

Responsible Gambling — Quick Facts

Being Responsible

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.

Following are the educational customer care programs and industry training, relating to casinos, VLT outlets and bingo halls, that play a vital role in the AGLC's commitment to social responsibility:

- *Responsible Gambling Information Centers (RGICs)* featured in numerous traditional and First Nation casinos
- *Responsible Gambling Terminals* – located in RGICs, a series of interactive screens offer a self-test and tips to gamblers on how to develop safe, responsible personal gambling guidelines.
- Voluntary Self-Exclusion Program (VSE) for casinos and Racing Entertainment Centres (RECs)
- The VLT Responsible Gambling Awards Program for VLT retailers and their staff
- The new '*Reel Facts*', an online alternative to the '*Winning Moments*' responsible gambling awareness training program for VLT retailers and their staff
- Deal Us In Program for casino and REC staff and 'A Good Call', a training program for bingo hall staff
- Information materials - brochures, posters and a series of self-tests provide information to gamblers in casino, VLT and bingo settings on how to gamble responsibly. All materials include the AADAC help-line number.

Tips for Responsible Gambling

Following are some suggestions to help you manage gambling as a source of entertainment:

- Remember, the house always has the advantage
- Before playing, educate yourself on how the game works
- Always! Set a limit. Stay within it.
- Do not chase losses; accept them as a cost for the entertainment
- Take frequent breaks
- Use only money from your entertainment budget, do not borrow
- Balance gambling with your other leisure choices
- Know the warning signs of problem gambling
- If you are concerned or want to talk with someone about your gambling, call the AADAC toll-free help-line:
1-866-33AADAC (1-866-332-2322)

Warning Signs

Here are some warning signs that gambling has become a problem:

- Spending longer periods of time gambling
- Placing larger, more frequent bets
- Going into debt to support gambling activities
- Arguing about gambling with friends or family

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- Pinning hope on the “big win”
- Feelings of guilt or remorse about gambling
- Participating in illegal activities to obtain money
- Missing work to gamble
- Hiding involvement in gambling activities

Cost of Play

Remember that gambling is entertainment. These games of chance are a form of entertainment, at a price to you, the player. Casino gaming should not be viewed as a way to make money. Consider these entertainment cost comparisons:

- 1 hour of Roulette, inside typical bet*
= about \$21
1 movie, 1 popcorn, 1 soda
= about \$21

**'Inside typical' refers to bets placed on numbers 1-36 on a roulette wheel*

- 1 hour VLT, average bet = about \$60
1 dinner for two = about \$60

Gambling Myths

Myth: Some machines are “due” to pay.

Fact: VLTs and slot machine games are designed and programmed to pay out randomly no matter how many wins or losses occurred in the past. A machine that has not paid out for some time has no greater chance of paying out in the future. The result of the last game played has no bearing on the result of the next game.

Myth: Players can control the outcome.

Fact: It is impossible to control the outcome of any spin. In fact the outcome is determined as soon as the player hits the spin button.

Myth: Hitting the stop button at just the right moment will cause a winning combination.

Fact: Winning combinations are randomly selected by the computer chip within each machine; there is nothing a player can do to influence the outcome.

Myth: Electronic gaming machines tend to pay out higher amounts or more frequently at certain times.

Fact: All machines operate randomly. This means the next outcome on a machine is not predictable and is not linked to time of day or calendar.

Myth: Playing the same numbers every week gives me a greater chance at winning the Jackpots.

Fact: All numbers have the same chance of being selected for every draw; therefore your chances of winning are no better using the same numbers or using the quick pick method of selecting numbers.

AADAC Partnership

AADAC and the AGLC work together to increase awareness of treatment programs available to those experiencing problems related to gambling. AADAC's problem gambling prevention, education and treatment programs are funded by the Alberta Lottery Fund.

**AADAC toll-free help-line: 1-866-33AADAC
(1-866-332-2322)**