

Don't Get CAPPed!

In an effort to curb noise complaints and encourage party-givers to have safe and responsible parties, the San Diego Police Department implemented the Community Assisted Party Program (CAPP).

Your house can be CAPPed for a variety of reasons, such as, excessive noise, littering, public drunkenness, underage drinking, illegal parking and increased traffic.

For more information, contact SDPD (858) 531-2000

***Be a Responsible Host
and Have Fun!!***

Alcohol and Other Drug Services

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Thanks to www.maddorangecounty.org

Alcohol and Other Drug Services

SOCIAL RESPONSIBILITY

What every host needs to know.



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What every host needs to know

Social Responsibility encompasses everything from planning a party menu to assessing how guests will get home safely once the party is over. Your role as a responsible party host can keep your friends and family safe.

- Don't rely on coffee to sober up your guests. Only time can make someone sober. It takes an hour and a half for the alcohol from one standard drink to leave the body.
- One standard drink is equivalent to 12-ounces of beer, 5-ounces of wine, and 1.5 ounces of hard liquor.
- Mixers won't dilute alcohol. They can actually cause alcohol to be absorbed into a person's system more quickly. Fruit juice and other mixers mask the taste of alcohol and may cause people to drink more.

1. Most importantly, set the standard and do not drink too much yourself. As the host, you can avoid potential problems when you can think clearly and act quickly.



Remember that having coffee after drinking doesn't sober you up.

2. Plan ahead. Being proactive will help ensure that you and your guests have a safe and enjoyable party.

3. Stop serving alcoholic beverages at least an hour before the party is over. Bring out more alcohol-free drinks and food.

4. Find out how guests will be getting home from your party. Promote the use of designated drivers and keep cash and telephone numbers on hand for taxis. Encourage your guests to leave their cars at home and take public transportation. Be prepared to take away car keys.

5. Have a plan to deal with any guest who drinks too much. Before the party, ask someone reliable to help you keep things under control.

6. Have a designated "bartender" instead of having an open bar, as guests usually drink more when they serve themselves. Avoid serving double-measure drink servings.

7. Be prepared for overnight guests with some clean linens and extra pillows.

8. Serve high-starch and protein food throughout the party such as meats, veggies, cheeses, light dips, and breads.



Always have taxi numbers at hand or programmed into your cell phone.

9. Always provide alcohol-free beverages such as soda, water, tea, or mocktails. Putting a case of bottled water by the door helps cut down on drinking. Drink 8-ounces of water between alcoholic drinks.

10. Plan activities like party games or door prize drawings. Planned activities engage people and make for less active consumption of alcohol.