



Becoming a smokefree sports club

Creating more smokefree places is a priority in the North Yorkshire Tobacco Control Strategy, and sports clubs across North Yorkshire are encouraged to become smokefree. This means members and visitors are asked to refrain from smoking indoors and outdoors, anywhere on site, including all playing fields, and in parked cars.

Why become smokefree?

- Stop children and young people being exposed to second hand smoke.
- Normalising a smokefree lifestyle for children and young people. Those who see adults smoking regularly are more likely to take up smoking themselves, thinking smoking is a more common habit than it actually is.
- Makes a statement that you are a sports club who prioritises the health and wellbeing of all its members and visitors.
- Provides a supportive environment for people who are trying to quit, or have recently quit, by removing the temptation to smoke. Surveys show the vast majority of smokers want to quit.
- Removes the risk of very young children picking up or eating cigarette butts, which can be harmful.
- Reduces littering around the sports club.



How



With your chairman, president or board. Make them aware of the reasons for becoming smokefree.

Find out what your members think, ask for their thoughts and comments. This enables you to address any concerns they might have.



Amend and approve the smokefree sports club policy (template available on the North Yorkshire Sport Website)



Promote your new smokefree status. Think about how you can promote a smokefree lifestyle at your events and to your members at every opportunity. Ensuring that your members and visitors are aware of the smokefree regulations will help to ensure people refrain from smoking onsite. It also offers an opportunity to encourage members and visitors to think about quitting smoking, and let them know where they can go for further support. You will find the 'smoke free sports club' logo attached, in a variety of sizes and colours. Please feel free to use this to design leaflets, posters etc., and include on your letterheads and membership material.



Enforcing your policy

You will need to consider how to enforce your policy. Smoking inside public places is illegal, but prohibiting smoking outdoors is the decision of the organisation. Generally, asking anyone smoking on site to desist will resolve any enforcement issues – particularly if you ensure you have visible signs/posters to let everyone know it is a smokefree site. The presence of signs often gives other users confidence to ask smokers to stop. You should identify an individual(s) e.g. duty manager, for people to report any individuals to, if needed.



In line with your other policies, your smokefree policy will need refreshing every couple of years, to take into consideration any changes to the club or any changes to recommendations regarding smoking.