

## **Student-Athletes Trained in TIPS Procedures Courtesy: San Jose State Athletics**

*San Jose State University, CA, school newspaper. 04/10/2009*

San Jose State Student-Athlete Advisory Committee (SAAC) members from 14 teams participated in training this past Sunday night in alcohol intervention procedures.

The Athletics Department has partnered with Southern Wine and Spirits to train and certify Spartan student-athletes in Training for Intervention Procedures (TIPS). TIPS is a skills-based training program that is designed to prevent intoxication, underage drinking, and drunk driving. These procedures help students with decision-making skills, confidence, interpersonal skills, liability protection and respect and concern for others.

The training takes them through three stages: information, skills training and practice and rehearsal. By the end of the night, student-athletes were trained to handle difficult situations both on and off-campus. They know the cues that tell them when they or their friends are headed for trouble and have the hands-on experience to assist in those situations and keep each other out of harms way.

This TIPS training was part of a pilot program that will be implemented with other Division I athletic departments throughout California as well as San Jose State's main campus. TIPS is an ongoing program provided for our student-athletes with the hope of someday having ALL our student-athletes certified in the training procedures.