



## For More Information on Tobacco Free Sport and Recreation Initiatives

[www.hcsh.ca](http://www.hcsh.ca)

Host to the Halton Council on Smoking or Health  
(For more information on membership or initiatives)

[www.sport.nb.ca/snb/en/programs](http://www.sport.nb.ca/snb/en/programs)

(Click on "Tobacco Free Sport")  
Sport New Brunswick

[www.ansrmn.org/TFYR03Home.htm](http://www.ansrmn.org/TFYR03Home.htm)

Tobacco Free Youth Recreation Association for  
Non-Smokers, Minnesota

[www.tobaccotoolkit.ca](http://www.tobaccotoolkit.ca)

(Click on "Tobacco Free Sports")



## Halton Council on Smoking or Health

The Halton Council on Smoking or Health is  
a community coalition with active  
membership from:



[www.choices4health.org](http://www.choices4health.org)



[www.halton.ca/health](http://www.halton.ca/health)



[www.cancer.ca](http://www.cancer.ca) | [www.smokershelpline.ca](http://www.smokershelpline.ca)



*Finding answers. For life.*

[www.heartandstroke.ca](http://www.heartandstroke.ca)



Centre for Addiction and Mental Health  
Centre de toxicomanie et de santé mentale

[www.camh.net](http://www.camh.net)



Halton Healthcare

[www.haltonhealthcare.com](http://www.haltonhealthcare.com)

# TOBACCO FREE SPORT AND RECREATION

## Fostering Healthy, Active, Tobacco Free Youth!



For more information visit the  
Halton Council on Smoking or Health  
web site at [www.hcsh.ca](http://www.hcsh.ca)





## Why Tobacco Has No Place on the Playing Field!

- Tobacco use contradicts the positive impact of participation in physical activity, sport and recreation
- Tobacco use is the # 1 cause of preventable death in Canada
- Litter in our parks and playing fields negatively impacts the environment
- Outdoor second hand smoke can expose people to toxins as high as those found in some indoor places
- Tobacco use negatively effects physical performance



## Sport and Recreation Leaders as Role Models for Youth

Coaches, referees and adult leaders can have a positive impact on youth.

Youth participants see adult members as leaders, mentors and role models.

As role models, coaches, referees and parents can promote healthy lifestyle choices, including being tobacco free.



**We don't use alcohol or drugs at youth sporting events or in the presence of youth players – why is tobacco use different?**

## Ways That Your Organization/Association Can Support Tobacco Free Sport and Recreation

- Develop a tobacco free policy that applies to all of your events (this can be connected to an existing code of conduct for parents, other spectators and players)
- Include an education letter about second hand smoke in packages for parents
- Promote a tobacco free policy at registration events
- Display signage that encourages a tobacco free environment on your playing field
- Have coaches educate players about tobacco use & second hand smoke and encourage participants to remain tobacco free
- Develop "I agree to be tobacco free" contracts or pledges for players, parents, coaches, and game officials