

6 Things Coaches Can Do To Keep Their Players Smoke-Free

- Never use tobacco products (cigarettes, roll-ups, cigars, pipes etc) around your players. Recognise the influence you have over them. Model the behaviour you would like them to take on.
- Adopt the smoke-free policy and invite your team members to sign the smoke-free pledge. A smoke-free policy is an important strategy in preventing young people from starting to smoke and to support those who have started to think about quitting. It sends a clear message that tobacco use is not acceptable.
- Share your smoke-free team policy with your players' parents. Ask them to not smoke or use tobacco products at their children's games.
- Work with your colleague coaches and your players' parents to make your playing fields smoke-free.
- Distribute the Smoke-Free Sports materials to your players.

Try this exercise:

Ask your team to hold their breath for 45 seconds.

- After 30 seconds, they will feel how a smoker feels after running the length of a football pitch.
- After 40 seconds, they will feel how a smoker feels after running twice the pitch.

www.smokefreehighland.co.uk