



Puslinch Minor Soccer Club

7 Clair Road West, PO Box 27002, Guelph, ON, N1L 0A0
www.puslinchsoccer.ca

Tobacco-Free Sports Policy

The Puslinch Minor Soccer Club (PMSC) has adopted a ***tobacco-free sports policy***.

Sport and recreation organizations play a vital role in the health and well-being of our communities. Participation in sport and recreation activities not only benefits one's physical health through physical activity, it also contributes to psychological health, through feelings of accomplishment and a sense of belonging that comes from being part of a team or club.

The air we breathe has a great impact on our health and a participant's physical abilities. Cigarettes and other tobacco industry products counteract the health benefits gained by participating in sport and recreation activities. Exposure to second-hand smoke also puts one's health at risk since there is no safe level of exposure to second-hand smoke.

Tobacco use is considered the single most preventable cause of premature disease and death in Canada. Further it acknowledges that young people who do not start using tobacco by the age of 18 will most likely never start.

Policy:

- ❖ ***The use of tobacco, including smokeless tobacco, is prohibited by all players, team and game personnel including coaches, athletic trainers, managers and game officials. This applies to all practices, training and game sites and is considered to begin upon arrival and ends when one leaves. This also includes any and all soccer related activities such as team functions, fundraisers, banquets, clinics and special events regardless of location.***
- ❖ ***Furthermore, no spectator shall smoke within 10m of any player, team bench, or sideline; failure to comply could result in their removal from the game or practice.***
- ❖ ***Violations of the policy may result in a verbal or written warning from the PMSC executive. Following a written warning the individual violating the policy again may be brought to the club for disciplinary actions which could result in being banned from all PMSC events***
- ❖ ***All Executive members, coaches, game officials and parents are encouraged to support the athlete's commitment to themselves and the team by promoting a tobacco free environment.***

Implementation:

- ❖ All executive members, coaches, game officials and parents will be made aware of the Tobacco-free policy at the start of each season through handouts, coaches package, and player welcome kits;
- ❖ Appropriate signage (banners) will be posted at the Club's three soccer pitches at the Puslinch Community Centre; Badenoch Field, and Arkell Road;
- ❖ District member soccer clubs will be made aware of our policy at the various Annual General Meetings of our leagues of play which include the Southwest Regional Soccer League and the Escarpment Soccer League (both of which already include their own tobacco free policies)
- ❖ Violations of the policy may result in a verbal or written warning from the PMSC executive. Following a written warning the individual violating the policy again may be brought to the club for disciplinary actions which could result in being banned from all PMSC events
- ❖ This policy will be incorporated in the Club Constitution and is posted on our website at www.puslinchsoccer.ca
- ❖ This policy will be reviewed by the PMSC executive annually.

