



What are the Player Awareness Terminals (PATs) and the Cost-of-Play Calculators?

Introduced during the *Responsible Gambling Awareness Week* in 2007, the PAT is a stand-alone terminal with tips on how to develop safe and responsible gambling guidelines.

Like the PATs, the cost-of-play calculators are accessed through the RGICs, with the help of the representative. The calculator is a useful tool that demonstrates the average cost of playing a slot machine. The calculator estimates costs over the long run by showing the average amount per hour, per month and per year that players will spend.

Cost of Play Calculator		
Type of Game	Slots	\$ 0.25 Denomination
House advantage (%)	5.0%	
Number of Lines	1	
Credits per Line	\$ 1.00	Total Bet
Bets per minute	10	
Hours per week	2	Cost per hour (Average)
	\$ 48.00	
	\$ 284.00	Cost per month (Average)
	\$ 4,608.00	Cost per year (Average)

Is your gambling behaviour high-risk? *In the past year, have you:*

- Bet more than you could really afford to lose?
- Needed to gamble with larger amounts of money to get the same feeling of excitement?
- Returned another day to win back money you lost?
- Borrowed money or sold anything to get more money to gamble?
- Experienced any financial problems as a result of gambling?
- Felt that you might have a problem with gambling?
- Experienced any health problems that you might attribute to gambling, including stress or anxiety?
- Been criticized for betting or told that you may have a gambling problem?
- Felt guilty about the way you gamble or what happens when you gamble?

These questions are based on a typical gambling behaviour analysis quiz, often used by problem gambling treatment agencies to help identify high-risk behaviour. If you answered "yes" to two or more questions, you may be experiencing gambling problems. Information about problem gambling treatment and counselling services is available from an RGIC representative.

Playing Within Your Limits *Eight HOT Tips*

Most people who gamble do not experience problems. However, some people do. Here are some suggestions that can help players manage their gambling. The key to playing games of chance responsibly is to:

1. Understand that gambling involves spending money over time, just like any other form of entertainment.
2. Before you start playing, determine the amount of time and money that is appropriate for you to spend.
3. Do not chase your losses. Accept them as a cost of entertainment.
4. Do not use money intended for everyday expenses or borrow money to gamble. Only spend what you can afford to lose.
5. Take frequent breaks away from the machines or tables.
6. Know the warning signs of problem gambling and seek help if necessary. See the warning signs of problem gambling on the setalimitalberta.ca website.
7. Balance gambling with your other leisure and entertainment choices.
8. Always! Set a limit. Stay within it.



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Responsible Gambling Information Centres

Addressing Your Gambling Questions and Concerns



Sharing Responsibility for Gambling

In Alberta, we all have a role to play in being socially responsible. For the Alberta Gaming and Liquor Commission (AGLC), this means identifying and applying industry policies, regulations and best practices to the development of information and programs that help players gamble responsibly.

Responsible Gambling Information Centres, or RGICs, are one of the AGLC's primary responsible gambling initiatives, serving as a valuable in-casino source of gambling information and support to casino customers, their friends, families and casino staff.

Situated on casino and racing entertainment centre (REC) gaming floors, the RGICs and their staff representatives have been a welcome addition to gaming floors. Since the trial introduction of RGICs in 2006, the AGLC has continued installing RGICs in Alberta casinos and RECs. Currently, 15 casinos and the Edmonton Northlands racing entertainment centre feature RGICs.



Finding Help

Are you or is someone you know having trouble controlling his or her gambling? The AGLC's RGICs, located on the gaming room floors of most Alberta casinos, are staffed with representatives who can explain responsible gambling and provide information on problem gambling treatment resources. You can also call the 24-hour, toll free Alberta Health Services Addiction Helpline at 1-866-332-2322.

Glad You Asked...

What Kind of Information Can You Find at the RGICs?

The RGICs are equipped with a variety of public education materials that provide gamblers with information about the cost of play, house advantage and the AGLC's self-exclusion program.

You can test your knowledge of responsible gambling and assess your gambling behaviour on the Player Awareness Terminal (PAT), located in the RGICs. View gambling facts, myths and tips on how to develop safe and responsible personal gambling guidelines.

RGIC representatives can meet with you to discuss and provide information about responsible gambling. With a variety of tools and programs, they can demonstrate the odds, randomness and the real cost of gambling.

The representatives also provide assistance to casino and REC patrons by way of support and referrals to problem gambling counselling and treatment programs, and can assist with enrolment in the self-exclusion program.

self-exclusion PROGRAM

The Casino and Racing Entertainment Centre Self-Exclusion Program enables a gambler to voluntarily ban himself or herself from all Alberta casinos and RECs, and the gambling opportunities these venues represent.

The self-exclusion program is not a problem gambling treatment program and participants in the program are encouraged to access other helpful resources.

The RGIC representatives can provide information on problem gambling resources, including the **24-hour, toll-free Alberta Health Services Addiction Helpline at 1-866-332-2322.**

By submitting an application to the AGLC, self-exclusion program participants can voluntarily agree to be excluded from all Alberta casinos and RECs for a specified time period. Participants choose the length of their exclusion period (minimum six months to maximum five years).

Talk to an RGIC representative for more information or contact the AGLC's Social Responsibility Division at 780-447-7420 or 1-800-272-8876.

Working With Casino Staff?

As facilitators of the AGLC's Smart training program *Deal Us In*, the RGIC representatives educate casino and REC staff about responsible gambling, what it is and what staff can do to help promote healthy attitudes towards gambling. The representatives discuss the words and actions that can reinforce gambling myths and lead to unhealthy behaviours, and provide strategies for avoiding their use. Finally, as part of the *Deal Us In* course, RGIC representatives inform staff about some of the signs of excessive gambling and the programs and services available to help reduce incidences of problem gambling.

