



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

USNAINST 5350.5A  
29/Officer Development

USNA INSTRUCTION 5350.5A

9 AUG 2011

From: Superintendent, United States Naval Academy

Subj: STANDARDS AND POLICY FOR RESPONSIBLE USE OF ALCOHOL

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

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 Naval Academy personnel. Reference (a) governs the execution of this policy for Midshipman at USNA.
2. Cancellation. USNA Instruction 5350.5. This is a complete revision and must be reviewed in its entirety.
3. 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.
4. 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, detailed in reference (a), which encourages Midshipmen to take personal ownership for their actions, assume responsibility for the welfare of their peers, and avoid abuse of alcohol. This instruction takes the same approach toward officer and enlisted personnel assigned to the Naval Academy. Midshipmen look to the military staff to set the example for behavior and professionalism. It is the responsibility of all faculty and staff to be role models for safe and responsible consumption of alcohol in order to further the Naval Academy's mission.
  - a. 0-0-1-3. A guideline for safe, responsible use of alcohol. "0-0-1-3" stands for "zero" alcoholic drinks for those under 21; "zero" drinks if driving, to preclude driving under the influence of alcohol; a maximum of "one" standard alcoholic drinks per hour; and a maximum of "three" standard alcoholic drinks per occasion. A standard alcoholic drink consists of 12 ounces of beer, 5 ounces of wine, or 1.25 ounces of 80-proof liquor.
  - b. Acceptable and Responsible Alcohol Use. There are two acceptable approaches to the use of alcohol. One is abstinence, the other is responsible use. A guideline for responsible drinking is one drink per hour, not to exceed three 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. Unacceptable Alcohol Use. Overindulgence in the consumption of alcohol is unacceptable. Staff personnel who abuse alcohol may be subject to disciplinary actions, and are subject to command screening for alcohol dependency, per reference (b).
  - d. Underage Drinking. Consumption of alcoholic beverages by any personnel under the age of 21 is a violation of federal and state law and will not be tolerated. Personnel who engage in underage drinking will be subject to punishment under the UCMJ.

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e. Driving Under the Influence (DUI) of Alcohol. While operating a motor vehicle after consumption of alcohol is neither responsible nor 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 charged with a DUI will be subject to the following:

(1) Violation of UCMJ Articles 111 (drunken or reckless driving) and 92 (failure to obey order or regulation).

(2) Loss of base driving privileges per references (a) and (b).

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S. S. VAHSEN  
Chief of Staff

Distribution:  
All Non Mids (electronically)

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**How to Calculate Your Estimated  
Blood Alcohol Content**

Estimated percent of alcohol in the blood, based on number of drinks in relation to body weight, can be calculated as follows:

1. Count your drinks (one drink *equals* 1.25 ounces of 80-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.

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

**Males****Number of Drinks**

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

**Females****Number of Drinks**

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

**Example: A 175 lb. man drinks eight beers in four hours.**

$$\text{BAC} = 0.200 - (.015 \times 4) = 0.14$$

**Well above responsible drinking level**