HOOS BEING A GOOD TEAMMATE?

BE AWARE

DOES A TEAMMATE...¹

- Drink alone or hide drinking from others?
- Pressure others to drink?
- Have conversations, stories, and social activities that always involve alcohol?
- Pass up on meals, studying, or other activities because of hangovers?
- Have unexplained cuts or bruises, or seem rundown and sick most of the time?

If yes to any of the above, he or she may have a problem with alcohol

HOW CAN YOU HELP?

5 STEPS TO HELPING A TEAMMATE²

“I Care” Let the person know that you care and you need to discuss something very important.

“I See” Discuss actual events that you have observed, not hearsay. Remember you are criticizing the behavior, rather than the person.

“I Feel” Use “I statements” to reveal your feelings. Saying, “You have a problem” can be denied, but saying “I’m scared for you” is hard for your friend to refute.

“I Wonder” Check-in with the person to gage their reactions/commitment to change, i.e. “what do you think about talking to your trainer or see someone from CAPS.”

“I Will” Specify what you will or will not do. Be very careful to set ultimatums only if you can stick to them.

SIGNS OF ALCOHOL POISONING

REMEMBER P-U-B-S

Puking: vomiting while passed out
Unresponsive: no reaction to firm pinch
Breathing: slow and shallow; irregular
Skin: cold and clammy; blue.

If you see any one of these signs, call 911 immediately.

RESOURCES

- SAMs
- Your Team Athletic Trainer
- Gordie Center for Substance Abuse Prevention
- CAPS Daytime: 434-243-5150
- CAPS After hours: 434-972-7004

¹ Firth & Maslow (2004) For the Athlete: Alcohol and Athletic Performance
² BACCHUS Network Certified Peer Educator Training Manual
Created by Taylor Levine, UVa Rowing 2013
Designed by Sara Neel, UVa 2015