

# Nelson Bay Football Club Incorporated



## POLICY ON SMOKING

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### 1.0 POLICY

**1.01** Drug intake as a result of smoking is not deemed to be illegal in the sport of football. However, the adverse health aspects and the decreased performance potential associated with the practice of smoking require serious evaluation. The principal factors include:-

**1.01.01** Conflict between a practice that is hazardous to health and the conduct of a sport that promotes health. The key to the continued acceptance by both Government and special lobby groups of a sport must be that the sport is seen as being beneficial to the individual's health.

**1.01.02** The impact of smoking on non-smoking participants.

**1.01.03** The quality of the image of the sport, particularly where television is involved.

**1.01.04** The potential influencing of junior players.

### 2.0 HEALTH HAZARD

**2.00** **Effect on the Nervous System** - 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.

**2.02** **Smoke Contents** - Inhaled smoke from a cigarette contains the dangerous chemical substances carbon monoxide, ammonia, hydrogen cyanide, nicotine, toluene, phenol and benzpyrene.

**2.03** **Passive Effect** - A significant aspect of smoking is that non-smoking participants are subject to side stream 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, vinylpyridine, naphthalene and naphthylamine.

**2.04** **Effect on Blood Stream** - 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.

**2.05** **Effect on the Heart** - 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.

### 3.0 POLICY APPLICATION

**3.01** There is an increasing expectation by Federal and State Governments which provide financial assistance from time to time for the sport of football to become more actively supportive of drug prohibition and healthy lifestyle policies. For these reasons it is now appropriate for football to introduce rulings that provide for:-

**3.01.01** The banning of smoking by players for the duration of the match in which the player is participating which is under the control of this Club.

**3.01.02** The banning of smoking by any persons authorized to sit on the bench during any match which is under the control of this Club.

**3.01.03** The banning of smoking by staff, officials, players, referees and volunteers in any change rooms, offices, medical rooms, store rooms, canteens ie: in any enclosed space.