



## GSSC Tobacco-Free Policy

### **Commitment**

The Guelph Synchronized Swim Club understands and recognizes that there are health hazards associated with the use of tobacco products, which includes the breathing of second hand smoke. One of the purposes of our club is to promote a healthy and active way of living to our members so it is our responsibility to model and encourage tobacco-free lifestyles.

We encourage our coaches, parents, volunteers, spectators, athletes, and all others involved, to diligently maintain and promote a tobacco-free environment at all times. We regard synchronized swimming as being a healthy sport and as such, we believe we have a responsibility to our athletes and the participants of our sport, to demonstrate healthy choices. In the best interest of the health, well-being and safety of our athletes, coaches, volunteers and members at large, we hereby approve the implementation of the following Tobacco-Free policy.

### **Policy**

All Guelph Synchronized Swim Club performances, swim meets, competitions, fundraisers and any other event sanctioned by our organization will be tobacco-free. Tobacco free is defined as no smoking, snuffing, dipping, or chewing tobacco by athletes, coaches, officials, volunteers, parents, spectators and others.

### **How We Will Promote Our Tobacco-Free Policy**

1. Include the Tobacco-Free Policy in the Guelph Synchronized Swim Club handbook, which is distributed at registration time of the season to ensure all athletes and families are aware.
2. Executive members, coaches, volunteers, and older athletes will be prepared to explain the policy to athletes and members and ask them to explain to their parents and visitors who may come to their events.
3. Tobacco-Free Logo will be prominently displayed throughout the year on banners, swim meet programs, water show programs, newsletters, website, and handbooks.
4. Executive members, coaches, parents, volunteers, and older athletes will be encouraged to respectfully remind anyone using tobacco at a sanctioned event about our tobacco-free policy.

### Behavioral Expectations

The Guelph Synchronized Swim Club recognizes that role modeling can have a significant impact upon the young members of the club. Hence, the following individuals and groups are to refrain from using tobacco while participating in a sanctioned club event:

- Coaches (when coaching, representing the club or while in club uniform)
- Executive Members (while attending a sanctioned club event and/or representing the club)
- Officials/Judges (when officiating for the club)
- Volunteers (while working/representing the club)
- Athletes (when representing the club or while in club uniform)
- Parents (while attending a sanctioned club event)

When athletes, coaches, and parents are attending out of town events, the above named individuals are considered to be acting in an official capacity and representing the club, even away from the event venue, if they are in the presence of minor club members.

Overall, the Guelph Synchronized Swim Club will:

1. prohibit all tobacco use by everyone indoors
2. prohibit outdoor tobacco use by those in club uniform
3. “discourage” outdoor tobacco use by parents when they are in the presence of minor club members.

Coaches will also speak to athletes about the effects of smoking on performance and health.

### Non-Compliance Strategy

The Tobacco-free policy will be incorporated into the Guelph Synchronized Swim Club’s Handbook as part of the Code of Conduct for coaches, athletes, and parents and any violations will be dealt with in the manner of any breach of the Code.

The following strategy should be used if someone does not follow the tobacco-free policy:

- a) An Executive member will approach the person, politely explain the policy and ask the person not to use tobacco during a sanctioned club event
- b) If person continues to disregard the tobacco-free policy, the Executive member should treat this as any other non-compliance with club policy.

### Athlete

When representing the Club, any athlete found to have tobacco in their possession will be subject to immediate and severe reprimand. This behaviour

could result in suspension from the team. Furthermore, parents will be notified and are responsible for any expenses incurred.

*Penalties can range from:*

- Suspending the athlete from social events connected with the Club
  
- Suspending the athlete from a swim meet
  
- Sending the athlete home (in this event, all expenses will be the responsibility of the athlete)
  
- Ejecting the athlete from the Club

#### Coaches/Executive Members/Volunteers/Officials/Judges

When representing the Club, any coach, executive member, volunteer, official or judge found to be non-compliant of this policy will receive:

- First offense: politely receive a verbal reminder of the policy
  
- Second offense: receive a verbal warning
  
- Third offense: receive a written warning
  
- Fourth offense: potentially ask them to leave the event

#### Parents

When attending all sanctioned Club events, any parent found to be non-compliant of this policy will receive a polite verbal reminder of the policy.

#### Donations

The Guelph Synchronized Swim Club will not accept donations or corporate sponsorships from any business that directly manufactures or imports tobacco products.

#### Policy Review

This policy will be reviewed at least every two years. This will ensure that the policy remains current and applicable to the Guelph Synchronized Swim Club.

*APPROVED BY THE GUELPH SYNCHRONIZED SWIM CLUB EXECUTIVE:*

*November 25, 2011*