



## Smoke-Free Sports

[www.smokefreehighland.co.uk](http://www.smokefreehighland.co.uk)

### What is Smoke-Free Sport?

Smoke-free sport is about promoting health and creating environments to help prevent young people from starting to smoke, protecting the public from second-hand smoke and helping people who want to quit.

Smoke-Free Sport means players, spectators and coaches do not smoke while taking part in the activities of your team or representing your team.

**NHS**  
Highland

## How to be Smoke-Free

By implementing a smoke-free policy, your team will send a clear message to all members and the wider community that their health is being taken seriously. Promote your policy and involve players, participants, coaches, officials and parents.

### Why Smoke-Free Sport

Sport programmes provide an alternative to smoking through physical and social activities.

#### The benefits are:

- Preventing young people from starting to smoke
- Giving everyone a chance to perform their best
- Creating a smoke-free culture
- Supporting people who are already trying to quit
- Protecting children from second-hand smoke
- Protecting the environment

**A smoke-free policy is not a personal attack on smokers. This issue is not whether people can smoke, but when and where they can smoke**

#### Immediate effects and facts for young people who smoke:

Smoking cuts down on fitness. So if you smoke or use other tobacco products, you're not going to be able to run as fast or as far as your smoke-free team mates—and opponents.

There are no safe tobacco products. Cigars, pipes and roll-ups also cause cancer and harm your athletic performance.

Smoking slows down your lung growth and reduces lung function. That can leave you gasping for air when you need it most.

Young athletes who smoke suffer from shortness of breath almost three times as often as athletes who don't smoke. Breath is something an athlete can't be short of!

A smoker's heartbeat is three times faster than that of a non smoker. So, in competition, your body wastes a lot of heartbeats just trying to keep up with non smokers.

Young smokers produce phlegm more than twice as often as those who don't smoke. Ever try breathing and spitting at the same time?

Nearly two-thirds of smokers start before they are 18. Three out of four young people who smoke say they keep smoking because it's really hard to quit. Do you want to be hooked on smoking or sports?

On 1 April 2011 it became an offence for under 18s to buy tobacco products, and also for an adult to buy tobacco products for an under 18

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