

Relay For Life Alcohol Guidelines

Relay for Life is an event to raise funds for the Cancer Society in Taranaki. We want teams to enjoy the experience as much as possible so alcohol is permitted, but we ask that team captains ensure that all team members act responsibly at all times during the event. Anyone drinking excessively or causing problems will be asked to leave.

Research tells us that there is a link between alcohol and cancer and so we ask that if your team wants to have a drink during the event that the following guidelines be used.

Recommended limits for responsible drinking:

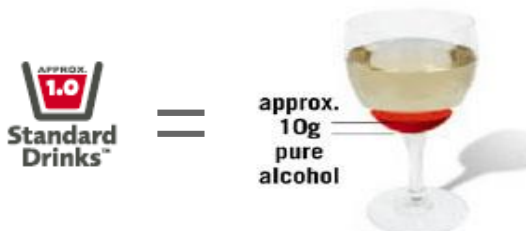
30ml straight spirits:



330ml can of beer:



100ml glass of table wine:



Drinking Limits

On any 1 occasion no more than:

- Six standard drinks for men
- Four standard drinks for women

For more information on standard drinks please see next page



330ml can of beer @ 4% alcohol



440ml can of beer @ 4.2% alcohol



330ml bottle of beer @ 5% alcohol



330ml bottle of lite beer @ 2.5% alcohol



750ml bottle of beer @ 4% alcohol



750ml bottle of wine @ 13% alcohol



750ml bottle of sparkling wine @ 12% alcohol



750ml bottle of wine @ 14% alcohol



3 litre cask of wine @ 12.5% alcohol



275ml bottle of RTD spirits @ 5% alcohol



335ml bottle of RTD spirits @ 8% alcohol



375ml bottle of spirits @ 37.5% alcohol



500ml bottle of spirits @ 37.5% alcohol



700ml bottle of spirits @ 40% alcohol



1000ml bottle of spirits @ 47% alcohol



1125ml bottle of spirits @ 45% alcohol

