

Guidelines for Minimal Risk Research Involving Alcohol Consumption

Research involving alcohol consumption can be considered minimal risk if all of the following conditions are met. Research involving any deviations from these conditions will be reviewed by the full board.

1. Standard Safety Precautions

- a. The maximum amount of alcohol to be consumed will be limited to one standard drink. A standard drink contains 13.6 grams of alcohol, which is the amount in:
 - i. 341 mL or 12 oz of beer or cooler (5% alcohol)
 - ii. 142 mL or 5 oz glass of table wine (12% alcohol)
 - iii. 236-266 mL or 8-9 oz of malt liquor (7% alcohol)
 - iv. 85 mL or 3 oz of fortified wine such as sherry or port (18% alcohol)
 - v. 43 mL or 1.5 oz of spirits (40% alcohol)

Important Note: Serving sizes will need to be adjusted for drinks with higher-than-average alcohol content (e.g., beer or coolers over 5%, liquor over 40%).
- b. A protein-based snack will be available for participants
- c. Participation will be limited to individuals who meet the following criteria, which will be listed on recruitment and consent materials:
 - i. Must be of legal drinking age (at least 19 yrs old with proper identification)
 - ii. Must not have consumed any other alcohol on the day of the study
 - iii. Must not be pregnant
 - iv. Must not be allergic to alcohol or any ingredients in the product(s) to be consumed (including the protein-based snack)
 - v. Must not be taking prescription or non-prescription medication for which the label instructions or a medical professional have advised against alcohol consumption
 - vi. Must not have any other medical reason for abstaining from alcohol
- d. All participants must take a breathalyzer test before being permitted to leave a research lab. No participant may leave until the blood alcohol concentration is below 0.05. Please note: There should be a 15-minute delay between alcohol consumption and administration of the breathalyzer. Participants travelling with a G1, G2, M1, or M2 license and/or drivers 21 and under must not be permitted to leave the lab until the blood alcohol concentration is 0, unless they provide evidence of an alternative means of transportation. Breathalyzer testing requirements must be specified in the consent materials

2. Other Research Procedures

- a. Each participant must provide valid age identification before alcohol is served. Acceptable forms of age identification normally include:
 - i. An Ontario Driver's License with a photo
 - ii. A Canadian passport with a photo
 - iii. A Canadian citizenship card with a photo
 - iv. A Canadian Armed Forces Identification Card with a photo
 - v. A photo card issued by the Liquor Control Board of Ontario (LCBO), entitled Bring your ID (BYID)

- b. Participants travelling via personal motor vehicle must show a driver's license. Those with a G1, G2, M1, or M2 license and/or drivers 21 and under must maintain a blood alcohol concentration of 0 or provide evidence of an alternative means of transportation. This information must be included in the consent form.
- c. Alcohol consumption must be indicated on recruitment materials, but not in such a way that the recruitment materials could be perceived as advertisements promoting free alcohol.
- d. The Principal Investigator will establish a maximum number of participants (or a maximum ratio of participants to researchers) who may be present in a research lab at one time.

3. Training of Research Staff

- a. The Principal Investigator must train all research staff directly to ensure they fully understand the importance of following ethical standards and safety precautions, the potential dangers that could arise if these standards are not met, and strategies to address social issues that could arise in the research (e.g., scripts for requesting identification or enforcing wait time following a breathalyzer reading above 0.05 or the relevant legal driving limit).
- b. Written documentation of ethical standards and safety precautions must be provided to all research staff and must be available for reference in the lab.
- c. The Principal Investigator must provide onsite supervision for at least 10 trials for each research staff member and until that staff member demonstrates an ability to carry out research tasks ethically, safely, and professionally.
- d. The Principal Investigator must visit the lab on a regular basis for ongoing monitoring.

4. Other Policies and Regulations

Researchers are encouraged to familiarize themselves with relevant policies and applicable legislation and regulations. You are encouraged to consult competent counsel should you have any concerns about personal exposure to liability.

References Consulted in Preparation

- Alcohol and Gaming Commission of Ontario
- Brock University Campus Alcohol Policy
- Liquor License Act
- National Institute on Alcohol Abuse and Alcoholism of the National Institutes of Health
- Smart Serve Ontario: Responsible Alcohol and Service Training