



Party Safer and Smarter at Mardi Gras

Is it possible to party too hard during Mardi Gras?

Yes, it's called Fat Tuesday for a reason, but even a holiday known for its overindulgence has a line. There are ways to thoroughly enjoy the Mardi Gras season while sustaining your health and energy. If you choose to drink alcohol, follow these steps to avoid burning out and missing all the fun.

- Eat a big breakfast with lots of protein.** Drinking on an empty stomach can amplify the effects of alcohol to a dangerous level.
- Pack water and snacks.** Parade days are long, so stay hydrated and energized from one parade to the next.
- Make your own drinks.** Communal containers make it impossible to know what and how much you are consuming. It's safer to make your own drink, so you know what's in it.
- Be extra cautious with sweet drinks.** Sugary drinks like daiquiris mask the taste and strength of alcohol, leading you to drink more than you think.
- Take breaks.** Parade days can be exhausting. Take naps, and get a decent amount of sleep, so you can sustain your energy for the long-haul.

SIGNS OF INCAPACITATION

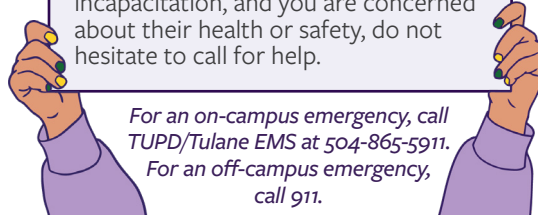
Incapacitation is a state beyond intoxication. Signs of incapacitation could include but are not limited to:

- Disorientation
- Vomiting
- Incoherent speech
- Loss of consciousness

It's important to know that a person who is incapacitated may need extra care and support and that a person who is incapacitated cannot consent to any sexual activity.

If a friend is showing signs of incapacitation, and you are concerned about their health or safety, do not hesitate to call for help.

For an on-campus emergency, call TUPD/Tulane EMS at 504-865-5911.
For an off-campus emergency, call 911.



TUPHE FEATURE

Look Out For Your Krewe



Mardi Gras is an exciting time, filled with food, fun, friends, and tradition. Before heading out to the parades, make a plan with your friends for going out, staying, and coming home **TOGETHER**.

- **Always stay with your friends.** The population of New Orleans triples during Mardi Gras. This is not the time to go out solo.
- **Pick a meeting time and place** in case your group gets separated.
- **Set your limits.** Decide ahead of time what you want to experience and what you're comfortable with then communicate this with your friends.
- **Respect each others' decisions.** Everyone's preferred Mardi Gras experience is different. Your friends may not want to do the same things as you.
- **Be alert and keep in touch with your friends.** Check in throughout the day to keep each other safe.
- **Write down friends' cell phone numbers** in case your phone battery dies, you lose your phone, or you lose cell reception.

If you feel like you should step in to prevent or deescalate violence, intervene in a way that fits the situation and your comfort level. Use any of the **three Ds**:

- **Directly** do something.
- **Delegate** to others for help.
- **Distract** to diffuse.

Remember, stepping in can make all the difference, but it should never put your own safety at risk. Learn more at allin.tulane.edu/bystander-intervention.

Things to Know Before You Go

Parade Etiquette: Mardi Gras revelers often have a reputation for wacky behavior, but that doesn't mean rudeness gets a free pass. Don't stop conducting yourself like a respectful Tulanian just because it's Mardi Gras. Here's how to enjoy the season politely:

- Be respectful of other people's claimed territory. They may share their space if you're nice to them.
- Be good to our neighbors. Don't urinate outside of homes and businesses. Stay off private property.
- Do not throw anything at the float or riders.
- Never cross the street through a marching krewe or band. Only cross after a float passes.
- Unless the throw is a one-of-a-kind, leave it on the ground if you didn't catch it.
- Don't take throws away from children. Instead, give the throws to them!
- Back up from the street to make space for the marching krewes, bands, dance troupes, and walking groups.
- No matter where you go, don't forget to adhere to the [Tulane Student Code of Conduct](#), which is always in effect, even during Mardi Gras.

Mardi Gras Checklist: Here's a helpful to-do list to cross off before heading out:

- ✓ Leave valuables in my room.
- ✓ Fully charge my phone.
- ✓ Bring ID, copy of insurance card, and cash.
- ✓ Make a plan to get to and from the parade route. (Walking or public transit are great options.)
- ✓ Eat a protein-rich, filling meal before going out.
- ✓ Pack a bag or fanny pack with:
 - Water bottle
 - Snacks
 - Toilet paper
 - Hand sanitizer
 - Sunscreen
 - Tissues
- ✓ Wear comfortable shoes.
- ✓ Check the weather. Layer clothes as needed.
- ✓ Designate a meeting spot in case my friends get separated.

MARDI GRAS KICK OFF

LBC Pocket Park | Thurs. Feb. 9 | 11 a.m. - 1 p.m.

Stop by our outdoor resource fair, learn about strategies to keep healthy and safe during Mardi Gras season, and pick up a limited-edition Mardi Gras fanny pack containing carnival season essentials!