



# Tobacco-Free Youth Sport and Recreation

## *How to Get There*



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Cole Harbour Soccer Club, Dartmouth, Nova Scotia

Action in Your Community Against Tobacco (ACT)

Canadian Cancer Society, Nova Scotia Division

Cancer Care Nova Scotia

Capital Health

Nova Scotia Office of Health Promotion

Southeastern Community Health Board

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## About This Guide

This guide explains *why* and *how* to create, promote, and reinforce tobacco-free policies for use within youth sport and recreation.

The guide has two main goals:

- to encourage community groups and sport and recreation organizations working with youth to develop and implement tobacco-free policies
- to provide information and resources that will help make tobacco-free youth policies and programs easier and more successful.

We hope you find this guide helpful, and we applaud your efforts to create healthy, tobacco-free families and communities.



Some programs, on their own, may contribute to reducing tobacco use among youth and adults; however, it is the combination of many programs and policies working together **over time** that will significantly reduce tobacco use and create Nova Scotia communities free from tobacco addiction.

Effective programs at the community level involve people in their homes, worksites, schools, entertainment, sport and recreation venues, and other public places. Tobacco-free sport and recreation is an example of an effective community program which creates healthy environments that visibly support non-use of tobacco products for youth, parents, families, and communities.

## What Does Tobacco-Free Mean?

Tobacco can be smoked, chewed, dipped, and snuffed. All of these forms of tobacco use are dangerous and can affect health. Tobacco-free means discouraging the use of *all* forms of tobacco.

## What Is Tobacco-Free Sport and Recreation?

The concept is simple – develop, communicate, and reinforce a tobacco-free policy as part of your sport or recreation program or activity. This means no smoking, snuffing, dipping, or chewing tobacco by players, participants, coaches, leaders, or spectators.

The simplicity of the tobacco-free message means it will be carried beyond the activity – to spectators, families, and communities. The goal is also to spread the word that most people *don't* use tobacco and that the community supports and values tobacco-free environments.

Tobacco-free sport and recreation is a global movement. The International Olympic Committee and the World Health Organization have both developed tobacco-free programs.

The Tobacco-Free Sport logo is an internationally recognized symbol. Consider using the logo by putting it on crests/badges for team jerseys or group uniforms, and promotional materials such as websites, signs, banners, t-shirts, posters, and all written materials (notices to parents, registration forms, etc.). The logo can be adapted for specific sport and recreation activities. To access personalized logos, contact the ACT Initiative at 1-800-639-0222.

## Who Can Develop Tobacco-Free Youth Programs?

All youth sport and recreation activities can be made tobacco-free! Although sports like tobacco-free soccer are the best-known, tobacco-free programs can be created for any sport, as well as for recreational activities such as Girl Guides/Boy Scouts, or 4-H clubs.

Tobacco-Free logo  
(United States Centers  
for Disease Control  
and Prevention)



## Why Develop Tobacco-Free Sport and Recreation Programs?

Tobacco is a dangerous and deadly addiction. One of the best ways to reduce tobacco use is to prevent young people from starting. As outlined below, youth sport and recreation programs are an ideal place to promote tobacco prevention. They *combine education with a strong tobacco-free policy that visibly moves the message into action.*

In addition, taking on a tobacco-free initiative can be very *rewarding*. There are health benefits for children and families, as well as positive effects on community pride and empowerment. Community-based programs like tobacco-free sport and recreation will, in the long run, lead to healthier youth, families, and communities.

Need help convincing others that a tobacco-free sport or recreation program is a good idea? Besides the points outlined here, use the Fact Sheet from Appendix 2.

### Why focus on youth sport and recreation programs?

#### *They involve parents and other community members*

Young people need to hear the tobacco-free message inside and outside of school. Community-based activities like tobacco-free sport and recreation involve participants, coaches/leaders, parents, and supporters. They take the tobacco-free message outside of school and place it in the community. This makes the message a community value, or norm.

#### *They influence youth social networks*

Young people are influenced by their social networks. Programs that foster positive social environments have a strong influence on youth.

#### *They reach a large number of young people*

Sport and recreation programs are popular in Nova Scotia. A great many young people take part in these activities within our local communities.

#### *They also target second-hand tobacco smoke*

Tobacco-free sport and recreation raises awareness about the dangers of second-hand tobacco smoke. Tobacco-free policies discourage smoking by all participants and spectators.

### Focus on youth sport and recreation programs because they

- involve parents and the community
- influence youth social networks
- reach a large number of young people
- also target second-hand tobacco smoke
- change community standards
- set youth up as positive role models
- promote health



### *They can change community standards*

Many young people think tobacco use is more common than it really is. Tobacco-free sport and recreation helps make tobacco use seem less acceptable and shows that most people do not use tobacco.

### *They establish youth as positive role models*

Well-designed tobacco-free sport and recreation programs include youth as role models for younger participants. This encourages both the role models and the young people that look up to them to remain tobacco-free.

### *They promote health*

Sport and recreation programs provide an opportunity to promote all aspects of healthy living, including being tobacco-free. As well, tobacco-free sport is a logical place to deliver a message about the negative effects of tobacco use on athletic performance<sup>1</sup> – smoking and other forms of tobacco use reduce physical performance – they can make you short of breath, raise your blood pressure, and make you feel tired.



# How to Create Tobacco-Free Sport and Recreation Programs

How can you create a tobacco-free sport or recreation program? Simply follow these three main steps:

**Step 1** Develop a tobacco-free policy

**Step 2** Promote the policy and tobacco-free message

**Step 3** Reinforce the policy

Information about each step is provided on the pages that follow. Learn about how a tobacco-free soccer program was developed in Cole Harbour, Nova Scotia, by reading Appendix 1.

“It was a much more positive experience than I ever imagined, a much simpler experience than I ever imagined.”

Cole Harbour Soccer Club Executive

## Keys to Success

### *Involve champions*

Build a team of key supporters and leaders within your organization (e.g., Association Executive or Board members) who will “champion” the tobacco-free approach within your sport or recreation activity. Their enthusiasm and credibility will go a long way to move the initiative forward successfully.

### *Keep things simple*

Successful tobacco-free sport and recreation programs don’t have to be complicated. It is the simplicity of the program that makes it so attractive to community groups.

### *Plan your approach*

Even simple activities require careful planning and preparation. Make sure you give yourself enough time to work through all the planning details – probably three or four months.

## Step 1

### Develop a Tobacco-Free Policy

“The policy was very general, but it’s clear. It’s simple and it’s clear and that’s what you need. If they got something long and complicated they’d just throw it away.”

Cole Harbour Soccer Club Executive

A good tobacco-free policy should send a clear and concise message that your organization does not support the use of tobacco in any form and that you won’t allow its use during any activities. It should also include how you plan to reinforce your policy. Consequences for breaking the policy need to be fair and reasonable.

Sample tobacco-free policies are provided in Appendix 3.

To help your organization develop its policy, here are some questions to ask.<sup>2</sup>

- Which buildings, playing fields, parks, or spaces will be affected by the policy?
- Do existing municipal or provincial policies already exist for tobacco use in/on those buildings, fields, parks, and spaces?
- Will the ban be just for the activity area, or will it include all areas such as canteens, parking lots, prize huts, etc.?
- Will the policy include vehicles used to transport athletes/participants to events?
- Who will educate about and reinforce the policy? When? How?
- What will be the approach if someone violates the policy? Young people? Adults? Spectators? Parents?

## Keys to Success

### *Look at existing policies first*

Consider modifying or adapting an existing policy before you create a new one.

### *Allow time for discussion of the draft policy*

Think of your first attempt as a draft. Provide time for discussion and debate of the draft with key stakeholders, such as youth, parents, or coaches/leaders.

### *Keep it simple*

Make sure your policy is clear, easy-to-read, and understandable.

### *Communicate the policy to others*

Finalize the policy, make copies, and provide it to all your members, coaches/leaders, referees, and parents. Make sure your youth participants and their parents know clearly what the policy is all about, where it came from, what it means for them, and how it will be reinforced. Most people will comply with the policy if they know what the policy is.

## Step 2

### Promote the Policy and the Tobacco-Free Message

Promotion is the key to tobacco-free policy success. You need to let people know about the policy before they can follow it. Ask coaches/leaders to explain the policy to the players/members at their first meeting. By asking players/members to go home and explain that all events are tobacco-free to their parents, and other spectators, the players/members take responsibility for communicating and reinforcing the policy. Make sure the written policy is included with the first schedule of game/meeting dates sent home. Schedules are read by parents and players and are often kept for ongoing reference.

Like any good marketing campaign, effective but simple logos or slogans, like the tobacco-free logo, are essential for relaying the tobacco-free message. They help promote your policy. If possible, make the message visible by putting the logo on crests/badges for team jerseys or group uniforms, and promotional materials such as websites, signs, banners, t-shirts, brochures, and all written materials (e.g., registration forms, notices to coaches, players, and parents). Good promotion of the policy and tobacco-free message also makes people feel like they are part of a movement – something the community is involved in and supports. This feeling of community pride contributes to success. It makes choosing NOT to use tobacco the norm.

Contact the ACT Initiative, 1-800-639-0222, for a tobacco-free logo that matches your sport or recreation group.

“Nobody was preaching to them (coaches, players, spectators) either... it was a subtle but effective message.”

Cole Harbour Soccer Club Executive

## Keys to Success

### *Include media attention*

Tobacco-free sport and recreation is a media-worthy topic. Look for existing special events where you can get media focus for your tobacco-free policy and message.

### *Assess your need for funding*

Your project may (or may not) require outside funding. If you need funds, consider approaching your local District Health Authority tobacco control coordinator, Community Health Board, Action in Your Community Against Tobacco (ACT) coach, Sport and Recreation representative, a local service club, or a local politician for information on possible funding sources.

### *Involve local role models*

Positive role models are a successful way to transfer the tobacco-free message to youth. It is important for coaches and leaders to tell participants about the tobacco-free policy and discuss the issue with them. In addition, the tobacco-free policy and message can be reinforced by older players/participants working with younger players.

## Step 3

### Reinforce the Policy

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Your policy is as good as your ability to communicate it and reinforce it. When most people are made aware of the policy, they comply with it. People must be able to clearly communicate the policy to others and understand their shared and individual responsibility for reinforcing the policy with people using tobacco at your activities.

Good promotion and signage (Step 2) will go a long way to making reinforcement easier. Spending time early in the year/season to make sure people know about your policy and support your tobacco-free message will pay off in less need to reinforce the policy with people who don't know about it or are unclear about how to comply.

## Keys to Success

### *Involve the players/members*

Have coaches/leaders explain the tobacco-free policy at the first meeting and ask players/members to explain it to their parents and others coming to watch them play/perform. If someone uses tobacco, the player they came to see takes the initiative to remind them of the policy. Youth involvement results in high compliance with the policy.

### *Clear and consistent promotion*

Make the message visible by integrating the logo on your team jerseys and promotional materials such as signs, banners, t-shirts, brochures, websites, and all written materials (e.g., registration forms, notices to coaches, players, parents).

### *Understand Responsibilities*

Communicate to the executive, coaches/leaders, players/participants, and parents, their individual roles and responsibilities in reinforcement of the policy.

### *Be diplomatic*

Make sure reinforcement is carried out with diplomacy – you want tobacco-users to support your efforts and comply with your policy.

## A Final Note About Tobacco-Free Policies

Tobacco-free policies are one of the most effective ways that communities can reduce tobacco use among youth. Look for ways to make your youth sport or recreation program tobacco-free by developing a clear policy, visibly promoting your work, and reinforcing the policy. You'll be glad you did. And your work will lead to healthier families and communities in Nova Scotia. Congratulations!



“Everybody was happy about it. They liked us more for doing it. And... it was more far-reaching than I would have ever thought. It just exceeds all your expectations.”

Cole Harbour Soccer Club Executive

## Keys to Success

### *Remind people as a first step*

Not everyone will know about your tobacco-free policy. Make sure first-time offenders are provided with a friendly reminder about your policy and what it means to them. Most people will comply. Being able to point to a tobacco-free logo on a uniform or banner makes it easier for the person doing the reminding.

### *Create Awareness of Consequences*

Make sure that people who repeatedly use tobacco at the activities are aware of the consequences for continuing to break the policy.

### *Consistent Application*

To maximize adherence to the policy, consequences for repeatedly breaking the policy must be applied consistently.

## Appendix 1

# The Cole Harbour Soccer Club Story

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There are good things happening in the community of Cole Harbour, Nova Scotia. Located in the Halifax Regional Municipality, Cole Harbour has a very active youth soccer club, with over 1,200 members. In the spring of 2003, with the help of their local Community Health Board, parents, coaches, players, and other health organizations, the Cole Harbour Soccer Club (CHSC) became tobacco-free. The CHSC has become a tobacco-free model for other youth sport and recreation organizations.

What did they do? Quite simply – they created a policy, worked to promote the policy and the Tobacco-Free Soccer message, and enforced the policy at games and other club events.

Starting from sample tobacco-free sports policies, “champions” on the club executive drafted a tobacco-free policy discouraging club members, coaches, and spectators from using tobacco products during practices, games, and club events. Executive members had a chance to review the policy and suggested changes. Then club officials presented the policy to the coaches. The coaches and team managers were the ones that would explain the policy to the players, and work to enforce it, so it was important to involve them. Finally, the draft policy was approved for use.

The development of the policy coincided with a recent municipal by-law preventing smoking on school grounds and school fields. This reinforced the importance of the initiative and supported the implementation and enforcement of the policy.

To promote their policy and enhance the message, the club built their initiative around the Tobacco-Free Soccer (TFS) logo. They had patches made based on the design of the TFS logo, which was freely available from the CDC website. Then they had the logo sewn on team uniforms and printed on coaches t-shirts. In addition, they used the TFS logo on banners, signs, corner flags, and practice nets.

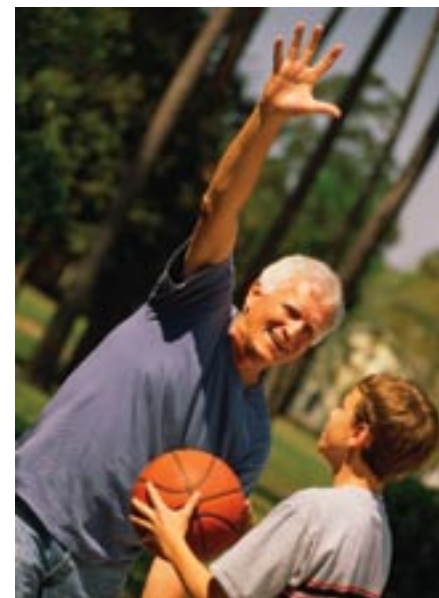
The club decided to kick off the season with a media launch for Tobacco-Free Soccer on their annual team photo day. This was an ideal time to invite the public and the media to view all the teams and coaches proudly wearing their tobacco-free badges and t-shirts. Over 200 members of the soccer club, including children, youth, parents, coaches, and club executives, attended the launch.

Two Canada Games soccer team members and 15 representatives of the health community also took part.

During the launch, the club president announced and explained the tobacco-free policy at a podium emblazoned with the Tobacco-Free Soccer logo. Tobacco-Free Soccer t-shirts were given out to key speakers, guests, and role models as part of the event. Young players were encouraged by the Canada Games athletes to “kick off” the soccer season by kicking soccer balls into a net strung with a Tobacco-Free Soccer banner. The banner traveled with the club to soccer games, helping to promote the message across the province. A volunteer public relations specialist helped create the media releases that attracted coverage from radio, television, and newspaper.

The club worked with a number of partners to develop and implement their Tobacco-Free Soccer initiative. The main partners were the Southeastern Community Health Board (SECHB), and the ACT initiative (Action in Your Community against Tobacco). ACT and the SECHB provided information, resources, and support to the Club Executive throughout the planning and implementation of the project. Partners also assisted with the funding applications to both organizations. Soccer Nova Scotia was also a partner in supporting and promoting the initiative. The soccer club used funds to purchase Tobacco-Free Soccer badges for uniforms and T-shirts and lanyards for the coaches and supporters; to create Tobacco-Free Soccer signs, corner flags, and a banner; and to make copies of the tobacco-free policy and other handouts for parents and spectators.

CHSC also used role models (coaches, older players and, during the media launch, Canada Games soccer players) to get their message across to players and the public. Busy coaches were not interested in being heavily involved with the development of the policy, but they knew they had a key role to play in “rolling out the program.” For them this meant wearing their Tobacco-Free Soccer t-shirts, adhering to the policy themselves, and letting the players know about both the policy and the Tobacco-Free Soccer initiative. They were also able to reinforce the link to the players that tobacco and fitness don’t mix. In addition, the soccer program included skill development sessions for younger players who were coached by the older players. These older players served as role models by explaining the tobacco-free policy to the younger players.



## Evaluation Results

The CHSC Tobacco Free Soccer Initiative was evaluated through a survey distributed to parents and coaches, and focus groups with players, coaches, and the Cole Harbour Soccer Club Executive. Overall, the initiative was successful in achieving a high level of awareness, comprehension, and acceptance of the tobacco-free soccer message and policy among parents and coaches.

Coaches and tobacco users reported that the message motivated them to do something. Coaches most often indicated that they were motivated to promote the message to friends and family, and at soccer games, while tobacco users most often indicated that the message motivated them to not smoke at games and practices.

Parents agreed that the program was effective in creating a smoke-free environment and encouraging kids not to smoke. The initiative motivated one in five parents to do something, which was not an explicit program objective, but rather value added. The initiative motivated three parents to quit and many more to talk to their children about tobacco use/smoking. Parents felt the program was worthwhile, and strong support was expressed among the parents to maintain the initiative at the Cole Harbour Soccer Club, and also expand the program to other sports and recreation events.

In 2004, Dartmouth United Soccer Club and Soccer Nova Scotia adopted tobacco-free policies. Other clubs are also considering similar policy initiatives.



## Appendix 2

### Fact Sheet

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#### **Smoking is the single most preventable cause of death and disease in Canada and in Nova Scotia**

Tobacco use is linked to a number of cancers such as lung, mouth, bladder, cervix, esophagus, kidney, and pancreas, and increases the risk for stomach, liver, and colorectal cancer. Tobacco use is also linked to cardiovascular diseases such as heart attacks, stroke, and aortic aneurysm. Smoking can cause a number of permanent respiratory diseases, such as emphysema, chronic bronchitis, and asthmatic bronchitis.<sup>3</sup>

Smoking kills over 1,600 Nova Scotians every year<sup>4</sup> and causes one in six deaths in Canada.<sup>5</sup>

Short-term effects of tobacco use include shortness of breath, coughing, increased heart rate, and decreased levels of physical fitness.

#### **Youth tobacco use is cause for concern**

Tobacco use often leads to involvement in other risky behaviour, such as drug use.<sup>6</sup>

The younger people are when they begin to smoke, the more likely they are to smoke as adults.<sup>7</sup>

Young people start to smoke at all ages – from their pre-teen years into their early twenties.

#### **The benefits of quitting begin right away**

These include decreased blood pressure, improved circulation, decreased chance of heart attack, improved lung function, and increased energy levels.

#### **Community tobacco-free policies work!**

Tobacco-free policies help support people in quitting and help prevent youth from starting. They are an important part of a comprehensive effort to reduce the use of tobacco in Nova Scotia.<sup>8</sup>

## Appendix 3

# Sample Tobacco-Free Policies

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### Youth Recreational Organization Model Tobacco-Free Policy<sup>9</sup>

#### *Commitment*

We recognize that there is ample research demonstrating the health hazards caused by the use of tobacco products, including smoking, smokeless tobacco and breathing second-hand smoke, and understand our responsibility to the participants of our program to model and promote tobacco-free lifestyles.

We stress to leaders, teachers, coaches, officials, parents, spectators, and all others involved, the importance of maintaining a tobacco-free environment while working with young people.

#### *Policy*

All games, activities, tournaments, competitions, sponsored events, and other performances sanctioned by our organization will be tobacco-free. Tobacco free means no smoking, snuffing, dipping, or chewing tobacco by players/participants, coaches/leaders, parents, spectators, and officials.

We will promote the tobacco-free policy at all our activities by

- having coaches/leaders explain the policy to players/members and ask them to explain the policy to their parents and others who may come to their game/activity/performance
- including the policy in the first schedules/notices about the sport or recreation group so all new and returning participants, their parents/guardians, coaches/leaders and officials/managers know about the policy from the start
- making the policy visible throughout the year/season using various messages, including logos on uniforms, banners at events and encouraging coaches and older players/members to promote active, healthy, tobacco-free lifestyles



We will reinforce the tobacco-free policy at all our activities by

- encouraging all coaches/leaders, players/members, and parents to respectfully remind someone using tobacco about the tobacco-free policy – being able to point to a tobacco-free logo on a uniform or banner makes this easier
- consistently applying consequences with people who repeatedly break the policy – repeated violations by players/members or their parent/guardian may result in a verbal and written warning from the coach/leader, or the association executive in the case of a repeat coach/leader violation. Following a written warning the individual violating the policy again may be asked to leave the activity or game.

### **Cole Harbour Soccer Club**

The Executive of Cole Harbour Soccer Club (CHSC) recognize that there is ample research demonstrating the health hazards of the use of tobacco products, including smoking and the breathing of secondhand smoke. We believe soccer is a healthy sport and as such we have a responsibility to the players and participants in this sport to demonstrate healthy choices. The Executive of the Cole Harbour Soccer Club, in the best interest of the health and safety of the players, participants, and general public, directs the development of the following policies:

1. CHSC will further the goal of consistency among ongoing school and community programs to discourage the use of tobacco products during games, practices, and other club or team sponsored activities on HRM sport fields.
2. CHSC will promote tobacco-free soccer using various messages, including logos on team uniforms and encouraging our coaches to promote active, healthy, tobacco-free lifestyles among players.
3. CHSC will support tobacco-free soccer in all our activities, and we will work to eliminate the mixed messages that players receive by encouraging players and participants to respect our tobacco-free policies.

## Appendix 4

### Useful Resources and Web Sites

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#### Resources

*A Comprehensive Tobacco Strategy for Nova Scotia*, Nova Scotia Department of Health, 2001. Available on-line at <[www.gov.ns.ca/ohp/](http://www.gov.ns.ca/ohp/)>.

*Creating Healthy Communities: Using Recreation as a Tool for Tobacco Prevention*, Association for Nonsmokers – Minnesota and Minnesota Department of Health, St. Paul, MN (2002). Available on-line at <[www.ansrmn.org/TFYR03Resources.htm](http://www.ansrmn.org/TFYR03Resources.htm)>.

*Tobacco-Free Sports: Play it Clean Leaders Guide*. Prevention Source British Columbia. Available on-line at <[www.preventionsource.bc.ca/events/sports](http://www.preventionsource.bc.ca/events/sports)>.

*The Tobacco-Free Sports Playbook: Pitching Healthy Lifestyles to Youth, Teams and Communities*. Department of Health and Human Services, National Centre for Chronic Disease Prevention and Health Promotion (US), Office on Smoking and Health, 2001.

*Action in Your Community Against Tobacco (ACT)*. Information and support, for effective community-based tobacco reduction, prevention, and education programs. For more information on ACT contact the ACT Administrator at: (902) 423-6183 or 1-800-639-0222 or by email at: [act.administrator@ns.cancer.ca](mailto:act.administrator@ns.cancer.ca)

Information about ACT is also available on the internet at: [www.hpclearinghouse.ca/act](http://www.hpclearinghouse.ca/act)



## Web Sites

### *Nova Scotia Office of Health Promotion*

[www.gov.ns.ca/ohp](http://www.gov.ns.ca/ohp)

[www.sickofsmoke.com](http://www.sickofsmoke.com)

### *Smoke Free Nova Scotia*

[www.smokefreens.ca](http://www.smokefreens.ca)

### *BC Tobacco-Free Sports*

A British Columbia site offering a Tobacco-Free Sports Kit that includes a Leader's Guide, fact sheets, posters, and signage.

[www.preventionsource.bc.ca/events/sports/index.html](http://www.preventionsource.bc.ca/events/sports/index.html)

### *US CDC Tobacco Free Sports Initiatives*

The United States Centers for Disease Control and Prevention site provides an overview of tobacco-free sports, and materials to help coaches, school administrators, and health departments promote the importance of choosing an active and tobacco-free lifestyle. Look here for the tobacco-free sports logo, free for public use.

[www.cdc.gov/tobacco/sports\\_initiatives\\_splash.htm](http://www.cdc.gov/tobacco/sports_initiatives_splash.htm)

### *World Health Organization: Tobacco Free Initiative*

[www.who.int/tobacco/en/](http://www.who.int/tobacco/en/)

### *Health Canada*

[www.hc.gc.ca/hecs-secs/tobacco](http://www.hc.gc.ca/hecs-secs/tobacco)

### *Cole Harbour Soccer Club*

[www.coleharboursoccer.com](http://www.coleharboursoccer.com)



## Notes

- 1 This section of youth recreation is adapted from *Creating Healthy Communities: Using Recreation as a Tool for Tobacco Prevention*, page 5.
- 2 Adapted from *The Tobacco-Free Sports Playbook: Pitching Healthy Lifestyles to Youth, Teams and Communities* (US).
- 3 Prevention Source BC, 2002. *Tobacco Free Sports: Play it Clean Leader's Guide*, page 3.
- 4 Colman, R, 2000. *The Cost of Tobacco in Nova Scotia*.
- 5 Prevention Source BC, 2002, as above.
- 6 US CDC 1994. *Preventing Tobacco Use Among Young People: A Report of the Surgeon General*. National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, Executive Summary.
- 7 US CDC, 2000. *Strategies For Reducing Exposure to Environmental Tobacco Smoke, Increasing Tobacco-Use Cessation, and Reducing Initiation in Communities and Health-Care Systems: A Report on Recommendations of the Task Force on Community Preventive Services, 2000*. MMWR weekly reports, November 10, 2000/Vol. 49/No. RR-12.
- 8 Nova Scotia Department of Health 2001. *A Comprehensive Tobacco Strategy for Nova Scotia*, page 7.
- 9 From *Creating Healthy Communities: Using Recreation as a Tool for Tobacco Prevention, 2002*. Available on-line at [www.ansrmn.org/TFYR03Resources.htm](http://www.ansrmn.org/TFYR03Resources.htm).