



## LAMBTON PUBLIC HEALTH

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Dear Coaches:

As of January 1, 2015, there were changes to the Smoke-Free Ontario Act that you need to be aware of. It is now illegal to smoke tobacco and hold lighted tobacco within 20 metres of public sport fields, sport surfaces, and on spectator areas adjacent to sporting areas. Municipalities have been working to post the required signage to help identify these new requirements.

Coaches are important role models for youth. What coaches do and say about tobacco has an impact on what youth think and do. Studies show that when a coach uses tobacco, young players are more likely to believe that using tobacco is acceptable. As a coach of youth sports in Lambton County you can promote a healthy lifestyle, and that includes being tobacco-free. Therefore, coaches and sport organizations can:

- Talk to players and parents about the recent changes to the Smoke-Free Ontario Act regarding sports areas.
- Distribute information sheets on the requirements of the Smoke-Free Ontario Act
- Set a good example by not using tobacco products around players
- Talk to players about being tobacco-free. Focus on the immediate effects such as decreased performance and endurance.
- Develop a tobacco-free policy to connect to existing codes of conduct for parents/guardians, spectators and players. Send a copy to parents or guardians.
- Ask players to sign an "I agree to be tobacco-free..." contract or pledge
- Use the Play, Live, Be Tobacco-Free logos on jerseys, forms and websites (see <http://www.playlivebetobaccofree.ca/Resources.aspx>)

If you have any questions or concerns please regarding smoke-free laws or tobacco-free sports please call Ashlyn Brown, Health Promoter 519-344-2062 ext. 2141 or [ashlyn.brown@county-lambton.on.ca](mailto:ashlyn.brown@county-lambton.on.ca) Lambton's Tobacco Hotline at 519-383-3810 or 1-800-667-1839 ext. 3810 or visit [www.lambtonhealth.on.ca](http://www.lambtonhealth.on.ca).

Sincerely,

Ashlyn Brown

Health Promoter

