



DEPARTMENT OF THE NAVY
UNITED STATES NAVAL ACADEMY
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ANNAPOLIS, MARYLAND 21402-1300

USNAINST 5350.5
29/Officer Development

AUG 17 2006

USNA INSTRUCTION 5350.5

From: Superintendent, U. S. Naval Academy

Subj: STANDARDS AND POLICY FOR RESPONSIBLE USE OF ALCOHOL

Ref: (a) OPNAVINST 5350.4C
(b) SECNAVINST 5300.28D
(c) COMDTMIDINST 5350.1A

Encl: (1) Blood Alcohol Concentration (BAC) Chart

1. Purpose. To define clear, unambiguous standards for the responsible use of alcohol and the prevention of alcohol abuse among midshipmen.
2. Background. Alcohol abuse severely hampers combat readiness, mission effectiveness and military discipline. It also undermines the health and safety of the service member and is incompatible with the Navy's efforts to instill pride and personal excellence within each service member. Irresponsible use of alcohol undermines the Naval Academy mission to produce leaders of character for the Fleet and Fleet Marine Force.
3. Policy. The irresponsible use of alcohol is inconsistent with the mission of the Naval Academy and will not be tolerated. The Naval Academy supports an aggressive alcohol abuse prevention program in accordance with reference (c), which encourages midshipmen to take personal ownership for their actions, assume responsibility for the welfare of their peers and avoid abuse of alcohol. This program also encourages midshipmen to seek assistance when they or their peers use alcohol in an irresponsible manner, which could culminate in the commission of a conduct offense.
 - a. 0-0-1-3. This memory aid is intended as a guideline for safe, responsible use of alcohol. "0-0-1-3" stands for "0" alcoholic drinks for those under 21, "0" drinks if driving, to preclude driving under the influence of alcohol, a maximum of "1" standard alcoholic drink per hour, and a maximum of "3" standard alcoholic drinks per occasion. A standard alcoholic drink consists of 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of 80-proof liquor.
 - b. Acceptable and Responsible Alcohol Use. There are two ways of using alcohol responsibly. One is abstinence. The responsible guideline for those who choose to drink is 1 drink per hour, not to exceed 3 drinks at any one event. Responsible use also includes drinking in moderation to ensure one's BAC does not exceed .08 in accordance with enclosure (1).
 - c. Over Indulgence of Alcohol. Males drinking 4-5 alcoholic drinks, and females drinking 3-4 over a short period of time, resulting in a BAC above .08 extending to .15, are over indulging in consumption of alcohol. This may result in irresponsible behavior and flag a midshipman for intervention by their Chain of Command. A midshipman may be subject to conduct action upon a second and subsequent occurrences of risky consumption of alcohol.
 - d. Abusive Consumption of Alcohol. Drinking 5-8 drinks, resulting in a BAC above .15 extending to .20, in accordance with enclosure (1), are considered abuse of alcohol. Abusive drinking will not be tolerated. Midshipmen who abuse alcohol will be subject to conduct action.

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e. Extreme Alcohol Consumption. Consuming 8 drinks or more, resulting in a BAC over .20 in accordance with enclosure (1), is considered extreme alcohol abuse. Midshipmen who engage in extreme consumption of alcohol will be subject to major conduct action which may result in separation from the U. S. Naval Academy.

f. Underage Drinking. Consumption of alcoholic beverages by any midshipman under the age of 21 is a violation of federal and state law. Underage drinking will not be tolerated. Midshipmen who engage in underage drinking will be subject to conduct action.

g. Driving Under the Influence (DUI) of Alcohol. While operating a motor vehicle after consumption of alcohol is neither responsible or advisable behavior, operating a vehicle above the legal limit in accordance with state and federal law, is intolerable and will be dealt with severely. Members convicted of a DUI may be subject to separation from the Naval Academy.

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RODNEY P. REMPT

Distribution:

Brigade of Midshipmen (electronically)

All Non Mids (electronically)

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**How To Calculate Your Estimated
Blood Alcohol Content / BAC**

Showing estimated percent of alcohol in the blood by number of drinks in relation to body weight. This percent can be estimated by:

1. Count your drinks (1 drink *equals* 1 ounce of 100-proof liquor, one 5-ounce glass of table wine or one 12-ounce bottle of regular beer).

2. Use the chart below and under number of "drinks" and opposite "body weight" find the percent of blood alcohol listed.

3. Subtract from this number the percent of alcohol "burned up" during the time elapsed since your first drink. This figure is .015% per hour. (Example: 180 lb. - 8 drinks in 4 hours / .167% minus (.015x4) = .107%

Hours since first drink	1	2	3	4	5	6
Subtract from BAC	.015	.030	.045	.060	.075	.090

Males**Number of Drinks**

Ideal Body Weight	1	2	3	4	5	6	7	8	9	10
100 #	.043	.087	.130	.174	.217	.261	.304	.348	.391	.435
125 #	.034	.069	.103	.139	.173	.209	.242	.278	.312	.346
150 #	.029	.058	.087	.116	.145	.174	.203	.232	.261	.290
175 #	.025	.050	.075	.100	.125	.150	.175	.200	.225	.250
200 #	.022	.043	.065	.087	.108	.130	.152	.174	.195	.217
225 #	.019	.039	.058	.078	.097	.117	.136	.156	.175	.195
250 #	.017	.035	.052	.070	.087	.105	.122	.139	.156	.173

Females**Number of Drinks**

Ideal Body Weight	1	2	3	4	5	6	7	8	9	10
80 #	.053	.106	.156	.212	.265	.318	.371	.424	.477	.529
100 #	.050	.101	.152	.203	.253	.304	.355	.406	.456	.507
125 #	.040	.080	.120	.162	.202	.244	.282	.324	.364	.404
150 #	.034	.068	.101	.135	.169	.203	.237	.271	.304	.338
175 #	.029	.058	.087	.117	.146	.175	.204	.233	.262	.292
200 #	.026	.050	.076	.101	.126	.152	.177	.203	.227	.253
225 #	.022	.045	.068	.091	.113	.136	.159	.182	.204	.227