SA Health

Going Smoke-free

A policy guide for sporting and recreation organisations

Government of South Australia
Preventive Health SA

Going Smoke-free

A policy guide for sporting and recreation organisations

Government of South Australia
Preventive Health SA

Contents

1. Introduction 3

2. THE FACTS: Environmental tobacco smoke (ETS)..... 3

3. Public attitudes and support for smoke-free areas..... 4

4. Commonly asked questions..... 4

5. How to become a smoke-free venue 5
   - > What is a smoke-free policy?
   - > Where do I start?

6. Staff training 6

7. Sample policy on smoking 7

8. Checklist for a policy on smoking 8

9. Plan for non-compliance..... 8

1. Introduction

This guide has been developed in response to an increasing demand from the general public, club members and families who want to enjoy recreation and sporting events without being affected by other people's smoke. This demand has grown from community concerns about the health effects of passive smoking and associated litigation.

Research suggests that outdoor smoking is a potential hazard under certain conditions. The concentration of smoke in outdoor locations can be very high, particularly around larger numbers of active smokers and under certain wind conditions. This represents a passive smoking risk for people who spend time in confined outdoor public places, especially people with pre-existing health conditions such as respiratory or cardiovascular conditions.

Recreation and sporting organisations have a significant influence in their communities. There is an increasing expectation within the South Australian community that venues and public events will be smoke-free. By implementing a smoke-free policy, organisations are supporting the preference and needs of the majority of South Australians who do not smoke.

Going smoke-free is a positive step towards a healthier future for all South Australians.

Please note: from 1st March 2024, laws commenced which ban smoking and vaping in a variety of public outdoor areas in South Australia. Some of these laws may relate to sporting and recreation organisations, particularly those laws relating to building entrances, under-18 sporting events, swimming pools and beach areas. Refer to **clearingtheair.sa.gov.au** for more information.

2. THE FACTS: Environmental tobacco smoke (ETS*)

(*also known as passive smoking or second hand smoke)

> ETS consists of two types of smoke:
- mainstream smoke (exhaled from the smoker).
- sidestream smoke (from the burning end of the cigarette).

> ETS is harmful and contains a complex mixture of 4,000 chemical compounds, including forty-three known carcinogens.

> There is no known safe level of exposure to ETS.

> In adults, ETS or passive smoking has been associated with a number of serious illnesses including
- heart disease
- stroke
- lung cancer
- nasal sinus cancer
- breast cancer, cervical cancer and miscarriages.

> In children, ETS or passive smoking has been associated with:
- sudden infant death syndrome (SIDS)
- foetal growth impairment
- decreased lung function
- bronchitis, pneumonia and other respiratory tract infections
- complications with asthma and middle ear disease.
- negative impact on cognition and behaviour
- complications with cystic fibrosis

3. Public attitudes and support for smoke-free areas

> In 2024, 63% of South Australian reported being very or somewhat concerned about being exposed to passive smoke in outdoor areas.

> There is a high level of public support for smoking restrictions in public spaces, particularly at outdoor sporting grounds.

> Many organisations of different sizes have shown that the implementation of smoke-free areas and/or total bans has not impacted on their supporter base.

4. Commonly asked questions

> **Will the organisation suffer financially by banning smoking?**

Many recreation and sporting organisations throughout South Australia have successfully implemented smoke-free policies.

Surveys of South Australian sports and cultural organisations indicate that revenue, spectator attendance and membership remained the same since the introduction of a policy on smoking.

> **Do we have the right to implement and enforce a smoke-free policy?**

Many organisations and clubs have codes of behaviour and dress standards as a condition of entry. A smoke-free policy can be implemented and enforced as a similar condition of entry and code of behaviour within your facility.

> **What about smokers' rights?**

Although smoking is legal, non-smokers are entitled to an environment free from exposure to tobacco smoke.

> **Why shouldn't people be allowed to smoke while they watch sport outdoors?**

Tobacco smoke in outdoor areas can produce symptoms of ill health depending on wind direction and concentration of smokers. It can aggravate many health conditions such as asthma, chronic obstructive airways diseases and cystic fibrosis.

> **What happens if someone smokes in a smoke-free area?**

See 'Plan for non-compliance' on page 8.

If you follow the steps outlined in this guide, you should have no trouble in implementing a smoke-free policy for your facility.

5. How to become a smoke-free venue

What is a smoke-free policy?

A smoke-free policy will specify your organisations position on smoke-free areas.

Your policy must identify:

- which areas are smoke-free
- who is responsible for enforcing the policy
- the penalties for ignoring the policy

Where do I start?

> Assess the current situation

Does a policy already exist? If so, is it adequate? Is it enforced? Has it been endorsed by management or committees?

> Get the support of your committee

Place the topic of a smoke-free policy on the agenda for your next committee meeting.

Before the meeting, provide as much background information as possible to your committee members on passive smoking and its legal implications. If you require further information contact Preventive Health SA at tobacco.control@health.sa.gov.au.

> Draft your policy on smoking

See the 'Sample policy on smoking' on page 7.

> Obtain committee endorsement of the policy

Submit the draft policy to your committee for approval.

> Give members and patrons notice of policy changes as soon as possible

Use newsletters and noticeboards. The timing and manner of the introduction of your policy is crucial and should be clearly stated in policy documents. Don't forget to notify and provide training for all staff and make sure staff, members and patrons know the starting date. Advance notice will avoid potential resistance to the changes, so it is best to give at least one month's notice to let people become accustomed to the idea.

> Decide what approach to take if someone opposes your policy or continues to smoke in a non-smoking area

Ensure that the policy has clearly stated enforcement procedures that are relatively easy to implement and enforce. Staff need to be trained to deal with these situations appropriately.

> Label promotional material

To assist with compliance, consider including information about the smoke-free policy on advertising material, tickets, mail outs, entry forms, promotional flyers, programs etc. When a smoke-free policy is communicated effectively the majority of people are willing to comply.

> Display non-smoking signs in prominent positions

Signage in PDF format is available from **clearingtheair.sa.gov.au.** A resource order form can be downloaded from the SA Health Tobacco Laws website: **www.tobaccolaws.sa.gov.au.**

> Review the policy

The policy should ideally be reviewed six months after its introduction and then on an annual basis. This will ensure that the policy remains current and practical.

> Promote the policy

The policy should be promoted to management, staff, members and patrons. Ensure that management and staff have copies of the policy.

> Remove all butt bins from non-smoking areas

6. Staff training

> Provide a training session to familiarise staff with the new policy.

> Remember to:

- Ensure all staff attend.
- Briefly describe the reasons for the organisation becoming a smoke-free environment, including health and safety issues and public attitudes to passive smoking.
- Discuss when and where the policy will be implemented.
- Discuss the role of your staff in the implementation of the policy.
- Discuss any concerns that staff might have.
- Train security personnel who may be hired by the organisation.

Remember, your policy is not a personal attack on smokers. The issue is not whether people smoke but where they smoke, therefore minimising the effect their smoking has on the health of others.

7. Sample policy on smoking

Rationale

The (club/association) recognises that environmental tobacco smoke is a health hazard and that non-smokers should be protected from it.

The following policy applies to (name of club/ venue/club areas) as from (date). This policy applies to all members, administrators, officials, coaches, players, visitors and other staff of the (club/association).

Policy on smoking

The (club/association) policy requires (the following list will give an indication of the areas to be considered):

- Outdoor spectator grandstands and seated areas to be smoke-free.
- Outdoor food/drink outlets to be smoke-free.
- Other congested outdoor areas to be smoke-free.

Non-compliance

Non-compliance with this policy will result in (specific action) being taken by the committee. Anyone wishing to discuss any aspect of this policy is invited to contact a member of the committee. Thank you for your co-operation.

Policy review

The policy on smoking will be reviewed six months after its introduction and then on an annual basis. This will ensure that the policy remains current and practical.

Policy approval

Your smoke-free policy document should be officially signed by the President, CEO/General Manager or Chairperson of your organisation.

.....	.....
Chairperson/CEO	Secretary
Date	Date .....

8. Checklist for a policy on smoking

Members, visitors and staff of your organisation have been advised of the new smoke-free policy by the following (tick box):

- ☐ Article in newsletter.
- ☐ Notice on noticeboard.
- ☐ Publicity - using players/coaches/officials to personally endorse the changes.
- ☐ Advertising - notifying patrons of the availability of smoke-free areas.
- ☐ Staff training - discussing ways of avoiding conflict following these changes.
- ☐ Notice on membership application forms.
- ☐ Advertisements on event programs.
- ☐ Letter from the Chairperson and committee endorsing the changes.
- ☐ PA announcements.
- ☐ Adequate smoke-free signage.
- ☐ Web page.

9. Plan for non-compliance

> A plan for non-compliance should form part of your smoke-free policy.

> Stipulate the actions your organisation will take with patrons breaching the policy. Each individual organisation should develop its own procedure for dealing with non-compliance.

Example

A patron breaching the policy will be approached by a staff member or member of security. They will be reminded about the non-smoking policy and asked to move to a smoking area or extinguish their cigarette. If smoking continues, the Venue Manager may need to repeat the verbal request and inform the patron that they will be escorted from the venue if they continue to smoke.

10. For further information

Tobacco and E-cigarettes
Preventive Health SA
PreventiveHealthSA.TobaccoControlUnit@sa.gov.au

Preventive Health SA
www.preventivehealth.sa.gov.au

Contact the confidential Quitline on 137 848 Monday to Friday, 8am to 8pm ACST for support to quit smoking or vaping

If you require this information in an alternative language or format please contact Preventive Health SA on the details provided above and they will make every effort to assist you.

http://www.gilf.gov.au/

© Department of Health, Government of South Australia. All rights reserved. Printed June 2011.

Government of South Australia
Preventive Health SA