

Parkwood Sharks RLC Smoke-free Policy

RATIONALE

Smoking is a leading cause of preventable death and disease in Australia. Smoking greatly increases your risk of suffering from a range of life threatening illnesses, such as cancer, heart disease and respiratory illnesses. Smoking around others exposes them to second-hand smoke and many of the same dangerous chemicals. There is no safe level of exposure to second-hand smoke.

Parkwood Sharks recognises the harm caused by smoking and our duty of care to safeguard the health and wellbeing of our volunteers, coaches, players, parents and supporters. Smoke-free areas support smokers who are trying to stop smoking and reduce overall cigarette consumption.

Smoking is banned within 10 metres of viewing and playing areas at organised under 18 sporting events. The ban also applies during training and at any intervals or breaks in play. In addition to adhering to required laws, our club has a number of strategies to help support and promote a smoke-free environment for our volunteers, coaches, players, parents and supporters. These strategies are implemented without judgement or criticism and will be offered in the spirit of support and encouragement with the aim of promoting health for the whole club community.

BENEFITS OF A SMOKE-FREE POLICY

- Enhance the health, safety and productivity of the members. Non-smokers are less prone to illness.
- Volunteers and visitors are protected from the hazards of second-hand smoke.
- Smoke-free places cater for the majority of people who don't smoke – more than 85 percent of Queenslanders don't smoke.
- A smoke-free environment helps smokers who are trying to quit or cut down. The sight or smell of others smoking can be a major trigger to smoke for those trying to cut down or stop smoking.
- Makes smoking less visible and less socially acceptable and decreases the uptake of smoking amongst younger people.
- Reduced risk of legal action and WorkCover claims relating to second-hand smoke.
- Reduced cleaning and maintenance costs.
- Reduced fire risk.
- Creates a healthy club image.

AIM

This policy aims to protect all our volunteers, coaches, players, parents and supporters of Parkwood Sharks from the harms of tobacco smoke.

INVOLVEMENT

This policy applies to all our volunteers, coaches, players, parents and supporters of Parkwood Sharks while on the premises.

COMMITMENT

Supporting Volunteers members who smoke

To help volunteers who wish to cut down or stop smoking, Parkwood Sharks will provide the following assistance:

- Promote free calls to Quitline (13 7848) during work times.
- Provide free printed health information.
- Promote the [My QuitBuddy](#) quit smoking app and [quitnow](#) website.
- If eligible, provide volunteers with access to the Workplace Quit Smoking Program (WPQSP) (Queensland Health). This program includes four planned support calls with a trained Quitline counsellor and 12 weeks of free nicotine replacement therapy. Volunteers are welcome to call Quitline anytime they need additional assistance.

Smoke-free areas and restrictions

Parkwood Sharks requires the following areas of the service to be smoke-free:

- All indoor areas (Queensland legislation states that enclosed workplaces must be smoke-free).
- All Parkwood Sharks vehicles.
- All outdoor areas of this site will be smoke-free except for the following designated area:
Northern Side of Clubhouse

Note: The designated outdoor smoking area is clearly sign posted and provides bins for the safe disposal of smoking and tobacco related products. This area is safely accessible, has no flammable or combustible material nearby and does not expose non-smokers to second-hand smoke.

FOLLOWING THE POLICY

The following process will be applied: (for volunteers, coaches, players, parents and supporters)

- Ensure the person is aware of the policy and reiterate the reasons for its existence.
- Present the person with information about smoking, including health risks of tobacco use, benefits of quitting and the prevalence of smoking.
- Promote appropriate services to support quitting such as Quitline (13 7848), [My QuitBuddy](#) quit smoking app and [quitnow](#) website.

POLICY TIMING AND REVIEW

This policy is effective from [start date for the policy] and will be reviewed six months after its introduction and then on an annual basis thereafter. This will ensure that the policy remains current and practical.