

Getting together to watch football is a Northeast Ohio tradition. The Parma Heights Police Department along with the Cuyahoga County DUI Task Force and Safe Communities Coalition are encouraging Super Bowl fans to get their game day plan together before enjoying the big game.

Whether you're getting your friends together to watch the Super Bowl for the football or the commercials, make sure they all get home safely with these party hosting tips:

- **Tips for determining if someone has a designated driver**
 - As guests RSVP, confirm that at least one person in each group is prepared to be the non-drinking designated driver.
 - As you're inviting your friends over for the party, ask how they'll be getting home if they're planning on drinking alcohol.

- **Serve food:**
 - Provide plenty of food to keep your guests from drinking on an empty stomach.
 - Avoid too many salty snacks, which tend to make people thirsty and drink more.
 - Serve high protein foods, like wings and bean dip. High protein foods are best at slowing down the absorption of alcohol.

- **Serving drinks:**
 - Offer non-alcoholic beverages or mocktails for designated drivers and others who prefer not to drink alcohol.
 - If preparing an alcoholic punch, use a non-carbonated base, like fruit juice. Alcohol is absorbed into the blood stream faster with a carbonated base.
 - Serve one drink at a time. Refreshing unfinished glasses is a bad idea. People can easily lose track of how much they've consumed.
 - Not all drinks are created equal: unlike pre-packaged beer, most made with liquor require mixing. Depending on the size of the drink, the recipe and the bartender, the amount of alcohol in a cocktail may vary significantly.

- **Get them home safe and sound:**
 - Wind down the party, stop serving alcohol an hour before the game ends. Coffee and food help slow down the absorption of alcohol but only time will eliminate it from the body.
 - Be prepared by having the number of a taxi service on hand for those who need a ride.
 - Be ready with some clean sheets so you can turn your sofa into a hotel for guests who need to sleep it off.

Party hosts can be responsible for the actions of their guests. Hosts can be held civilly liable if someone leaves their party, gets behind the wheel, and hurts themselves or someone else in a crash. Remember, someone does not have to be heavily intoxicated to be impaired—impairment can begin with the first drink. Driving skills and abilities are impaired in most people long before they exhibit visible signs of drunkenness.