



TRR Alcohol and Substance Abuse Policy

TRR strives to be respectful and considerate of all our veteran participants and volunteers. Having a policy that addresses the use of alcohol, marijuana, prescribed medications, and over the counter medications presents many challenges. The majority of the time our veterans and participants act responsibly. However, we have had some incidents of abuse - and the consequences of those are often of some magnitude. We hope this **policy and guidance** may lead to a reduction of those events and bring some comfort and support to our clinic leaders and chapter coordinators.

Please review the following in an attempt to provide both guidance and a policy in a balanced manner while recognizing that it is difficult to address all the complicated issues, situations, and expectations.

Policy Summary

This policy statement cannot cover all situations. It can get confusing and overwhelming when dealing with this topic but here are some takeaways:

- **Clinic leaders, event leaders and chapter coordinators may choose to lead alcohol- and marijuana-free clinics and should communicate to participants whether alcohol will be allowed, and if so, when and where.**
- **If the clinic leader or chapter coordinator decides to allow alcohol and marijuana then:**
 - **Consumption of alcohol, marijuana (either recreational or prescribed) or any other mind altering substances are strictly prohibited prior to or during paddle events. (A good rule of thumb is requiring an 8 hour cut off of alcohol prior to paddling.)**
 - **Consumption of alcohol after paddling is completed is limited to either two 12 ounce beers, two glasses of 8 ounce wine, or two beverages of one ounce of hard liquor or any combination not to exceed two beverages.**
 - **Consumption of marijuana after paddling (where legal or with a prescription) must not result in obvious intoxication and must be done in a respectful manner.**
- **Failure to comply with these requirements may result in the offending participant being prevented from paddling and/or being asked to leave the event. Probation and ultimately suspension for repeated incidents may result.**

Policy Discussion

TRR's role is to provide health and healing to our participants. We do not have an opinion about the use of alcohol except to note that many of our participants struggle with the use of alcohol and other substances and that its overuse or use at the wrong time by anyone can jeopardize our participants and others. We need to be mindful of those who struggle with alcohol use while striking a balance for those who choose to partake in a controlled manner while not placing our clinic leaders and chapter coordinators in an uncomfortable situation.

Clinic leaders have the responsibility and authority to address any situation that involves alcohol that can threaten the health of individuals.

Clinic leaders should at all times model expected behavior and TRR standards.

Clinic and day event leaders have the authority to not allow someone to paddle if they believe that person to be intoxicated, under the influence or impaired.

Clinic and event leaders have the authority and responsibility to ask individuals to stop drinking at a clinic if they believe the individual is slipping beyond responsible use. A participant who does not submit to the request may at the clinic leader's discretion not be allowed to paddle the following day. If the clinic leader decides ANY person is not contributing to a positive environment, or is argumentative, they may ask that person to leave the clinic.

Clinic leaders have the authority to deny specific individuals from consuming alcohol or other substances.

Clinic leaders and chapter coordinators need to protect veterans and volunteers but not place themselves in a potentially confrontational or dangerous situation.

In a situation that's escalating, if possible, wait until the next day to discuss the matter.

We have had very few incidents considering the number of participants and paddle events but we need to strive to have less. The magnitude of the consequences on our participants is high.

TRR Paddle Events

To achieve our goal we need to be driven to provide a safe environment. All paddlesports have dangers that require the utmost attention and awareness. Alcohol, marijuana, prescribed medications, and over the counter medications can affect our awareness of danger, our judgment, our ability to respond correctly and with agility, and our balance. Not only do each of

us need to paddle safely but realize our obligations to others on the water; we need to not create situations that may put our fellow paddlers in danger.

To that end alcohol and legal marijuana will not be allowed prior to and during any TRR on water event for clinics and local chapter events. This is to be strictly communicated and enforced. Failure to adhere to this policy should result in the participant NOT paddling that day and receiving a formal verbal and written notice of failure to comply with our utmost important policy.

Prescribed medications and over the counter medications can also have serious effects on our paddling and create dangerous situations. Participants and volunteers using prescribed medications or over the counter medications that can produce an altered state of awareness are obligated to notify the paddle leader and discuss the matter. In some cases, depending on the prescription and its effects, the participant may consider refraining from paddling.

Clinic leaders, chapter coordinators, and paddle leaders are strongly encouraged to communicate the above policy and enforce it. They will have TRRN's full support towards ensuring the highest safety.

Off water events

Clinic leaders and chapter coordinators as leaders of any event have the authority to discourage or not allow the use of alcohol and medical/recreational marijuana. Clinic leaders should communicate to potential participants whether the clinic will be alcohol free or not, well in advance of the clinic so participants are aware and can choose whether or not to attend.

If the clinic leader or chapter coordinator decides to allow alcohol it is **TRRN's policy to limit alcohol consumption to either two 12 ounce beers, two glasses of 8 ounce wine, or two beverages of one ounce of hard liquor or any combination not to exceed two beverages post water events.**

Many TRR participants and volunteers are on a journey of good living by abstaining from alcohol and we need to support this. Loud and out of control drinking and partying is very often unsettling and disturbing to people in recovery and while alcohol may be used in a responsible manner, this type of scenario should be avoided at all costs.

Clinic leaders, as official TRR leaders, should refrain from personally buying or bringing alcohol to TRR events for other clinic participants. If alcohol is allowed, participants and volunteers should buy or bring their own. This reinforces that the use of alcohol is a personal decision and not encouraged or promoted by a TRR leader.

If the clinic leader allows alcohol this policy needs to be communicated prior to the event and then consistently enforced. We do not expect clinic leaders to have to count beverages.

Participants and volunteers should be communicated with and responsible behavior encouraged. We do not intend to place any clinic leader in a difficult position of having to enforce this policy, so if the clinic leader feels uncomfortable confronting someone about this then they would be better to have an alcohol free environment. TRRN supports the clinic leaders decision to hold an alcohol free clinic. And to notify participants and volunteers before the clinic.

The clinic leader and chapter coordinator has the authority and responsibility to clearly communicate the use of alcohol and self medications. At any time leaders can ask inappropriate actions to be curtailed. That is a subjective call and while all such calls may not please everyone, that's ok. They also have the right to keep someone from paddling the next day or if an action is significantly inappropriate to remove an individual from immediate TRR water or land events.

Riverside post paddling at the takeout often entails having a cold one. Please respect local laws and governance. Be aware that drinking in public and in front of park rangers, city officials, families and potential donors does not create a positive TRR image. Additionally, alcohol and Medical Marijuana is forbidden on Federal and most State land. There are no direct rules here except to strongly be aware of your environment. If there is alcohol, don't encourage it though and don't bring yours to share. You are the leader and should set the tone by your actions to convey the right message. Of course watch and guard others from drinking and driving in excess.

Eating out and drinking

Again there are no defined rules but encourage responsible use of alcohol and protect your people as best you can. This can be a difficult situation but just as you wouldn't want a friend to drink and drive after 2-3 beverages nor should you for anyone in your clinic to do so. If need be, ask someone else to help intervene or drive or call a taxi/Uber.

Use of marijuana.

Some individuals may have a physician's note to medicate with marijuana or other medications. Regardless of this, paddling after its use can jeopardize the user and create dangerous situations for others. Like alcohol, any use of marijuana prior to or during padding is not allowed and participants will not be allowed to paddle while under the influence.

There is no one clear catch all policy that realistically will achieve everything we are working towards. Good judgment and envisioning others' actions and your own actions can help. Everyone is encouraged to call TRRN at any time to ask questions, share an opinion, or explain anything making you uncomfortable.