



FRMT NEWS

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THIRSTY THURSDAYS: ARE THEY A PROBLEM ON YOUR CAMPUS?

By: Bobbi Larsen, Education Consultant, HRH/Kirklin & Co. LLC and an initiate of Alpha Chi Omega

UrbanDictionary.com defines Thirsty Thursdays as, "An early start to the weekend for many college students who go out and get sloppy on Thursday night." This attitude in which students feel free to binge drink and, in effect, extend their weekends, has long been considered a problem by those concerned about alcohol consumption among college students. A recent study led by Dr. Philip K. Wood, a psychology professor at the University of Missouri, confirms that belief. The study followed 3,341 students over the course of 8 semesters, and looked at their drinking patterns and class schedules. The study showed that students with no classes on Friday mornings or classes that began after 12:00 noon on Friday drank almost twice as much on Thursday nights as those with classes on Friday morning.

Men who drank on Thursday consumed an average of 6 to 7.5 drinks; for women the average was 4 to 5 drinks. Binge drinking is defined as 5 or more drinks for men and 4 or more drinks for women. According to Dr. Wood, "Approximately two-thirds of students who consumed some alcohol Thursday consumed a binge amount if they had late or no Friday classes." In addition, students who were involved in the Greek system or who participated in Greek activities had higher average consumption rates.



Some schools are fighting back. The University of Iowa hopes to encourage more Friday classes by offering a financial incentive to departments that schedule more Friday classes. Currently, there are 2,400 class sections offered each day Monday through Thursday, and only 1,400 sections on Friday. University officials hope this voluntary incentive program will discourage binge drinking on Thursday nights by creating consequences to that behavior. Framingham State University is considering whether to require more Friday classes, while Clark University in Worcester, Massachusetts implemented the change four years ago. The Clark University former Dean of the College believes that students are taking academics more seriously as a result of more Friday classes.

A report issued last spring by the National Center on Addiction and Substance Abuse at Columbia University contrasted alcohol use with statistics gathered in 1993 and 1994. The report stated that not only is alcohol still the main drug of abuse on college campuses, but students who drink and binge drink now are more likely to do so frequently. Number 4 on the report's Top 10 list for Colleges & Universities to Prevent & Reduce Student Substance Abuse advises them to, "Hold student classes and exams Monday through Friday." Other organizations concerned with binge drinking on campus have made similar suggestions. The Franklin Square Group, in their *Call for Values Congruence*, recommends "Reestablishing a five-day academic week." A *Call to Action: Changing the Culture of Drinking at U.S. Colleges* from the National Institutes of Health suggests, "Reinstating Friday classes and exams to reduce Thursday night partying; possibly scheduling Saturday morning classes."

Even if campuses do not reinstate more sections of Friday classes, other steps can help limit binge drinking on Thirsty Thursdays. Fraternities and sororities can take the lead in changing this kind of campus culture. Take advantage of all the sporting events broadcast on Thursday nights and host a viewing party. Schedule philanthropic activities on Thursday nights. Change things around on your campus had encourage sororities to host functions at their houses on Thursdays. Interesting, non-alcoholic events should be scheduled for Thursdays, and they shouldn't end at 9:00 p.m. Those events should be abundant, actively promoted and well utilized. Students should also be held accountable by their professors and their chapters for missing classes on Fridays, or for attending classes hung over or sleepy. Social norming campaigns can be used to correct students' misconceptions that everyone binge drinks on Thursdays. The values of Greek organizations do not support the activities of Thirsty Thursdays. We should be developing, implementing and enforcing policies and procedures that address the problem of high-risk alcohol abuse and support the organizations that fight binge drinking.

An individual asked what I thought should be included in a pledge/associate member program. Here is my answer: In general, I think that the number one characteristic we have to change is that initiation far too often signals the end of an effort rather than its beginning. Initiated members should work harder than any of the AMs (pledges) at making their chapter and their fraternity better. Who should care more than them? If they are not, then the role model they are providing is a major, self-perpetuating problem.

Activities should be done together (AMs and Initiates) BTW, notice that I avoid the use of the term "active" as it is too often simply a misnomer. Ropes courses done as a total group are an excellent example. We also need to recognize that guys are competitive and while it is natural to form teams on the basis of AMs vs. Initiates, we can do so on a "vertical" basis rather than a "horizontal" basis. (Each team having segments of every class or floor or color of hair, etc.) In the end, who do you want to "lose" anyhow? Progressive games, where each inning, or every series of downs, one or two or three members switch sides after starting with AMs vs Initiates or even Initiates vs. Alumni are symbolic of the merging/assimilation that should be taking place.

Big brothers should actually "walk through" everything together with their little brothers. Doing everything that is expected of the little brother. Instead of signature books, use a matrix board. A matrix board makes it clear that not only do the AMs need to get to know the Initiates but that the Initiates need to get to know the AMs. (An example follows) I don't believe that the AMs need to know anything that the graduating seniors don't know. (If you gave the graduating seniors the same tests you expect the AMs to pass, the majority would fail. What does that say to you??) The educational process for your freshmen should focus on how to adapt to college and how to get better grades. Limit the memorization of fraternity facts to a few basic items. Continue to expect the learning of material throughout the years. People support that which they help create. They also support that which they have done themselves.

To ask your chapter to change is a hard thing to do. Some of the older members (and some of the alumni) will have a truly hard time supporting something new. In response to that, I would make two points:

1. If hazing had never existed in the Greek system and I came along and suggested that the youth of our society (the AMs) needed to be abused in order to truly respect their "elders" (the Initiates) and to truly value being an "elder" one day, would you expect that idea to be met with open arms? More likely, I would be accused of heresy much as I am when I speak against hazing. Human nature resists the concept of change. The four stages of change: a. Euphoria ("Things are going to be better!!") b. Doubt ("This doesn't 'feel' right, I'm not sure about this.") This phase is where most people cut and run for the "comfort" of the known, albeit failing system. We simply are willing to put out more effort to stay in a known but bad situation than to venture into a better but unknown one. c. Role playing (We go through the motions

and pretend to have a full understanding of what the new situation is like.) d. New equilibrium (We internalize the new situation. We "learn" it.)

2. If the current system is so "right" and so "effective", why do so many go "inactive" (either in fact or in spirit)? What is our "batting average" for keeping a member truly involved for four years? Are we meeting their needs? I don't think we are. And that is why they keep leaving. We usually label them "driftwood" or simply say something like, "They need to focus on their grades so they can get a better job." I truly believe we are lying to ourselves and refusing to see the reality of the situation. Somehow, we need to change that.

We all have four basic needs:

1. To survive
2. To be loved
3. To feel important
4. Variety

Look at each activity that your chapter is currently doing, analyze which need(s) it is meeting and replace any activity which is hazing, illegal or potentially harmful with a new activity which

meets at least the same number and level of needs but is not hazing, illegal or potentially harmful. That would go a long way in helping your chapter and your fraternity.

Again, on www.deltachi.org we have "Building Better Brotherhood", "The Party Continues" and other resources. I bet there are collectively hundreds if not thousands of ideas on the various Greek websites. How about asking each member (initiated and associate alike) to find one idea that can help make your chapter better?

If your initiates aren't willing to make the effort, then that should tell you something about the true "effectiveness" of the current program. I have typed more than I planned to and, no, I have not given you a cookbook recipe for what a new model may look like. You need to work on that yourself. As I said before, people support that which they create. Change is based not only on content but on process. And a process that continually engages the chapter membership and the associates is one which will be supported more than one which is dictated from on high.

(Article courtesy of HazingPrevention.org and Delta Chi Fraternity.)

I HAVE A SAYING THAT
FRATERNITY (SORORITY)
IS ABOUT NURTURING
BROTHERHOOD
(SISTERHOOD), NOT
TESTING IT.

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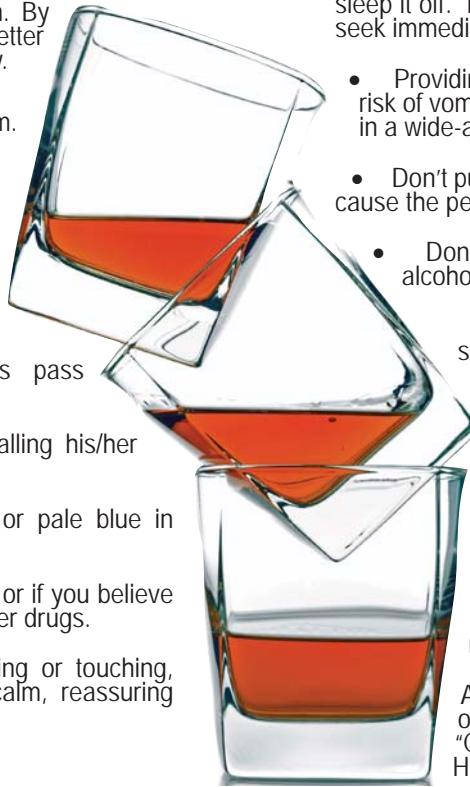
A Vermont Reinsurance Company in partnership with the RSUI insurance organization to compliment the risk management programs of each member fraternity, such as the Risk Management College and providing the following member fraternities with comprehensive liability insurance program:

Acacia	Delta Chi	Pi Kappa Theta
Alpha Chi Rho	Delta Kappa Epsilon	Pi Kappa Phi
Alpha Epsilon Pi	Delta Phi	Pi Lambda Phi
Alpha Gamma Rho	Delta Tau Delta	Psi Upsilon
Alpha Kappa Lambda	Delta Upsilon	Sigma Nu
Alpha Sigma Pi	Farmhouse	Theta Chi
Alpha Tau Omega	Kappa Alpha Order	Theta Xi
Chi Phi	Kappa Delta Rho	Zeta Beta Tau
Chi Psi	Phi Kappa Psi	Zeta Psi
	Phi Kappa Tau	

HOW TO CARE FOR SOMEONE WHO HAS HAD TOO MUCH TO DRINK

While most college students understand the importance of drinking responsibly, situations can arise where people become very drunk. Providing care for a person who is drunk is important; failure to act could result in a life or death situation. By following the steps outlined here, you will be better prepared to handle an alcohol-related emergency.

- Stay calm so the person will remain calm. Don't communicate anxiety.
- Assess the situation. If the person exhibits any of these symptoms, call 911 Immediately:
 - Is he/she breathing fewer than 8 times per minute?
 - Do more than 10 seconds pass between breaths?
 - Can you get a reaction by calling his/her name or pinching him/her?
 - Is his/her skin cold, clammy or pale blue in color?
- Get help if the person becomes violent, or if you believe the alcohol has been combined with other drugs.
- Keep your distance. Before approaching or touching, explain what you intend to do in a calm, reassuring manner.
- Keep the person comfortable.



- Prevent him/her from driving or biking.
- Stay with the drunk person. Don't leave him/her alone to sleep it off. If the person cannot be awakened periodically, seek immediate medical attention.
- Providing food, aspirin or caffeine may increase the risk of vomiting. Providing liquid stimulants will only result in a wide-awake, agitated drunk person.
- Don't put the person in a cold shower. The shock may cause the person to pass out, resulting in injury.
- Don't force the person to exercise to burn off the alcohol, this could also cause injuries.
- Know that time is the only thing that will sober the person up.
- Utilize the support of others; enlist involvement of friends. Get a sober friend if you are intoxicated.

Providing care for someone who has had too much to drink can mean the difference between a tragedy and an ill-fated evening. If you feel concerned, chances are you should be concerned, and you should act to protect that person. Ramifications are substantially more significant if a tragedy occurs.

Adapted from Tri-State University's "Taking Care of an Intoxicated Person," Trinity University's "Caring for an Intoxicated Friend," and "Reducing High-Risk Drinking" from Ohio University.

BROTHERHOOD BUILDING

Courtesy of Delta Chi Fraternity

OBJECTIVE: Help the brothers and associates get to know each other.

ACTIVITY: Develop a fellowship exchange matrix board (see below).

1. Start with poster board listing all the brothers (in alphabetical order) along the top and all associate members (in alphabetical order) down the side with their big brothers in parentheses under their names.
2. Post in a common area with a magic marker attached by a string.
3. Whenever an associate member feels he knows a brother, he shades in his half of the appropriate box.
4. Likewise for a brother when he believes he knows an associate member, he shades in his half of the appropriate box.

See the sample fellowship exchange matrix board.

Interpretation of the sample:

Associates:

1. Chuck is working hard to meet the brothers.
2. Dave is not taking things seriously or does not fully understand the procedure.
3. Bill and Ed are somewhere in the middle between Chuck and Dave.

Brothers:

1. Ross is making an effort to meet the associate members (he could even be the AMC).
2. Tom is making an effort.
3. Vic is not making an effort.
4. Steve is probably setting too tough of a standard.

Advantages of this system:

1. Symbolizes mutual responsibility for becoming acquainted.
2. At any time, day or night, anyone may check on the assimilation of the associate members into the chapter.

3. If someone is concerned about the progress of an associate member, he may speak with the big brother.
4. Anyone can see who is not participating and talk to that member or associate.
5. The fellowship exchange matrix board provides a sound method of "getting to know each other," in which hazing is less likely to occur, because the responsibility is placed on both parties.

Member	Associate			
	Ross	Steve	Tom	Vic
Bill (Joe)				
Chuck (Al)				
Dave (Dan)				
Ed (Bob)				

For reproduction, comments, or thoughts on future educational columns, please contact the editor at: edconsultant@kirklin.com

Make Safe Transportation A Priority

By: Mick McGill, Client Service Executive, HRH/Kirkin & Co. LLC and an initiate of Kappa Sigma

Many fraternal organizations throughout the country continue to conduct chapter sponsored functions away from the housed location. While these functions are often very beneficial to a chapter and its members, it does create certain hazards that need to be addressed for the well being of all parties attending the function.

One of the most prevalent hazards is the transportation exposure. In the past, it was unusual for a fraternity to be sued by other parties for injuries sustained as a result of an automobile accident. Unfortunately, this has changed and today automobile accidents are the 2nd highest cause of fraternity tragedies. In terms of claim dollars paid, automobile accidents fall into line second behind falls from heights. It is not a surprise that alcohol plays a role in many of these automobile accidents. Even when undergraduate members take the time to carefully plan the function, situations occasionally arise where losses occur, exposing individual members, the local chapter, alumni and the national fraternity to potential liability resulting in very costly litigation.

As an example, a local chapter in Oregon carefully planned their off premise social function. In an effort to provide a fun and safe environment, they rented a 15 passenger van to transport members and guests to and from the location. During one of the return trips, the designated driver of the van lost control and collided with a telephone pole resulting in one passenger fatality and one seriously injured passenger. Litigation followed and, ultimately, a substantial settlement was reached and paid out on the claim.

What Contributed to the Cause of the Accident?

Although the local Oregon chapter took precautions, other factors contributed to the cause of the accident including the following:

- The driver of the vehicle was unfamiliar with the leased van as well as the operation of it as he was not a professional driver.
- While the driver was sober, the passengers were not. This undoubtedly resulted in distractions that affected the concentration of the driver and contributed to the cause of the accident. Dealing with distractions from others in a vehicle, can be difficult even for professional drivers.
- The Company from which the 15 passenger van was rented did not carry sufficient limits of liability nor did the driver. As a result, the General Liability Hired and Non-Owned Auto Coverage of the Fraternity was immediately put into play.

Managing Your Risk

In order to manage your risk and ensure that your social functions are fun and safe, careful planning must take place to address the exposure associated with transportation to and from the social event. Listed below things to avoid and include in the initial planning of the event.

Activities to Avoid:

1. Avoid using personal automobiles owned or used by members for transportation of members and guests attending the function.
2. Avoid utilizing rented or leased vehicles that are operated by members of the fraternity to transport other members and guests to and from fraternity functions.
3. Avoid utilizing 15 passenger vans and other similar vehicles for transportation of members and guests to and from fraternity functions as they are extremely dangerous. These vehicles were initially designed for use as cargo vans and automakers have not redesigned them to safely transport passengers. When five or more passengers are riding in these vans, the probability of a rollover increases dramatically. Due to the fact that the body of these vehicles extends four to five feet beyond the rear wheels, transportation of five or more passengers can potentially cause instability resulting in the driver losing control of the vehicle.

Activities to Include:

1. Utilize a professional transportation company with a professional driver meeting the following criteria:
 - Confirm that the transportation company has Business Auto Insurance that provides coverage for transporting people and property for a fee.
 - Ensure that the transportation company has Business Auto Insurance that provides a minimum of primary liability coverage of \$1,000,000 combined single limit for bodily injury and property damage.
 - Request that the fraternity be added as an 'Additional Insured' on the Business Auto Policy of the transportation company and confirm that this has been done by requesting a certificate of insurance from them.
 - Confirm that the professional driver has a valid commercial vehicle operator's license in the state.
2. Have taxi service information available for members and guests attending social functions when transportation is not provided.

It is critical that your social event planning include implementation of a transportation policy. Take the time to educate your membership on your policy and why it is so important that it be implemented. According to the automobile industry, male drivers between the ages of 16 and 25 are the highest risk group. If a transportation policy is implemented when planning social events, the risk of a transportation related tragedy taking place will be significantly reduced.