



Anti-smoking Policy Version 1.0

Introduction

Keilor St-Bernard's Athletic Club recognises that smoking is hazardous to health and those non-smoking club members and visitors have the right to be protected from exposure to tobacco smoke.

Recent Victorian government bans have extended the number of public locations where smoking is banned and where smokers may incur on-the-spot penalties. These include schools and kindergartens, childcare centres, the Parliament of Victoria, public hospitals and registered community health centres, courts, police stations and certain Victorian Government buildings.

Smoking is also prohibited within 10 metres of outdoor recreational areas where children play, including playgrounds, skate parks, public swimming pools, and sporting venues during under-18s events.

Policy

Club members and/or associates will honour the policy and position proscribed for the facilities the club uses for competition, training and social functions.

- The St-Bernard's College sports facilities building is designated “smoke free”.
- The clubrooms at Keilor Park athletic track are designated “smoke free” by Brimbank City Council.

Club members and/or associates attending training or competition in the open who smoke are requested to comply with the Victorian government policy on smoking near children which states:

“Smoking is prohibited within 10 metres of outdoor recreational areas where children play, including playgrounds, skate parks, public swimming pools, and sporting venues during under-18s events.”

Policy – non-compliance

All club committee members will enforce the smoke free policy and any non-compliance will be handled according to the following process:

- Explanation of the club policy to the person/people concerned, including identification of the areas in which smoking is permitted
- Continued non-compliance with the policy should be handled by at least two committee members who will use their discretion as to the action taken, which may include asking the person/people to leave.

Information

Smoking prevalence in Victoria

Regular smoking prevalence among Victorian adults has declined from 21.6 per cent in 1999 to 13.3 per cent in 2012.

In 2011, 4 per cent of Victorian students aged 12 to 15 years and 14 per cent of students aged 16 to 17 years were current smokers. The reduction in the use of tobacco among young adolescents since the early 2000s is continuing.

Health impacts of smoking

Smoking is the largest contributor to preventable deaths in Australia and is known to increase the risk of lung cancer, cardiovascular disease, chronic obstructive pulmonary disease and many other illnesses.

In 2008–09 smoking caused around 4,000 deaths in Victoria.

Studies have found that:

- Half of all long-term smokers will die prematurely, of whom half will die in middle age. Smokers are more than three times more likely than non-smokers to die in middle age.
- Smokers are four times more likely than non-smokers to suffer a heart attack before the age of 40. Most people who die due to heart disease in their 40s or 50s are smokers.
- Long-term smokers suffer more disease and disability at younger ages before they die. On average, they suffer reduced quality of life for a greater number of years than non-smokers.
- At least 60 of the chemicals in tobacco smoke are known to cause cancer. Smoking causes cancer of the lung, throat, mouth, bladder and kidneys. Tobacco smoke also contributes to a number of other cancers and causes heart disease, stroke and emphysema.

Second-hand tobacco smoke

Non-smokers who suffer long-term exposure to environmental tobacco smoke have a higher risk of developing lung cancer than non-smokers who are not exposed to such smoke. Studies of the risk of environmental or 'second-hand' smoke show that:

- Exposure to high levels of environmental tobacco smoke can increase the risk of heart disease by 50–60 per cent, as well as increasing the risk of stroke and nose and sinus cancer among non-smokers.
- Young children are especially vulnerable to the effects of environmental tobacco smoke, which is a risk factor in sudden infant death syndrome (SIDS or cot death).
- Children who live in a smoking household for the first 18 months of life have an approximately 60 per cent higher risk of developing a range of respiratory illnesses, including croup, bronchitis, bronchiolitis and pneumonia. They are also more prone to getting colds, coughs and glue ear (middle ear infections). Their lungs show a reduced

ability to function and slower growth.

- A child exposed to tobacco smoke in the home is 40 per cent more likely to develop asthma symptoms. Estimates suggest that about 8 per cent of childhood asthma cases are caused by environmental tobacco smoke.
- **A non-smoking pregnant woman is more likely to give birth to a baby with a slightly lower birth weight if she is exposed to smoke in the home – for example, if her partner smokes.**