

**SPECIALIST AGENCIES FOR  
HELP WITH ADDICTION IN  
THE TARENTOISE VALLEY**

*prévention, traitement, risk  
reduction*

**le Pélican**  
Association spécialisée en addictologie

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**Emergency numbers**

**112**

*(european emergency number)*

**15 (Samu)**



web

**CODE OF CONDUCT  
IN THE SKI STATION**

**Alcohol and drugs  
(cannabis, cocaïne, ecstasy,...)**

The object of this guide is to inform users of alcohol or drugs about the risks linked to their use.

It's aim is to :

☞ **Orientate**

☞ **Inform**

☞ **Advise**



What the **law** says

**Some indicators**

## ALCOHOL

In France, **alcohol use subject to certain laws.**

**The sale** of alcohol to minors is forbidden.

Public drunkenness is illegal.

**From 50mg alcohol per liter of blood, a driver is in violation**

**A new driver is committing an offence** with over 20 mg/l blood alcohol. The penalties include fines, loss of licence, points on your licence...

## DRUGS : CANNABIS, HÉROÏN, COCAÏNE, LSD, ECSTASY...

In France, **the possession or consumption of illegal drugs** in private or public is **strictly forbidden.**

**The use of drugs is an offence** which may be punishable by 1 year imprisonment and a 3750 euros fine. Drug offences include buying, importing, possessing, transporting, exporting, offering, selling, or using illegal drugs.

## LIMIT THE RISKS TO MAXIMISE THE FUN !

Think about **eating** before drinking alcohol.

Regularly drink non-alcoholic drinks between your alcoholic ones (**alcohol deshydrates**).

Alcohol leads to dis-inhibition and to increased risky sexual behaviour : **always have a condom with you !**

Dress properly and take a coat when you go out to avoid the **risk of hypothermia.**

**Never leave a drunk or stoned friend alone.** If they become unwell, lay them on their side and **call the emergency services.** Regularly check their state of consciousness, especially if they have drunk too much alcohol because an alcoholic coma can be fatal !

**Never take a drug that you are not familiar with, the dosages can vary !**

**Mixing drugs and alcohol = Danger !**

**Never drive** if you've been drinking or taking drugs.