



LaSalle Stompers Soccer Club

Tobacco Free Policy

Commitment

LaSalle Stompers Soccer Club recognizes that there is ample research demonstrating the health hazards caused by the use of tobacco products, including smoking, smokeless tobacco and breathing second-hand smoke, and understand our responsibility to the participants of our program to model and promote tobacco-free lifestyles.

We stress to leaders, coaches, officials, parents, spectators and all others involved the importance of maintaining a tobacco-free environment while working with young people.

- Tobacco use is the single most preventable cause of death.
- Regular use of tobacco is ultimately harmful to every user's health, directly causing cancer, respiratory and cardiovascular diseases, adverse pregnancy outcomes, and premature death;
- Second-hand smoke is a threat to the personal health of everyone, especially persons with asthma and other respiratory problems;
- Nicotine is a powerfully addictive substance;
- Tobacco use most often begins during childhood or adolescence;
- The younger a person starts using tobacco, the more likely he or she will be a heavy user as an adult;
- Many young tobacco users will die an early, preventable death because of their decision to use tobacco.

All games, activities, tournaments, competitions, sponsored 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/leaders, parents, spectators and officials.

We will promote the tobacco-free policy at all our activities by:

- Having coaches/leaders explain the policy to players/members and ask them to explain the policy to their parents and others who may come to their game/activity/performance.
- Including the policy in the first schedules/notices about the sport or recreation group so all new and returning participants, their parents/guardians, coaches/leaders and officials/managers know about the policy from the start.
- Making the policy visible throughout the year/season using various messages, including banners at events and encouraging coaches and older players/members to promote active, healthy, tobacco-free lifestyles.

Prevention programs are most effective when supplemented by strong tobacco-free policies and when they are a part of broader organization, such as Ontario Soccer Association. It is the intent of the LaSalle Stompers Soccer Club to establish a tobacco-free environment.

We will reinforce the tobacco-free policy at all our activities by:

- Encouraging all coaches/leaders, players/members and parents to respectfully remind someone using tobacco about the tobacco-free policy
- Consistently applying consequences with people who repeatedly break the policy – repeated violations by players/members or their parent/guardian may result in a verbal and written warning from the coach/leader, or the association executive in the case of a repeat coach/leader violation. Following a written warning the individual violating the policy again may be asked to leave the activity or game.

Tobacco Use Prohibited

No person is permitted to use tobacco in any way at any time.