

## Alcohol Management

*Drinking too much alcohol can harm your health, rugby career, relationships, & family life. Over time excessive alcohol use can lead to the development of diseases & other serious issues.*

### Why do you drink alcohol?

Beliefs about alcohol trigger certain feelings & actions. Know your triggers!

- Is it stress? Family problems? Need to have fun? To look cool to the opposite sex? Feeling angry about something? To fit in - be like the others?

Emotions, the environment you are in, the time of day, and beliefs influence the amount of alcohol you drink, & it's effect on you.

### Making better choices:

- Know your triggers. Why do you drink alcohol?
- Keep an eye on what you are drinking; set limits for yourself & stick to them.
- Know what a standard drink is & find a way to keep track of what you are drinking.
- Eat before or while you are drinking.
- Alternate alcoholic drinks with water or non-alcoholic drinks.
- Don't drink & drive. If you are going out in a group, nominate a designated driver, or take a taxi home.
- Nothing good happens after 1am.

#### WHAT IS A STANDARD DRINK?

#### WHAT DOES A STANDARD DRINK LOOK LIKE?

STANDARD DRINKS  
**1.0**  
APPROX.

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\* This information is a guide only and has been sourced from the Australian Government Department of Health at [www.alcohol.gov.au](http://www.alcohol.gov.au)

friends & relationships.

### Alcohol & sporting performance

- Dehydration.
- Slowed reaction time & balance.
- Decreased testosterone levels which negatively effects muscle growth & development.
- Cancels out any fitness gains you may have received from training.
- Poor sleep quality.
- Unwanted weight gain & body fat.
- Disrupts the recovery process. Stays in your system for up to 3 days.

- If you think you have a drinking problem get help.
- Ask for help from your local AA or other service providers who can assist you.
- Be responsible!

### If you choose to drink do so in moderation



For Men:  
No more than 3 standard drinks over 2 hours



For Women:  
No more than 2 standard drinks over 2 hours  
If pregnant - No alcohol

*If you choose to have a social drink, these guidelines should help you stay on the right side of the legal limit. Note: The legal limit differs from country to country.*