

— A STUDENT GUIDE TO —

# HEALTH, WELLNESS & SAFETY



[www.unr.edu/live-well](http://www.unr.edu/live-well)



University of Nevada, Reno



# Frequently used health, wellness and safety phone numbers

## Health and Wellness

Lombardi Recreation Center ..... (775) 784-1225  
Student Health Center ..... (775) 784-6598  
Counseling Services..... (775) 784-4648



## Safety

University Police.....(775) 334-COPS (2677)  
University Police (non-emergency) ..... (775) 784-4013  
Facilities Services ..... (775) 784-8020  
Environmental Health & Safety ..... (775) 327-5040



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# Health & Wellness

# Campus offers multitude of health, wellness opportunities

**T**he notion of health and wellness on college campuses has evolved over the past decade, to a definition that goes well beyond the prevention of illness or injury. Nevada offers a host of programs to accomplish this goal.

## Among them:

**Campus Recreation and Wellness** exists to support students, faculty and staff in all pursuits related to wellness and recreation. In addition to a wide range of for-credit courses (from yoga to snowboarding), Campus Rec operates the Lombardi Recreation Center and its myriad of programs including:

- a state-of-the-art **fitness center** including a climbing wall
- an impressive **intramural sports** program coordinating leagues and tournaments
- a **rental shop** that loans skis, snowboards other outdoor equipment.
- numerous drop-in **fitness classes**
- an **Olympic-size pool**
- **group outdoor excursions**, including snowshoeing, whitewater kayaking and mountain biking.w

## Campus offers multitude of health, wellness opportunities



**Membership at Lombardi Recreation:** Nevada students can become members for a fee of \$65 per semester, or an annual cost of \$175. Day use passes are available \$5; in addition, rates are available for family members of students.

**The Student Health Center** is located on the north end of campus in the Nell J. Redfield Building, and serves the students with a full-time staff of licensed health care professionals, including physicians, nurses and pharmacy staff. Call: (775) 784-6598. On the web: <http://www.unr.edu/shc>

**Counseling Services** provides professional counseling and related counseling services for the students of the University. Services are free and include individual and group counseling, evaluation for referral, substance abuse evaluation and treatment, and some testing services. Call: (775) 784-4648. On the web: <http://www.unr.edu/stsv/cs/>

Jim Fitzsimmons  
Assistant Director for  
Campus Recreation and Wellness



# The Nevada campus is ideal for starting healthy habits

By Jim Fitzsimmons

**T**he top two reasons given for not being physically active are time and money.

Time is a challenge for all of us. We all have “time suckers”, things we lose time to that could be better spent.

While it is not necessary to use the Lombardi Recreation facility for your fitness needs, having a “one-stop shop” on our campus for your fitness goals can help minimize the time you spend working out, as well as maximize the health benefits you receive.

We are open from 6 a.m. to 11 p.m. The majority of our campus attends classes between the hours of 8 a.m. and 5 p.m., providing you with the opportunity to work out while on campus — between classes, before classes, or during the lunch hour.



In addition to Lombardi being by far the largest and most diverse facility of its kind in Northern Nevada, it is also the cheapest. On average students can use Lombardi for 56 cents a day! That's cheaper than a candy bar or soda from a campus vending machine.

If you choose, you can also forgo the expense of a gym membership and still meet your physical activity requirements. Body weight resistance exercises, stretching and aerobic exercise are effective and free. And in many ways, our campus is a theme park of fitness attractions, with shady walks, clear running lanes, stairs and lawns for calisthenics and stretching.

*Jim Fitzsimmons is the assistant director for campus recreation and wellness at the University of Nevada, Reno.*

# Outdoor Recreation on campus and near campus





Outdoor recreation opportunities abound in Reno-Tahoe area. Given its location nestled near the foothills of the Sierra, the University of Nevada, Reno offers students and visitors a perfect “jumping off” point into northern Nevada and the surrounding area -- what has been dubbed “America’s Adventure Place” by travel writers throughout the country. The Nevada campus -- Just four blocks from downtown Reno, a 45-minute drive from scenic Lake Tahoe and within a four-hour drive of San Francisco -- is near a multitude of outdoor, recreation and arts and culture opportunities.

### Worth noting:

Reno-Tahoe is home to more than a **dozen ski resorts**, all within an hour’s drive or less of downtown Reno. The Sierra features some of the best skiing in the nation, with area ski resorts receiving more than 800 inches of snow in some seasons. Squaw Valley USA (home to the 1960 Winter Olympic Games), Heavenly, Alpine Meadows and Kirkwood annually rank among the top 25 ski resorts in the country, while Mt. Rose is a local’s favorite with the highest base elevation (8,260 feet) of any ski resort in the area.

The City of Reno's **Truckee River Whitewater Park** is located in the heart of Reno's bustling downtown hotel-casino and booming arts district. It features 11 pools for kayak play, as well as a kayak racing course, and it plays host to the annual Reno River Festival in May, one of the country's premier competitive kayaking events.

**Rancho San Rafael Park**, located less than a half mile from the University campus, includes 570 acres of pastureland and natural sage and is home to numerous community events, including the Great Reno Balloon Races. The park is also home to the Wilbur D. May Museum, Arboretum and the Great Basin Adventure.

The **Tahoe Rim Trail** is a 165-mile, 24-inch, single-track trail along the ridge tops of the Lake Tahoe Basin that crosses six counties and two states and is open to hiking, equestrians and mountain biking (in most areas).

Home to picturesque geysers and hot springs, mountain peaks, acres of playa as well as the counter-culture arts festival "Burning Man," the **Black Rock Desert** is located about an hour and a half drive north from Reno. Information: [www.blackrockfriends.org](http://www.blackrockfriends.org)



## Student Health Clinic

The Student Health Clinic is dedicated to serving University students with a number of health-related and medical services as well as health consultation.

The clinic is located in the Nell J. Redfield Building in north campus. It is open Mondays through Fridays from 8 a.m. to 5 p.m. except for Wednesday from 8 a.m. to 9 a.m. Night clinic is open during the fall and spring semesters and available by appointment on Monday through Wednesday from 5:30-8:30 p.m.

Students are required to present a student identification card and pay the student health fee, which is included in tuition except for students taking less than six credits.

The student health fee covers the fall, spring and mini-term sessions. Students enrolled in the spring semester but not taking summer school classes can pay the \$79 summer health fee.



Services covered by the student health fee include unlimited office visits, family planning, pharmacy services, nutrition counseling, some lab tests, allergy shots, cryo surgery, immunizations, crutches and canes for loan, women's health services and sports medicine.

The clinic also offers additional services for an extra fee, including X-rays, HIV/AIDS testing, dermatology, orthopedic casting, counseling services, psychiatry services, pregnancy testing, tuberculosis testing and immunizations.

**For more information:** visit the Student Health Clinic website at [www.unr.edu/shc/](http://www.unr.edu/shc/) or call (775) 784-6598.



## Student Health Insurance

The University Of Nevada, Reno offers a student health insurance plan to all students taking at least nine credits. Students must first pay the health fee before purchasing the health insurance plan. The insurance plan covers additional health care costs not covered in the student health fee.

The insurance plan works independently of the University, through Aetna Insurance, which is specifically designed as an accident and sickness policy for students. Payments are paid through the Cashier's Office but go directly to the company.

The plan may be purchased by the semester or annually. Spouses or other family members of University students are eligible for the plan for additional costs. Premiums can be sent either at the time of registration or within the first 14 days of each semester.

Different insurance policies are available for undergraduates, graduate and international students and Medical School students. The policies have varying rates and services, which are available for review at <https://www.somerton-ins.com/clients/unr/default.aspx>.

For further information, call the Student Health Center Insurance Coordinator, Pru Forthun, at (775) 784-6598.



Director of  
Counseling Services  
Mathew Blusewicz



## Counseling services

Counseling Services helps students address personal, psychological, mental health and substance abuse. The Counseling Services Center is located in the Thompson Building, Room 202 and is open from 8 a.m. to 6 p.m. Monday through Thursday. The office closes at 5 p.m. on Fridays.

Students have access to a variety of services, all covered by the \$30 counseling fee assessed to students taking six or more credits.

The Counseling Center has a professional staff catering to a myriad of issues, including: difficulty with academics, adjusting to college,

alcohol and drug issues, anger issues, attention problems, conflict resolution, depression and suicidal thoughts, eating problems, emotion regulation issues, anxiety and panic, grief and loss, health concerns, life choices or transitions, personal growth, relationship issues, roommate conflicts, self-esteem issues, sexual assault, sexual orientation and identity, social anxiety, and stress and test-taking anxiety.

These services are offered in various forms: individual, couples or group counseling; programming to help students manage academic demands; assessment to identify

students' psychological needs; and consultation.

Students seeking counseling at the center must first undergo an initial screening to

determine if the services of the Counseling Center will be the best option.

Once the requests of the student and the services have been determined to meet those requests, students may begin regularly attending individual or group therapy.

The services at the Counseling Center are meant only for short-term

concerns. Students generally take advantage of the services at the Center for a semester at the most. If long-term or intensive counseling is needed and the Counseling Center cannot meet the needs of the student, the staff may make referrals to community providers or resources.

The Counseling Center staff adheres to confidentiality as expressed in state law, HIPAA requirements and professional ethical standards. There are exceptions in situations involving danger to self or others, abuse or neglect, or court-ordered subpoenas. Those attending group therapy must also adhere to confidentiality regulations.

For more information, visit the Counseling Center website at [www.unr.edu/stsv/cs/](http://www.unr.edu/stsv/cs/).



# Tips for dealing effectively with stress

- **Be present.** We often get so caught up in our day-to-day responsibilities that we forget to notice what is happening right now. Notice what you hear ... see ... taste ... smell ... and feel. Spend the next 10 seconds just listening to sounds. You will be amazed at the array of sounds that you probably didn't notice before.
- **Notice that you are thinking.** Our minds are constantly producing thoughts. Noticing that you are thinking puts you in control of your life, rather than allowing your thoughts to run your life for you.
- **Accept what is.** Fighting with our thoughts and feelings, like a tug of war, is exhausting and saps our energy from other activities. Try putting down the rope and just let yourself be with whatever you are thinking or feeling.
- **Breathe.** Take a few seconds or minutes to just focus on breathing deeply into your abdomen. Slow your breath down and allow your belly to fully expand and deflate, relaxing a bit more with each breath.
- **Self care.** Physical activity, adequate sleep (at least eight hours), and eating well are crucial to mental health.
- **Find meaning in your life.** If you are working towards a degree in order to get a better job, keep this goal in mind while going to class and doing homework. If you have other values, such as spirituality or relationships, make time for activities related to them.
- **Give to others.** Focusing on the needs of others can help put our own worries in perspective and redirect our energy in a positive direction.

If stress is interfering with your daily functioning, for example, you are having difficulty making it to class, getting out of bed, or completing assignments, Counseling Services is always available to assist you.

*(List compiled by Lindsay Fletcher of Counseling Services at the University of Nevada, Reno.)*



# Together for a safe campus

By Shannon Ellis

The University of Nevada, Reno is a vibrant college campus sitting at the edge of downtown Reno. Our unique location provides members of the University community with endless academic, cultural and social opportunities. It is our goal to provide a safe and secure environment in which all endeavors may be fully realized.

Your safety on campus is of utmost concern to the University. We are committed to providing you with the information and programs that will help you maximize your personal safety.

Unfortunately, no amount of police, lighting or electronic security measures can completely ensure your safety. The ultimate responsibility for

your safety rests with you.

Please take advantage of the services and programs presented on campus. Use common sense and take precautions on and off campus. Report incidents and cooperate with investigations when an issue of safety is involved. This will ensure a secure campus and a great experience for you as a member of the campus community.

If you have suggestions on how to make Nevada a safer campus community, we are always open to new ideas. Contact Jerry Marczynski, associate vice president for student life services, (775) 784-1471, [marczyns@unr.edu](mailto:marczyns@unr.edu).

*Shannon Ellis is vice president for student services at the University of Nevada, Reno.*

Vice President of  
Student Services  
Shannon Ellis



# University Police Services



**U**niversity Police Services is a fully functional law enforcement agency. Officers have full police powers, and are certified under the laws of the state of Nevada. They perform the same function as officers from city, county and state agencies; enforcing all local, state and federal laws and ordinances within the jurisdiction of the University of Nevada, Reno, which includes the main campus as well as other properties owned and operated by the university. They also have the authority to exercise police powers on University-owned and/or supervised sites such as fraternities, sororities and adjacent properties.

Officers patrol 24 hours a day, 365 days a year. The department also has standing agreements with other local law enforcement agencies giving officers authority to exercise police powers outside their immediate jurisdiction when necessary

Police Services offices are located in the Lincoln & Meta Fitzgerald Student Services Building, first floor.

## **Reporting a crime:**

Students, faculty and staff are encouraged to report any crime they see or have knowledge of. If you have questions as to whether a specific incident should be reported, contact Police Services at (775) 784-4013 or [unrpd@police.unr.edu](mailto:unrpd@police.unr.edu)

## **Crime prevention efforts:**

University Police Services offers a wide variety of presentations and services to meet the needs of students, faculty and staff. Officers can teach your group or department about personal safety, including Rape Aggression Defense (RAD), substance abuse, loss prevention and domestic and workplace violence.

You may request a presentation by completing an online form or by calling (775) 784-4013.

All resident hall students are made aware of safety concerns through the residence hall staff. Additionally, members of University staff make presentations upon request at most orientation sessions for new students as well as in residence halls and fraternity/sorority houses.



# How to report a crime on campus

## For emergencies:

- Dial 911
- Give your name and location (state specifically that you are at the University)
- Briefly describe the activity you are reporting
- Request medical attention if needed
- Remain calm and speak slowly
- Stay on the phone until a dispatcher ends the call
- If possible, give a description of the person(s) and vehicle involved, location or direction of travel and presence of weapons if known

## For non-emergencies:

- Dial (775) 334-COPS (2677) or
- Use the online report form from the University Police Services web page at [www.unr.edu/police](http://www.unr.edu/police)





# Simple suggestions for staying safe on campus

## Walking on or around campus:

- If you know you are going to be studying and/or working late on campus, plan ahead as to how you will get home safely.
- Take advantage of safe rides from Campus Escort Service, (775) 784-6808, and University Police, (775) 334-COPS.
- Don't distract yourself with music players or cell phones while walking.
- Walk in groups or pairs.
- If you see a suspicious person or situation, call 911 or University Police, (775) 334-COPS.
- Lock doors and windows.
- Choose open, well-lit and well-traveled areas to walk.
- If you are carrying a purse, hold it firm, close to your body. Purse snatchers prefer to grab from behind.
- If you work late, arrange to leave at the same time as a co-worker.
- Park as close as possible to your destination. Check with Parking Service for information about evening passes and other accommodations, (775) 784-4654, [www.unr.edu/parking](http://www.unr.edu/parking)

## In the car:

- Park in well-lit areas.

- Walk back to the car with keys ready.
- Check beneath the car and in the back seat before getting in.
- Keep doors locked and windows rolled up most of the way at all times.
- Keep your gas tank at least half full in case of emergency and your car in good running order.
- Stay on well-traveled, well-lit roads.
- If you are being followed by another car, drive to an open gas station, stay in your car, and ask the attendant to call the police.
- If your car breaks down, raise the hood, put on emergency lights and remain in the car with the doors locked. If a cell phone is available, call for help. If not, wait for help.

## At home:

- Check for signs of forced entry such as broken glass, a torn screen or pry marks before you go inside.
- NEVER feel reluctant to call police.
- Screen all strangers knocking at your door.

*(Source: University Police Services)*

# Campus Escort Services — free & convenient

**T**he mission of the ASUN Campus Escort Service is to provide safe, efficient, courteous, and reliable escorts for students, staff, faculty, and campus visitors during the evening hours. The service offers rides between the University and a two-mile radius of campus.

Campus Escort is staffed by paid student employees called Campus Escort Officers. They have training in basic first aid, CPR, defensive tactics, safety training, communications and have all undergone a vehicle operating safety course. In addition, they have undergone extensive background checks.

Campus Escort Officers are uniformed but unarmed and have no law enforcement authority. Officers are easily recognized by their distinct uniforms, which include a white Campus Escort polo shirt and navy blue pants. For safety reasons, all escorts remain in radio contact with the dispatcher at all times. Operational tools consist of a fleet of more than seven vehicles.

Typical Campus Escort Services operating hours are, during the fall and spring semesters, Sunday through Wednesday from 7 p.m. to 1 a.m. and Thursday through Saturday from 7 p.m. to 3 a.m. There is limited service available on legal holidays.

For more information, call (775) 742-6808.



## Blue light emergency phones enhance campus safety

The University's network of emergency "blue light" phones has been significantly expanded, with the addition of 25 tower-style phones that have been installed across the main Reno campus. Each phone allows quick access to "911" emergency assistance with the push of a button.

The new phones enhance an existing network of 72 blue light phones in the University's parking garages and a blue light tower phone in the Redfield Campus parking lot.

All of the phones have a button that, when pushed, places an immediate call to the regional 911 dispatch center. Additionally, at the request of the student government, the new tower-style phones on campus include a second button that places a call to the ASUN Campus Escort Service. This allows a convenient way to schedule a safe ride during the services' hours

of operation. The Escort Service offers walking and driving escort services during the fall and spring semesters.

All area law enforcement agencies, including University Police Services, participate in the regional 911 system. Calls placed to regional 911 are dispatched for response by the nearest officer, which means a University police officer would respond when the call is placed from campus.

When the emergency button is pushed, the blue light flashes to alert others in the area that something is happening, intending to potentially deter or stop criminal activity.

If you see a blue light flashing, University Police Services advises that you assess the situation and use common sense in determining how or if to respond. In many instances, it may be best to not become involved in the situation, and instead place an additional call to 911.

University Police Services can be reached at (775) 784-4013.



## Elevator Phones

In the event of elevator failure, understand your options

If you are inside an elevator during an elevator failure, remember to remain calm: elevators have mechanical brakes that operate in all situations.

Use the emergency telephone in the elevator to call for help. Turn on the “emergency” alarm to alert others and signal your need for help.

If you are outside the elevator during an elevator failure, tell passengers inside the elevator to remain calm.

In all instances, call Facilities Services, (775) 784-8020 and report the building name, floor, which elevator, and if passengers are trapped.



## Emergency Alerts

### Emergency Text Messaging System available September 2008

The University of Nevada, Reno's emergency messaging system, Emergency Alerts, is available to students, faculty and staff. The program sends a text message to all enrolled cell phones in the event of an emergency or unexpected closing at the University. The text message alert will complement communications and University closure information already in place. All students, faculty and staff are encouraged to sign up for this text messaging service. Users who elect this option and provide contact information may be assured that all of the information provided is private and will not be shared.

Find out more: [www.unr.edu/alerts](http://www.unr.edu/alerts)

## Use common sense when using the internet

The widespread availability of computers and connections to the Internet provides everyone with 24/7 access to information, credit and financial services, and shopping. The Internet is also an incredible tool for educators and students to communicate and learn.

Unfortunately, some individuals exploit the Internet through criminal behavior and other harmful acts. Criminals can try to gain unauthorized access to your computer and then use that access to steal your identity, commit fraud, or even launch cyber attacks against others. By following some basic security practices, you can limit the harm cyber criminals can do:

**Keep your passwords complex and secret.** The best passwords contain a mix of letters, numbers and special characters (!, #, @, etc.). It may be a good idea to create passwords based on a memorable phrase or line from a favorite movie or television show. For example, using the first letters and punctuation of "Life is like a box of chocolates" would give you "Lilaboc." Keep such passwords secret and make an effort to change them regularly.



**Social networking sites** are a fun way to stay in touch with old friends and meet new ones. At the same time, be aware that all information posted to such sites is, more or less, in a publicly viewable space.

This means that strangers (or acquaintances) may be able to stalk or deceive you based on the information (names of friends, favorite hangouts, personal interests, etc.) posted on such pages.

You should also never assume that you can fully control who views your pages. Employers often try to find pages of prospective employees and can misinterpret personal photos on those pages.

**Be careful when using public computers.** Public computers such as the ones available in University computer labs are a convenient option

for doing research and working on assignments. Just be sure to log out of a computer before you leave it so that your user account is not left vulnerable to misuse.





## Tips for communicating online

- Do not post private information such as cell phone, address, class schedule, social plans, etc.
- Know who you are dealing with online.
- Use the privacy settings on your social networking account – you can adjust your privacy settings to control who has access to your personal information.
- Search for yourself on the Internet to see how your name and identity is being used.
- Subscribe to pubsub.com to keep track of your name and identity on the Web.
- Use anti-virus software and anti-spyware software to keep your computer safe and secure.
- Use strong passwords or strong authentication technology to help protect your personal information.
- Be prepared to answer questions about your MySpace or Facebook account in job interviews. It has become common for interviewers to ask applicants, “What is your MySpace or Facebook profile?” Be prepared to either decline the question or answer honestly because employers will most likely look at your account themselves.

*(Source: StaySafeOnline.org)*

Fun and responsibility  
aren't mutually exclusive



By Scooby Meredith

**A**t amusement parks, many of us willingly pin ourselves under safety harnesses and to be whipped around a twisted metal track at speeds faster than we've ever driven. Oddly, though, many of us shudder at the thought of skydiving or bungee jumping.

Ever wonder why? Well, it probably has to do with the fact that on roller coasters we don't have to worry about our own safety. That's taken care of by hundreds of experienced engineers and inspectors.

On the other hand, skydiving and bungee jumping requires us to be in charge of our own safety. The only things that stands between us and death is, gulp, ourselves. But with the right knowledge and preparation, those activities can be as safe as crossing the street.

Similarly, enjoying drinks with alcohol presents certain risks. But with the right knowledge and decision making, those risks can be minimized.





# 10 ways to enjoy alcohol responsibly

- 1. Arrange for a safe ride home BEFORE you start drinking.** Ask a friend or family member who is not going with you if they would be available to pick you up. Or set aside money for cab fare.
- 2. Eat before you drink.** Eating helps your body process alcohol.
- 3. Pace yourself. Alternate between alcoholic and non-alcoholic drinks.** This will give your body more time to process the alcohol (and your wallet won't be emptied as quickly either).
- 4. Set ground rules for yourself.** Try not to consume more than four drinks per outing.
- 5. Know how much you're drinking.** Just because it fits in one cup, doesn't mean it's only one drink. Know the alcohol content of your drinks and don't let oversized cups trick you into breaking the limits you set for yourself.
- 6. Socialize with friends who already know how to drink responsibly.** Of University of Nevada, Reno students, close to two-thirds drink only twice a month or LESS, including 20 percent that do not drink at all.
- 7. Be mindful of the effects (and possible consequences) of drinking.** Drinking inhibits your judgment, so be aware that you could make decisions that you might regret later. (This is especially important if you are under 21 years of age.)
- 8. If you go out with friends, come back with the same friends.** This is a common-sense, safety issue. Don't leave friends with new acquaintances or leave by yourself with people you meet for the first time. (Remember Tip #5 about inhibited judgment?)
- 9. Keep an eye on your drink and only accept drinks handed to you by the bartender.** This is another safety issue, and it's easy.
- 10. Avoid drinking games.** Drinking games lead to high levels of intoxication faster than your body can process the alcohol. Your body doesn't like that (and will probably let you know it).

Scooby Meredith is coordinator of the University's Alcohol and Other Drug Prevention Programs.

# Programs for alcohol, drug and substance abuse



## Alcohol and other drug prevention programs

While the majority of adults who drink alcohol do so in an acceptable and responsible manner, there is a substantial number who misuse and abuse alcohol, with resulting problems in health, academic and vocational performance, social and professional relationships, and financial and legal areas. In order to prevent and reduce alcohol problems and to promote a drug-free campus, the University has developed a comprehensive alcohol and other drug prevention program, through a wide variety of educational programs that are free to all participating students, dedicated to the promotion of responsible and appropriate use of alcoholic beverages. For more information about the prevention program, call (775) 784-1537.

## Substance abuse treatment program

University students have access to on-campus counseling without cost and are protected by federal and state regulations and laws governing their right to privacy and confidentiality. A variety of alcohol, tobacco and other drug services are offered: education, evaluations/assessments, interventions, consultations/referrals and individual/group counseling sessions. For more information on the substance abuse treatment programs, contact Garry Rubinstein, Thompson Building, Room 202, (775) 784-4648.

## Sexual assault prevention

Studies of campus crime rates across the United States indicate that there is a significant risk of sexual assault to new students entering college, especially during the first few weeks of fall semester. Incoming freshmen, who are away from home and without parental supervision for the first time, tend to engage in risky behaviors that greatly increase their risk of becoming sexual assault victims. Here are some facts you should keep in mind:

The most commonly used “date rape” drug is alcohol. Alcohol is a drug; use it with caution. Never accept open containers or mixed drinks. Also, know your limits. If you feel that you are losing control, stop drinking. Be wary of persons urging you to drink more than you feel comfortable with. Alcohol affects individuals differently, and factors such as age, weight, previous drinking experience, altitude, etc., change intoxication rates. Never try to “keep up” or prove that you can hold as much alcohol as the next person.

The majority of sexual assault victims know their assailant. Never “pair off” with someone you just met at a party or social event -- even if the person is a “friend of a friend.” Make a deal with a buddy to watch out for you and vice versa. Never assume



that you can trust a person you have met socially once or twice. Trust your own instincts. If you feel uneasy about any given person or situation, chances are there's a good reason for those feelings. It's better to remove yourself and be safe, than to ignore your instincts and risk a negative, life-changing experience.

Males can be victims, too. In the past few years, sexual assaults of men and women, serious injuries and deaths have been reported across the country. Please exercise caution at all times, but especially in situations where large groups of people and large quantities of alcohol are present.

"No" means "No." Engaging in sexual acts with any person who has not given his or her permission for the act, is a crime under the laws of the state of Nevada. A person who is intoxicated, or otherwise incapacitated, cannot legally give consent. (Also, in the State of Nevada, persons under the age of

16 cannot give legal consent.) If there is any doubt, stop. Sex crimes carry serious legal consequences and could remain on your record for the rest of your life. Don't take that risk, it's not worth it.

For more information on Sexual Assault Prevention and related issues, contact the Crisis Call Center, (775) 784-8090, or Counseling Services at 784-4648.

*(Source: University Police Services.)*





# Procedures for reporting sexual assault

- If you have been sexually assaulted, get help immediately.
- Get to a safe place and call a friend or family member for support, or call the Crisis Call line at (775) 784-8090.
- Call the University Police Department, at 911 (on-campus phones, 9-911). Tell the police dispatcher that you are a University student, so that the University Police will be contacted and you may be provided with immediate assistance and evidence can be collected.
- You should go to a hospital emergency room for medical treatment and evidence collection (transportation may be provided by the University Police or other local police if desired). Remember that you do not have to decide at this point whether or not to report the incident, but it is important for you to get medical attention.
- You should try to fight the urge to shower, bathe, change clothes or straighten up the area, since these activities will destroy evidence that you may need.
- You can also contact Counseling Services at (775) 784-4648 or 544-0492 24 hours any time during the week. Counseling staff provides therapy on campus for victims of sexual assault.



# Sex Offender and Community Notification

**S**ection 1601 of Public Law 106-386 requires all sex offenders who are employees of, students of, or visitors to the University of Nevada Reno, to register with University Police Services. This includes employees of private contractors or other public entities who work at the university. In addition to the federal laws requiring offender registration, the Nevada Revised Statutes also require offenders to register in any jurisdiction in which they will have a presence.

For University Police Services, additional information on registered sex offenders is available at the Nevada Sex Registry at (775) 687-6200. Offenders

are assigned Level Numbers based on the details of the crime for which they are charged. Levels are set by the federal government and guidelines are given to the state Attorney General's Office. Nevada Statutes are: 179D.730 explaining the levels of notification for sex offenders, and 179D.720 explaining the criteria for assessment.

For further public information, visit the following web pages or sites:

University Police Services: [www.unr.edu/police/offenders](http://www.unr.edu/police/offenders)

Nevada Department of Public Safety: [www.nvrepository.state.nv.us](http://www.nvrepository.state.nv.us)



# Residence Hall safety is always a priority

The staff of Residential Life and Housing Services works closely with University safety officials and others to make living groups safe, secure communities. All students in University housing ultimately must share that responsibility.

New students should familiarize themselves with campus resources regarding safety and avoid behaviors that put them at risk. Residence hall staff members can answer questions and assist with problems.

Hall staff are on duty each evening to help increase security. Staff members perform nightly rounds and have an on-call system during evenings and weekends. Residence areas are secured 24 hours

a day. Only residents and their guests as well as authorized University personnel can gain access.

All safety-related problems or questions should be directed to residence hall staff members.





# The Jeanne Clery Disclosure of Campus Security Policy and Campus Crimes Statistics Act

## University of Nevada, Reno Criminal Offenses

### Criminal Offenses – On Campus

Murder/Non-negligent manslaughter:	2004: 0	2005: 0	2006: 0
Negligent manslaughter:	2004: 0	2005: 0	2006: 0
Sex offenses – forcible:	2004: 1	2005: 1	2006: 1
Sex offenses – Non-forcible (incest and statutory rape only):	2004: 0	2005: 0	2006: 0
Robbery:	2004: 1	2005: 1	2006: 0
Aggravated assault:	2004: 1	2005: 2	2006: 2
Burglary:	2004: 32	2005: 16	2006: 9
Motor vehicle theft:	2004: 9	2005: 6	2006: 7
Arson:	2004: 1	2005: 2	2006: 0

### Criminal Offenses – On-Campus Residence Halls (Residence Halls are a subset of On Campus)

Murder/Non-negligent manslaughter:	2004: 0	2005: 0	2006: 0
Negligent manslaughter:	2004: 0	2005: 0	2006: 0
Sex offenses – forcible:	2004: 1	2005: 1	2006: 1
Sex offenses – Non-forcible (incest and statutory rape only)	2004: 0	2005: 0	2006: 0
Robbery:	2004: 0	2005: 0	2006: 0
Aggravated assault:	2004: 1	2005: 1	2006: 0
Burglary:	2004: 3	2005: 3	2006: 0
Motor vehicle theft:	2004: 0	2005: 0	2006: 1
Arson:	2004: 0	2005: 1	2006: 0

### Criminal offenses – Non-campus

Murder/Non-negligent manslaughter:	2004: 0	2005: 0	2006: 0
Negligent manslaughter:	2004: 0	2005: 0	2006: 0
Sex offenses – Forcible:	2004: 1	2005: 2	2006: 0
Sex offenses – Non-forcible (incest and statutory rape only):	2004: 0	2005: 0	2006: 0
Robbery:	2004: 1	2005: 1	2006: 0
Aggravated assault:	2004: 0	2005: 0	2006: 2
Burglary:	2004: 0	2005: 1	2006: 4
Motor vehicle theft:	2004: 1	2005: 0	2006: 5
Arson:	2004: 0	2005: 0	2006: 0

### Criminal Offenses – Public Property

Murder/Non-negligent manslaughter:	2004: 0	2005: 0	2006: 0
Negligent manslaughter:	2004: 0	2005: 0	2006: 0
Sex offenses – Forcible:	2004: 0	2005: 0	2006: 0
Sex offenses – Non-forcible (incest and statutory rape only):	2004: 0	2005: 0	2006: 0
Robbery:	2004: 0	2005: 0	2006: 0
Aggravated assault:	2004: 0	2005: 0	2006: 1
Burglary:	2004: 0	2005: 0	2006: 0
Motor vehicle theft:	2004: 1	2005: 2	2006: 0
Arson:	2004: 0	2005: 0	2006: 0



# The Jeanne Clery Disclosure of Campus Security Policy and Campus Crimes Statistics Act

## Arrests

### Arrests – On Campus

Illegal weapons possession:	2004: 3	2005: 2	2006: 4
Drug law violations:	2004: 21	2005: 19	2006: 19
Liquor law violations:	2004: 82	2005: 63	2006: 77

### Arrests – On Campus Residence Halls

#### (Residence Halls are a subset of On Campus)

Illegal weapons possession:	2004: 0	2005: 1	2006: 0
Drug law violations:	2004: 7	2005: 5	2006: 11
Liquor law violations:	2004: 48	2005: 36	2006: 40

### Disciplinary Actions/Judicial Referrals – On Campus

Illegal weapons possession:	2004: 1	2005: 0	2006: 0
Drug law violations:	2004: 31	2005: 25	2006: 12
Liquor law violations:	2004: 174	2005: 204	2006: 129

### Arrests – Non-campus

Illegal weapons possession:	2004: 0	2005: 0	2006: 1
Drug law violations:	2004: 3	2005: 0	2006: 3
Liquor law violations:	2004: 3	2005: 1	2006: 11

## Disciplinary Actions/Judicial Referrals – Non-campus

Illegal weapons possession:	2004: 0	2005: 0	2006: 0
Drug law violations:	2004: 0	2005: 0	2006: 0
Liquor law violations:	2004: 0	2005: 0	2006: 0

### Arrests – Public Property

Illegal weapons possession:	2004: 1	2005: 9	2006: 1
Drug law violations:	2004: 25	2005: 62	2006: 7
Liquor law violations:	2004: 93	2005: 41	2006: 22

## Disciplinary Actions/Judicial Referrals – Public Property

Illegal weapons possession:	2004: 0	2005: 0	2006: 0
Drug law violations:	2004: 0	2005: 0	2006: 0
Liquor law violations:	2004: 0	2005: 0	2006: 0

**NOTE:** No occurrences of Hate Crimes, 2004-2006.

### Other notes:

Campus is defined as any building or property within the same contiguous area, owned or controlled by the institution. This category includes all on-campus incidents.

Non-campus is defined as any building or property that is owned or controlled by an institutionally recognized student organization or a building or property that is used in direct support of or in relation to the institution's educational purpose.

Public property is defined as property that is adjacent to a facility owned or controlled by the institution.

Source: Office of Postsecondary Education, U.S. Department of Education.

## SAFETY





# General University guidelines for natural disasters



## Earthquakes

### During an earthquake:

- Stay in the building. Do not evacuate.
- Duck, cover and hold. Take shelter under a desk, table, in a doorway, or similar place.
- Stay away from overhead fixtures, windows, filing cabinets, and bookcases.
- If you are outside, move away from buildings, trees, power lines and roadways.

### After an earthquake:

- Quickly gather your keys, wallets, purses and evacuate the building. Follow these steps in evacuating a building: Close all windows and doors and walk to the nearest exit; assist disabled persons or visitors in leaving the building; do

not use elevators; proceed 100 feet away from the building to a designated assembly area; do not return to the building until directed to do so.

- Report any injured or trapped persons and safety hazards: fire, electrical, gas leaks, etc.
- Do not leave the designated assembly area or re-enter the building until directed by an authorized person.



## Fire

- Activate fire alarm and/or call 911.
- Only properly trained employees should attempt to extinguish a fire.
- Walk quickly in an orderly fashion to the nearest building exit and promptly vacate the facility. **DO NOT USE ELEVATORS. USE THE STAIRS.** Assist any disabled or injured person to evacuate.



# General University guidelines for natural disasters

- To reduce fire or smoke damage, close all doors and windows when leaving the room and the hallways if you have time.
- Report any hazardous conditions to the Reno Fire Department, or call 911 dispatcher.
- Do not re-enter the building until instructed to do so by emergency responders.
- If you are trapped in a building during a fire:  
Stay close to the floor where the air is less toxic.  
Shout at regular intervals to alert emergency crews of your location.
- If smoke is entering the room through cracks in the door, stuff wet clothing in the cracks to slow the flow. If your clothes catch fire, drop to the floor and roll to smother the fire, or smother the fire with a blanket, rug or heavy coat.

## After a fire:

Residual dangers may exist. Do not enter restricted areas without official authorization.



## Flood

- Serious water damage can occur from a number of sources such as broken pipes, clogged drains and broken skylights and windows.

## If a water leak occurs:

- Remain calm.
- Call Facilities Services, 784-8020.
- Notify your supervisor of the extent and location of the leak.



# General University guidelines for natural disasters

- If there are electrical appliances or electrical outlets near the leak, use extreme caution. If there is any possible danger, evacuate the area.
- If you know the source of the water and are confident of your ability to stop it (such as unclog the drain, turn off the water) do so cautiously.
- Address any hazards that could result in a fire: turn off gas, electricity, water. Secure gasoline and other flammable metal containers to prevent leakage.



## Thunderstorm

- Thunderstorms are dangerous. It is important to learn and recognize danger signs and plan ahead. The danger signs of a thunderstorm include dark, towering or threatening clouds and/or distant lightning and thunder.
- During a thunderstorm warning:**
- Go inside for protection immediately.
  - When inside, stay away from windows, water faucets, sinks and bathtubs.
  - If you are caught outside, stay away from tall trees, open fields or open water or small, isolated sheds.
  - Don't use the telephone.
  - Unplug the television. In the event of a power failure, unplug other electrical devices and appliances.
  - Don't take a bath or shower during a storm – copper pipes conduct electricity.
  - Keep a battery-powered radio and a flashlight on hand.
  - Never go outside during a thunderstorm, and never approach downed power lines during or after a storm.



# General University guidelines for natural disasters



## Hazardous Materials Release

### Follow SWIMS:

- S=Stop and think. Stop working. Stop the spill.  
Assess the situation: How big is the spill, and has it made contact with your skin or clothing?
- W=Warn others. Call 911 if there is a medical emergency or danger to life, health or environment.  
Alert people in the area.
- I=Isolate the area. Restrict access. Determine the extent of the spill. Keep doors closed.
- M=Monitor yourself carefully and completely. Check yourself for any contamination or signs/symptoms of exposure. Remove contaminated clothing and place in plastic bag. Perform decontamination procedures.

- S=Stay near the area until help arrives. Minimize your movements. Have person knowledgeable of incident assist responders. Notify your supervisor.

### You can clean up a spill if:

- 1) You are aware of the hazards and cleanup procedures
  - 2) There is no potential for personal or environmental damage
  - 3) The appropriate spill cleanup equipment is available
  - 4) Two people can clean the spill thoroughly in an hour.
- If you are unsure if you can clean up a spill, call Environmental Health & Safety at 327-5040 (24 hours).
  - If it is a major spill or uncontrolled release, call 911.



# Directory of University health, wellness & safety services

## Health and Wellness

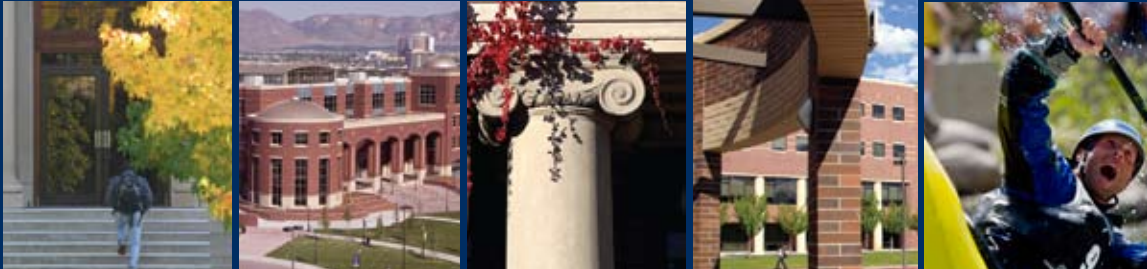
(775) 784-1225 .... Lombardi Recreation Center general information  
 (775) 682-7174 ..... Campus Recreation and Wellness aquatics  
 (775) 784-1225 ..Campus Recreation and Wellness equipment rental  
 (775) 682-7085 ..... Intramural Sports  
 (775) 682-7039 ..... Campus Recreation and  
 Wellness outdoor recreation program  
 (775) 784-4648 ..... Counseling Services  
 (775) 784-6598 ..... Student Health Center

## Safety

(775) 334-COPS ..... (2677) University Police  
 (775) 784-4013 ..... University Police (non-emergency)  
 (775) 327-5040 ..... Laboratory materials, environmental releases or  
 chemical exposures (24 hours, non-emergency)

(775) 784-8020 ..... Facilities Services  
 (775) 742-6808 ..... Campus Escort Service  
 (775) 682-5000 ..... Help Desk (computer support)  
 (800) 992-5757 or 775-784-8090 ..... Crisis Call Center  
 (crisis situations including sexual assault)  
 (800) 273-TALK (8255) ..... National Suicide Prevention Lifeline  
 (775) 784-6397 ..... Alarm issues  
 (775) 784-6397 ..... Extinguisher issues  
 (775) 327-5040 ..... Environmental Health & Safety concerns  
 (non-emergency)

**RECORDED INFORMATION:** In cases of inclement weather or other emergencies that might necessitate a campus closure, call the main University line, (775) 784-1110 and press 4 for recorded information.



University of Nevada, Reno