



Alcohol and Motorized Recreation



Being active outside during a quarantine has been a great stress reliever for many people. The fresh air and change of scenery can do amazing things for your mental health. In WI we have a culture around drinking alcohol and recreation. Please always remember that alcohol and driving of any sort of motorized vehicle do not mix. This includes ATVs, UTVs, and boats. While we encourage you all to get outside and be active, do so in a healthy and safe manner.

How does Alcohol Affect the Body?

The amount of alcohol to achieve these blood alcohol levels vary by person and body composition. Know your limits and be safe.

.02%

- You may start to feel relaxed
- Have altered mood
- Feel a little warmer than normal
- Judgement starts to become impaired

.05%

- Behavior becomes exaggerated by speaking louder or using more gestures
- Loose control over muscles
- Blurred vision
- Reaction time and judgement start to become very impaired
- Make very risky decisions, like deciding to drive

.08%

- Lose more coordination
- Balance, speech, reaction times, and hearing will get worse
- Standing still, focusing on objects, and evading obstacles are all much harder
- Reasoning, judgment, self-control, concentration, and memory become impaired

.1%

- Reaction time and control will be reduced,

- Speech will be slurred
- Thinking and reasoning are slower
- The ability to coordinate your arms and legs is poor

.15%

- Much less control over your balance and voluntary muscles, so walking and talking are difficult
- You may fall and hurt yourself
- Vomiting may begin

.2-.29%

- Stupor, confusion, feeling dazed, and disorientation are common
- Standing and walking may require help
- Balance and muscle control will have deteriorated significantly
- Sensations of pain will change, so if you fall and seriously hurt yourself, you may not notice
- Nausea and vomiting are likely to occur
- The gag reflex will be impaired, which could cause choking or aspirating on vomit.
- Blackouts begin

.3-.39%

- At this point, you may be unconscious
- Chance for death increases
- Experience severe increases in your heart rate, irregular breathing and may have a loss of bladder control

.4% and over

- This level may put you in a coma or cause sudden death because your heart or breathing will suddenly stop

Facts about Boating and Alcohol



- WI law prohibits anyone from operating a motor boat, using water skis, or similar devices while under the influence of alcohol or drugs
- Anyone who operates or attempts to operate a vessel is deemed to have given consent to an alcohol and/or drug test
- It is illegal for a person to operate a motorboat, use water skis, a surfboard, or other devices if they are under the influence of a drug or prescription drug, or has a blood alcohol concentration (BAC) of .08% or greater

Facts about UTV/ATVs and Alcohol

- It is illegal to operate an ATV or UTV under the influence of drugs or alcohol on any property open to the public
- No person may operate an ATV/UTV with any detectable amount of a restricted controlled substance in their blood
- By operating an ATV/UTV on areas open to the public you have automatically consented to provide a sample of your breath, blood or urine. An officer can request the test if they believe you are operating an ATV/UTV under the influence. If you refuse to provide a breath, blood or urine sample, you will be charged with an additional violation
- ATV/UTV operators may not have any amount alcohol in their system if they are under the age of 21



Outdoor Recreation and COVID-19

Do

- Visit parks close to your home
- Prepare before you visit the park
- Play it safe around and in swimming pools by keeping space between yourself and others
- Stay 6 feet away from people (social distancing)
- Avoid gathers of people outside of your household
- Bring hand sanitizer with at least 60% alcohol
- Avoid large gatherings of 10 or more people



Don't

- Visit parks if you are sick or were recently exposed to COVID-19
- Visit Crowded parks
- Use playgrounds
- Participate in organized activities or sports
- Drink alcohol excessively

To find boater and ATV/UTV safety course visit: <https://www.boat-ed.com/wisconsin/> and <https://dnr.wi.gov/education/outdoorskills/safetyeducation.html>

Get the facts about alcohol: <https://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm>

Sources: [WI DNR ATV/UTV Regulations](#), [WI DNR Boating Regulations](#), [CDC](#), [Alcohol.gov](#)

Photos: [unsplash.com](#)