North Scarborough Soccer Club

Tobacco Free Policy

All games, activities, tournaments, competitions, practices, training sessions, events and other performances sanctioned by our organization will be tobacco-free. Tobacco free means no smoking, snuffing, dipping, or chewing tobacco by players/participants, coaches, parents, spectators and officials within 9 metres (30 ft.) of any North Scarborough Soccer Club activity.

Why is Tobacco Free Sport and Recreation Important?

Sport and recreation organizations play a vital role in the health and wellness of our community. A tobacco-free policy strengthens the positive impact your organization has on the health of the community and provides an important message about being tobacco-free to individuals who are part of our organization.

The benefits of tobacco-free sport and recreation include:

- **Preventing youth from starting to use tobacco industry 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 the main source of litter in communities and beaches. It takes 15 years for a cigarette butt to biodegrade.
- **Protecting children from second-hand smoke**. There is no known safe level of exposure to second-hand smoke, even outdoors.
- **Created 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.