

Health & Safety Officer Resource



IFC

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Congratulations!

You have been chosen by the representatives of your Interfraternity Council to represent the fraternity community for the upcoming year.

As the IFC Health & Safety officer, it is your role to support health and wellness measures, initiatives, and programming for your IFC community.

This guide was created by the North American Interfraternity Conference (NIC) with the intention of providing you with the materials you will need to be successful in your role. All fraternities of the North American Interfraternity Conference unanimously adopted Alcohol & Drug Guidelines to standardize and strengthen health and safety measures across fraternities in January 2019.

Working to provide a healthy and safe community is a shared endeavor. Your role is specific to working with each IFC chapter on your campus to **implement the NIC Alcohol & Drug Guidelines** and to ensure the IFC is providing wellness programming as a part of their overall support package to the IFC community.

While this guide is intended to be used by the Interfraternity Council, the information in this guide is meant to be fully inclusive of the fraternity communities led by the Inter-Greek Councils and can be easily shared with NPC, NPHC, NALFO, NMGC, NAPA, and other organizations. This type of interfraternal cooperation will increase the likelihood of successful implementation and maintain positive relations between all elements of the fraternity community.

Fast Five for the IFC Health & Safety Officer

1.

NIC Alcohol & Drug Guidelines

Knowing what is outlined in [NIC Alcohol & Drug Guidelines](#) is going to be essential to your role.

- The expectation is that this officer will annually:
 - Review the IFC Constitution, Bylaws, and any IFC event policies and procedures to ensure alignment with the above-mentioned Guidelines
 - Provide a training overview for all new IFC executive committee members to ensure all parties understand the policies
 - Officer the same training for chapter presidents and risk managers
- 15% ABV Alcohol Policy
 - All IFC chapters on your campus must have an alcohol policy that “prohibits alcohol products about 15% alcohol by volume (ABV) on any

chapter/organization premises or at any event, except when served by a licensed and insured third-party vendor.”

- Chapters may have a more restrictive policy if they choose
- A great best practice for your role would be to collect the alcohol policies of each chapter before the beginning of each school year and chart them all in one place. You should gather data to answer questions like:
 - Does the chapter/national organization allow beverages greater than 15% ABV in the facility when being served by a licensed and insured third-party vendor? Or are beverages greater than 15% ABV not allowed at any time, for any reason?
 - Does the chapter/national organization allow alcoholic beverages of any kind in the facility?
 - Can alumni host events with alcohol in the facility? If so, what are the policies surrounding those events?
 - What is the guest-to-member ratio for any chapter events with alcohol?

2.

Event management best practices

As the Health & Safety Officer, chapters are going to look to you for best practices in event management.

- Being able to provide resources on the following items will allow you to show value to your member chapters
 - Sober monitor best practices
 - Remember that being a sober monitor must either be a voluntary role
 - Please ensure you encourage each chapter to check with their national organizations before instituting a sober monitor program for their chapter
 - BYOB (Bring your own beverage) procedures
 - Event theme do's and don'ts
 - Non-alcohol event ideas
- Having a meeting with the event chairs from each chapter at least once a semester to share best practices is also a good idea to employ.

3.

Health & Wellness Resources & Programming

Providing quality programming for your community on a variety of health and wellness topics is central to your role.

- Topics you might want to consider are:
 - Suicide Prevention
 - Depression
 - Sexual Assault Prevention

- Hazing Prevention
- Fire and Life Safety
- Drug Use/Abuse
- Responsible Alcohol Use

- Building a strong relationship with the Health & Wellness and/or Counseling center on your campus should be a top priority of yours when you enter into this position. They are a wealth of knowledge and can often provide great (free) resources to the IFC community.
- Your IFC might also want to consider requiring that every IFC chapter host a certain number of internal health and wellness programs each semester.

4.

Mental Health

For many men who seek this position, a greater focus on mental health awareness and programming is one of the reasons they get involved. And while focusing on mental health advocacy and education for your community can certainly be one of your areas of focus – it cannot be the only focus.

- The more you can do to encourage help-seeking behaviors from members of the community, the better off it will be.
- This is another area that the campus Health & Wellness Center can be helpful.
- May is Mental Health Awareness Month. The IFC might choose to partner with other organizations on your campus to really shine a spotlight on the need for a greater focus on mental health by all students.

5.

Culture Change Agent

One of the most rewarding parts of your year can be looking at where the community is at the beginning of your term and then what positive changes the community has made when you are transitioning out of your role. Change management is an area that if focused on, can be rewarding for both you and the IFC community as a whole.

- Many of the practices that college students engage in regarding alcohol and drug use are long rooted in a “party campus culture.” Those will not be easy to change as they are party of the campus, not just your IFC community. However, change can occur.
- Utilize the attached “Change Management Assessment” to identify areas that you can work with your community as you work to create a healthy and safe community for all members.

Helpful Resources

NIC Staff

Contact the NIC for all of your resource and educational needs, campus community development issues and questions about implementing the SOP.

- Complete staff list can be found at nicfraternity.org/staff
- Email campus@nicfraternity.org

Interfraternity Council Standard Operating Procedures

The mission of an Interfraternity Council (IFC) is to foster a healthy and vibrant fraternity community. The IFC Standard Operating Procedures (SOP) provide structure and support - a baseline for policies and practices - for IFCs to operate in accordance with NIC Standards, endorsed by all minter/national member fraternities of the NIC.

Categories in the SOP include:

- Academic Enrichment
- Accountability
- Finances
- Governance
- Health and Safety
- Public Relations
- Recruitment
- Reporting
- Responsible Growth

Read the full the SOP here: nicfraternity.org/ifcsop