



# News Release

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## What's Your Game Plan for Super Bowl Sunday?

**Portland, OR** — The Super Bowl is one of the most watched sporting events of the year. Millions tune in to cheer for their favorite team (or their favorite commercials) and socialize with good food and drink. A crucial element to Super Bowl viewing success is knowing what you'll be doing before, during, and after the big game. That means knowing where you're going, what you'll be doing while you're there, and how you'll be getting home.

The Oregon Liquor Control Commission would like to remind football fans to make sure that they have a game plan for safe travel on game day. "Nobody wins when fans drive drunk," says OLCC Executive Director Steve Marks. "If you're going to be celebrating the big game with alcohol, please plan ahead so everybody wins and your loved ones get home safely."

If you're hosting a Super Bowl party:

- **Serve plenty of food and have lots of drink choices – not just beer, wine or other alcoholic beverages.** Have many types of snacks, goodies and more substantial food available throughout the party. Offer snacks while the game is on and keep the buffet stocked. Give your guests drink options such as water, juice and soft drinks.
- **One drink at a time!** Serve only one alcohol beverage a time to each guest. If you are serving mixed drinks, measure carefully rather than "eyeballing" it. This can help prevent overconsumption.
- **Never serve anyone under 21.** Don't serve minors, even if your guests say their children are allowed to drink at home. Your house, your rules, and safety should prevail.
- **Adhere to stadium rules: no alcohol after the third quarter.** Serve dessert and coffee rather than more drinks in the fourth quarter. NFL stadiums quit serving alcohol after the third quarter, and this is a good policy to follow at your party.
- **You're the referee.** Serve drinks yourself so you can monitor how much your guests are drinking. Drink moderately yourself so you can supervise the party properly. Limiting your own alcohol intake will allow you to better determine if a guest is sober enough to drive at the end of the night; or offer to drive guests home if they need it.
- **Establish the ground rules in advance.** If your guests are drinking, make sure they have a safe ride home. Have phone numbers for cab companies, or use apps such as Uber and Lyft.

If you are heading out to watch the game:

- **Travel plans.** Consider taking public transit, a cab, or a service such as Uber or Lyft to and from your game day gathering; you can easily arrange the details ahead of time and then relax, knowing you have made plans.
- **Give your keys to a friend who will not be drinking.** If you do drive to your destination, this will take away the temptation to drive after drinking altogether.
- **Drink smart.** Limit yourself to one or two drinks before halftime. Pace yourself and remember that alcohol content can vary widely according to what you drink. Switch to water or a non-alcoholic beverage after the third quarter.
- **Eat plenty of food.** Having food in your stomach will slow the absorption of alcohol.
- **Buckle up.** When you ride home with your sober driver, make sure you—and your driver—wear a seat belt. It's your best defense in a crash.

Nationally, nearly 10,000 people lose their lives each year in alcohol-related crashes. DUII arrests increase on Super Bowl Sunday, and sports fans should be aware that the OSP, local sheriffs and police departments plan to have extra traffic patrols on game days to keep the roads safe for fans. You can also help local law enforcement by reporting impaired drivers to 9-1-1 or OSP at 1-800-24DRUNK (1-800-243-7865).