



Fact Sheet On Tobacco-free Sport And Recreation

WHY IS TOBACCO-FREE SPORT AND RECREATION IMPORTANT?

Sport and recreation organizations play an important role in the health and well-being of people of all ages. The use of tobacco products during sport and recreation events by the participants, volunteers, officials, coaches, leaders and spectators sends a mixed message about tobacco use to youth.

Tobacco-free sport and recreation sends a clear message that sport and recreational activities and tobacco use do not mix.

Tobacco-free Sport and Recreation means that all participants, volunteers, officials, coaches, leaders and spectators, do not smoke, snuff, dip or chew tobacco while participating in a sport or activity.

The benefits of tobacco-free sport and recreation include:

Preventing youth from starting to use tobacco products

- Children and youth model their behaviour after the people they look up to – coaches, leaders, family and peers.

Protecting the environment

- Cigarette butts are a major source of litter in communities and on beaches. Cigarette butts take a long time to biodegrade depending on environmental factors such as temperature, rain, sunlight, etc.

Protecting children from second-hand smoke

- It is well accepted that there is no known safe level of exposure to second-hand smoke indoors. Recent research shows that under certain conditions, levels of tobacco-smoke outdoors (within one or two metres of a lit cigarette) can be as high as indoors, and that by-products of smoking (like second-hand smoke residue in fabrics and cushions) can also be harmful. Smoke-free by-laws provide community-wide protection for this vulnerable population.

Giving everyone a chance to perform at their best

- Tobacco use contradicts the health benefits gained by participating in sport and recreational activities.

Creating a tobacco-free culture

- It is important for youth to receive the same tobacco-free messages at their local sport or recreation activities as they experience at school and in the wider community.

Helping smokers quit

- Smoke-free environments offer fewer opportunities to use tobacco and remove visual cues to help smokers stay quit. *Smokers' Helpline* provides personalized support and a community of quitters at your fingertips. Call 1-877-513-5333 or click www.smokershelpline.ca today for help.

