

## RISK MANAGEMENT INFONET: RM11 SMOKEFREE

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*The following information has been obtained from Quit Victoria.*

Netball Victoria recognises that exposure of non-smokers to tobacco smoke (passive smoking) is hazardous to health and that non-smokers should be protected. Passive smoking can lead to serious illnesses in adults such as bronchitis, lung cancer and cardiovascular disease. Children can also develop chest illnesses and asthma from exposure to tobacco smoke. Accordingly, Netball Victoria recommends all netball venues (indoor & outdoor) become SmokeFree to protect the health of all concerned.

### EFFECTS ON SPORT PERFORMANCE

- Poisons from cigarettes reduce the ability of smokers to perform when playing sport.
- People who smoke are less likely to participate in sports and physical activity.
- Smokers can also lose up to half of potential fitness gains from playing netball.

### BENEFITS OF GOING SMOKEFREE

- A safer and cleaner environment is created.
- Healthy community image of your club or association is developed.
- Reduced risk of legal action from employees, patrons, spectators and participants.
- Attract community support and sponsors, as well as to encourage new members.
- SmokeFree behaviour influences juniors within the environment and allows for positive role models to be created.

### HOW TO GO SMOKEFREE

#### **Gaining support from your committee and club members:**

- Place the move to go SmokeFree on the agenda for the next committee meeting. Support your suggestion with information from the Going SmokeFree Kit
- Talk to your members about going SmokeFree and make sure they are aware of the decision before the policy is implemented.

#### **Development of a written SmokeFree policy for your club, which includes:**

- Designated indoor SmokeFree areas, entrances and any outdoor areas
- Behavioural expectations of coaches, officials, volunteers and players
- A Non-Compliance Strategy which will be followed in the case of someone breaching the SmokeFree policy

#### **Promotion and Communication of policy and changes:**

- Promote the policy's start date to all members and visitors
- Post SmokeFree signage/stickers around your venue
- Utilise your website, notice board, newsletter, public announcements

## OUTDOOR AREAS

Second hand smoke contains large respirable particles, which can cause difficulty for those with asthma or other chronic respiratory diseases, these incidences can occur at both indoor and outdoor venues.

Netball Victoria recommends that all playing surrounds be designated SmokeFree Areas

### Why go SmokeFree outdoors:

- Healthy and safe environment for all
- Role modelling for juniors

### To go SmokeFree outdoors:

- Add the designated areas to your policy
- Ensure you have a communication policy developed
- Ensure you have an area for Smokers
- Ensure your non compliance policy deals with policing
- Encourage self policing from your members

Implementing a SmokeFree policy positively promotes netball clubs and associations within the community and can increase the participation of junior and family orientated members.

Quit Victoria provides assistance to sporting clubs or associations to go SmokeFree. A policy kit is available from Quit Victoria and this resource kit identifies the steps that can be taken to implement a SmokeFree policy within a sporting club or association environment.

Netball Victoria will provide Associations/Clubs that implement a SmokeFree policy with free SmokeFree venue signage.

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