-campus locations are responsible for the size of the event and activities that occur at the property. Conduct that may result in policy violations include:

- (a) overrun occupancy or capacity of the dwelling or property;
- (b) noise complaints;
- (c) littering;
- (d) public urination;
- (e) unmonitored open-source alcohol containers that result in dangerous levels of intoxication by guests;
- (f) underage consumption of alcohol;
- (g) open container violations;
- (h) blocking vehicle traffic or sidewalk egress;
- (i) disorderly conduct;
- (j) physical assaults;
- (k) illegal substance abuse behaviors.

