



HUNTER VALLEY
FOOTBALL



REGULATION H: 3.22 Smoking and Vaping Policy

Summary

This Policy provide information about:

➤ **Regulation H – 3.22 Smoking and Vaping Policy**

that the Joint Zone Associations Competitions will operate under.

The Regulations, Procedures and Policies in conjunction with the Constitution and By-Laws of the Zone Association shall, with the approval of NSW Football and duly Registered with FA, apply from the date of approval and shall take precedence over any previous Regulations of the Zone Association.

Issued by the Joint Board of Directors of Macquarie Football, Newcastle Football, and Hunter Valley Football.

Issued: **February 2025**

Review: **January 2026**

Contents

Page

1	<u>BACKGROUND</u>	3
2	<u>PURPOSE</u>	4
3	<u>HEALTH HAZARDS</u>	5
4	<u>POLICY APPLICATION</u>	5
	<u>4.1 FA Regulations</u>	6
	<u>4.2 Smoke Free</u>	6
	<u>4.3 Promoting this Policy</u>	6
	<u>4.4 No-Smoking/Vaping Signage</u>	7
	<u>4.5 Council Regulations</u>	7
	<u>4.6 Policy Non- Compliance</u>	7
	<u>4.7 Penalties (NSW Government/Council)</u>	7
	<u>RESOURCES</u>	8

POLICY ON SMOKING AND VAPING

1. BACKGROUND:

Drug intake as a result of smoking or vaping is not deemed to be illegal in the sport of football.

However, the Joint Zone Associations recognise that environmental tobacco smoke is a potential health risk and there is now sufficient 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.

“Vaping or vaporizing” is the word used to describe inhaling the aerosol produced by e-cigarettes or similar devices like vaporizers or vapor pens.

E-cigarettes heat nicotine (extracted from tobacco), flavourings and other chemicals to create an aerosol that you inhale.

E-cigarettes are nicotine delivery devices that have a battery, a heating element, and a container for liquid.

When the liquid is heated, users inhale the aerosol.

The liquids are usually flavoured and contain nicotine, so users experience a taste sensation as well as a hit of the same addictive stimulant found in cigarettes.

The long-term health effects of vaping are still not known as it is a fairly new activity and some diseases, such as cancer, can take many years to develop.

However, vaping has been the cause of a number of deaths from acute lung disease.

There are also an increasing number of studies that demonstrate that vaping has both short- and medium-term effects on the heart and lungs.

Section 6A of the Smoke-free Environment Act 2000 and the Smoke-free Environment Regulation 2016 makes a number of outdoor public places smoke-free.

Under the Act and Regulation, ***smoking has been banned*** in NSW since 7th January 2013 in all spectator areas at community sports grounds and other recreational areas in NSW.

The ***smoke-free laws also apply to*** the use of e-cigarettes (vaping).

Community sports grounds are a popular community outdoor setting for exercise and recreation and often attract large numbers of people, particularly families with children.

There is no safe level of exposure to second-hand tobacco smoke.

This is the smoke which smokers exhale after inhaling from a lit cigarette.

In adults, breathing second-hand tobacco smoke can increase the risk of cardiovascular disease, lung cancer and other lung diseases.

It can worsen the effects of other illnesses such as asthma and bronchitis.

Exposing ex-smokers to other people’s tobacco smoke increases the chance of relapsing to smoking.

For children, inhaling second-hand tobacco smoke is even more dangerous.

This is because children's airways are smaller, and their immune systems are less developed.

These differences make children more likely to suffer health problems due to second-hand smoke such as bronchitis, pneumonia, and asthma.

Creating smoke-free outdoor areas, such as in community football grounds and recreational areas, can support those who have quit and make smoking less visible to children and young people.

Many NSW councils, under the provisions of the Local Government Act 1993, have progressively introduced their own smoking bans.

Where these bans are in place, they can continue to be enforced by Local Council rangers.

The purpose of the Joint Zone Associations Smoking and Vaping Policy is to provide all members and visitors with a safe, healthy, and challenging football environment.

This enables all participants to achieve their sporting best and spectators, officials, coaches, and administrators to enjoy a "Smoke Free" environment.

Accordingly, the following Smoking and Vaping policy endorsed by the Joint Zones will apply to all members, including administrators, officials, coaches, players, volunteers, spectators.

2. PURPOSE

This policy outlines Joint Zones Associations procedures for tobacco and e-cigarette use in and at Member club venues and at Zone Associations fixture, special events, gala days, clinics, functions, and other Member club-related activities.

It represents our Joint Zones Association's commitment to its members, officials, volunteers, and visitors, acknowledging the role that football clubs, branches and associations play in building strong, safe, and healthy communities.

This policy will help to ensure our Member clubs:

- Meets their duty of care in relation to the health and safety of their players, members, officials, volunteers, and visitors who attend club fixtures, special events, functions, gala days, clinics, and other activities.
- Upholds the reputation of the Zone Associations and Member clubs.
- Understands the risks associated with tobacco use, vaping, and our role in minimising that risk.
- Act as role models, as role modelling can have a significant impact on the junior members of the Zone Associations Member clubs.
- Reduce the visibility of smoking and vaping through "smoke-free" areas which makes smoking/vaping less visible, less acceptable and helps contribute to the reduced uptake of smoking/vaping among young people.
- Comply with all relevant state and local government smoking restrictions.
- Recognises the importance of educating club members, particularly players, of the benefits of implementing a smoking management policy and will provide information to assist in this process.
- Promote resources for members wishing to quit, including the national Quitline (13 78 48, iCanQuit.com.au), where appropriate.

3. HEALTH HAZARDS

Effect of Smoking/Vaping

- **Nicotine** is a stimulant drug that acts on 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 or e-cigarette may contain the dangerous chemical substances acetone, carbon monoxide, ammonia, formaldehyde, hydrogen cyanide, nicotine, toluene, phenol and benzopyrene.

Chemicals found in the e-juices, and vapours that they generate, include very fine particles, heavy metals, volatile organic compounds, and poly-cyclic aromatic hydrocarbons.

Some of these are known to be toxic, including chemicals that can cause cancer.

The levels of most of these compounds are less than in tobacco smoke but there are hundreds of different e-juices and the ingredients of these can vary greatly and therefore the combined effects are unpredictable.

- A significant aspect of smoking is that non-smoking participants are subject to side stream (passive) smoke, which contains all of 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, vinyl pyridine, 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 erythrocytes (red blood cells).

The tar in a cigarette reduces the elasticity of the air sacs and so restricts the volume of oxygen that can actually attempt to enter the blood stream.

- Smoking increases the heart rate whilst at the same time reducing the quantity of blood flow by causing the elevation of the player's blood pressure.

4. POLICY APPLICATION

Players are banned from smoking/vaping for the duration of a match in which he or she is participating, which is under the control of the Zone Associations; Staff, officials, players, match officials, and volunteers are banned from smoking in offices, technical areas, dressing rooms, change rooms and medical rooms.

Member Clubs, branches and associations are responsible for the management of the application of this policy.

Smoke free environments can help attract new members and positively promote our club in the community.

4.1 FA Regulations

The FA No Smoking policy as contained in the FA Member Protection Policy applies to all levels of football:

- a. No smoking shall occur at or near any sporting event or competition involving persons under the age of 18, and this Policy applies to all coaches, players, trainers, officials, and volunteers.
- b. Social functions shall be smoke free, with smoking permitted at designated outdoor smoking areas.
- c. Coaches, officials, trainers, volunteers, and players will refrain from smoking and remain smoke free while involved in an official capacity for any Governing Body, Club or Representative team, on and off the field.

The following policy shall apply to all Zone Associations Member clubs, players, Team Officials, Match Officials, volunteers, spectators, and visitors:

- Smoking in this policy includes the use of any form of e-cigarette device.
- Cigarettes, e-cigarettes, and any other tobacco products will not be sold, including from vending machines, at any time at or by any Zone Association Member club.
- Many young people hold parents, teammates and coaches in high esteem and smoking around them sends the message that smoking is okay.
Therefore, we expect that coaches, players, officials, and volunteers will refrain from smoking while involved in an official capacity for the club, on and off the field.
- To foster a Member club's reputation as a healthy environment, no images of club volunteers, members, officials, coaches, and players smoking at club-related activities will be placed on social media.

4.2 Smoke Free Areas

Due to State and Local government Act and Regulations the Joint Zone Associations requires the following areas of any Member club's **facility/sporting ground** to be smoke free, that is smoking and vaping is banned for:

- All indoor areas,
- All outdoor playing/training areas,
- All Technical and bench areas,
- All spectator areas (standing and seated, covered, and uncovered)
- All canteen, catering, eating, and drinking areas.

Where possible smoke free areas will be signed, and Member clubs asked to promote them in club communications and/or materials.

4.3 Promoting this Policy

Our Joint Zones Associations and Member clubs will aim to promote this policy regularly by:

- Member Clubs placing a copy of the policy in club newsletters, printed member information and on the Zone Association's and Member club's websites.

- Promoting positive smoke free messages through the Zone Association's and Member club's social media.
- Member Clubs displaying a copy of the policy in the club rooms.
- Member Clubs periodically making announcements to members at venues.
- Placing non-smoking/vaping signage in prominent locations both indoors and outdoors at Member clubs facilities/venues/grounds.

4.4 No-Smoking/Vaping Signage

No-smoking/vaping signage at sports grounds is not compulsory however it is recommended that No Smoking/Vaping signs be displayed at grounds and venues to assist in the awareness of the Act and regulations.

Signage can be obtained at NSW Health: [Smoke-Free Environment Resources](#)

4.5 Council Regulations

Some Councils prohibit smoking at all Council owned sports grounds and venues through Council policy.

Clubs should contact their local Council for clarification of local Council policies.

4.6 Policy Non-compliance

All Zone Associations staff, board members, member clubs officials, players, match officials, volunteers and spectators will uphold this policy and any non-compliance will be handled according to the following process:

- A friendly approach from a Duty Officer, Club Official or Zone Official will be made to the person smoking, explaining the Zone Association's and Member club Smoking and Vaping policy, directing them to cease and point them to any areas where smoking/vaping is permitted at the venue or ground.
- Duty Officer should notify the Member Club's Secretary of any breaches of this policy.
- Continued non-compliance with the policy should be handled by the Duty Officer who will use their discretion as to the action needed to be taken. Which may include but not limited to:
 - asking the person/people to leave the club facilities or function,
 - completing an Incident Report and sending it to the Member Club's Secretary for possible Member club imposing its own rules regarding smoking/vaping at the Member Club's facility, venue, or ground.
 - Refer the person/persons to the Zone Association Administration – Disciplinary for determination/sanctions.

4.7 Penalties (NSW Government/Council)

Fines of up to \$550 apply for breaches by individuals who fail to comply with the new smoking/vaping Act and Regulations.

NSW Health Inspectors, Tobacco Compliance Officers and Council Rangers are permitted to issue fines to individuals who breach the Act and Regulation.

RESOURCES:

The NSW Quitline 13 7848 (13 QUIT) is a confidential telephone information and counselling service, managed by Cancer Institute NSW, to help smokers and vapers quit and stay quit.

Quitline also provides quitting tips and information to carers, family members and other health professionals.

iCanQuit: [Help you Quit](#)

iCanQuit: [Free Quit Kit](#)

NSW Health: [Smoke Free](#)

NSW Health: [Electronic Cigarettes](#)

NSW Health: [Smoke-Free Environment Resources](#)

NSW Health: [Vaping evidence Summary](#)

WA Health: [Health effects of Vaping](#)

Approved and Issued: February 2025

Assessment/Review: **January 2026**