



Coaches/Sport Organizations

Coaches, referees, adult leaders and sports organizations have a positive impact on youth. As a role model you can promote healthy lifestyle choices and that includes being tobacco-free.

Coaches and Sport Organizations can:

- Set a good example by not using tobacco products around players. Be a Positive Role Model.
- **Talk** to players about being tobacco-free. Focus on the immediate effects such as decreased performance and endurance.
- Develop a **tobacco-free policy**.
- Promote your **tobacco-free policy**.
- Ask players to sign a **Team Pledge Form**.

Tell us about your team's success. Share your current "tobacco free policy" with the health unit. Your organization/team name will be added to our growing **Tobacco-Free Partners** list on our website.

If you are working on a **tobacco-free policy** for your team / organization and you would like some help contact us at the **health unit**. Together we can make our community a healthier place to play, live and be!

See what is happening in the rest of Ontario and find everything you need to make your sport tobacco-free at PlayLiveBeTobaccoFree.ca.

Contact the Porcupine Health Unit
Telephone: 1-800461-1818
E-Mail: population.health@porcupinehu.on.ca

