



NEWS RELEASE

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Ventura Police Conducting Know Your Limit Education Program 9/20 & 9/21

The Ventura Police Department will have police officers out this weekend educating the public on how important it is to “know your limit.” On 9/20/19 from 6:00 pm to 10:00 pm officers will be out at local bars and restaurants in the Downtown Ventura area and on 9/21/19 from 12:00 pm to 4:00 pm officers will be at the Boots and Brews Festival at San Buenaventura State Beach at 901 Pedro Street in Ventura.

The “Know Your Limit” program is intended to inform the public on how little it takes to reach the legal limit for blood alcohol content (BAC), which is .08% in all states but Utah, where the BAC is .05%.

Officers will invite volunteers to take a breathalyzer test to see if they can guess their BAC. Those participating are asked how many drinks they had and whether they believe they are safe to drive. Following the test, officers educate those out drinking on the impacts of alcohol on one’s ability to drive, and the consequences of a DUI.

“The goal is to help people understand the effects of alcohol so they can make smart decisions about how they get home after a night of drinking,” Officer Bernadette Compean. “It only takes a few drinks to impair, and that’s why it is so critical that people know when not to drive.”

A person’s height, weight, food intake, drug and/or medication use and how much they drink over a time period are all factors that affect BAC. According to the [Texas Alcoholic Beverage Commission](#), it takes two drinks consumed within one hour by a 120-pound woman and four drinks by a 180-pound man to be at the legal limit. One drink is based on 1.5 oz. of liquor (40% alcohol), 12 oz. of beer (4.5% alcohol) or a 5 oz. glass of wine (12% alcohol). The body lowers your BAC at a rate of .015% every hour.

The average cost of a DUI arrest is approximately \$13,500, accounting for vehicle impound fees, fines, attorney fees, auto insurance hikes and other penalties. Plan ahead and avoid risking a DUI by designating a sober driver.

Funding for the “Know Your Limit” program is provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.