



**NORTHERN  
SUBURBS  
FOOTBALL**  
EST. 1957

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## **NSPD12D - Smoking Policy (adopted from FNSW Policy)**

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### **Background**

Environmental tobacco smoke is a potential health risk, and there is now enough evidence that passive smoking (the involuntary inhalation of side-stream and second-hand tobacco smoke) increases the risk of at least some diseases, particularly disorders and diseases of the respiratory system.

Not only do players who smoke reduce the physical level at which their bodies can perform; they are also promoting a product which is hazardous to health and in conflict with the image of sport.

To highlight these facts, FIFA has not accepted any advertising from sponsors in the tobacco industry since 1986.

### **Government Regulation**

Smoking is banned in all enclosed public places and certain outdoor public areas, under the Smoke-free Environment Act 2000 and the Smoke-free Environment Regulation 2016. These bans protect people from harmful second-hand tobacco smoke. There is no safe level of exposure to second-hand smoke. These bans protect people from harmful second-hand tobacco smoke. There is no safe level of exposure to second-hand smoke.

Section 6A of the Smoke-free Environment Act 2000 makes several outdoor public places smoke-free. Smoking is banned in spectator areas at public sports grounds and other recreational areas in NSW. Sporting facilities are included under the definition of a public sports ground and are required to comply with the law. Other outdoor sporting facilities, such as Local Council playing fields, are also covered by the law. The smoking ban applies to all spectator areas at sports grounds and other recreational areas when they are being used for an organised sporting event. The law applies to both covered and uncovered spectator areas and whether seating is provided or not.

### **Policy Application**

Players are banned from smoking for the duration of a match in which he or she is participating, which is under the control of Football NSW, or its affiliates.

Staff, officials, players, referees and volunteers are banned from smoking in offices, technical areas, dressing rooms, change rooms and medical rooms. Clubs and associations are responsible for the management of the application of this.

FNSW shall ensure all publications from the National Cancer Council, QUIT and NSW State Government in relation to the adverse effects of smoking and its impact upon player performance levels, is made available to all Football NSW Affiliated Clubs and Associations.

## The Effects of Smoking

- Nicotine is a stimulant drug that acts upon the central nervous system and is highly toxic. Nicotine is twice as deadly as arsenic and at least four times more lethal than cyanide. If the total nicotine content of one to two days of smoking was consumed in one dose it would cause death in a matter of minutes.
- Inhaled smoke from a cigarette contains carbon monoxide, ammonia, hydrogen cyanide, nicotine, toluene, phenol and benzpyrene.
- A significant aspect with smoking is that non-smoking participants are subject to side stream smoke, which contains all the above ingredients plus a number of additional gases and poisons that are not normally inhaled by the smoker due to the cigarette filter. These gases include formaldehyde, acrolein, vinylpyridine, naphthalene and naphthylamine.
- The carbon monoxide from a cigarette is rapidly absorbed in the blood stream in preference to oxygen and therefore reduces the amount of oxygen that can be carried by the red corpuscles. The tar in a cigarette reduces the elasticity of the air sacs and so restricts the volume of oxygen that can enter the blood stream.
- Smoking also increases the heart rate whilst at the same time reducing the quantity of blood flow by causing the elevation of player's blood pressure.

For further information, visit [NSW Department of Health Smoke-free laws.](#)