

## Frequently Asked Questions

### Smoke Free Sidelines Oxfordshire

#### 1. What does being a Smoke Free Sidelines Club mean?

It means that smoking is not allowed on the sidelines or anywhere in view of children. This includes:

- Anywhere inside (as per smoke free regulations)
- Anywhere on the playing fields, including the sidelines of the pitches
- Near exits, entrances, windows or doorways of any buildings
- In cars parked on site (where children are inside)

#### 2. We play in a public park so how can our club enforce this?

We are asking all those at games not to smoke on the side lines. If someone wants to smoke we ask them to move to a position where they and the cigarette smoke cannot be seen from the pitch.

#### 3. Are you expecting us to go up and challenge a smoker who is smoking?

No. We are asking you to publicise the expectation that smoking on the sideline is not acceptable. You can choose to do this by notifying parents of the new expectation through newsletters, letters, social media, use of the publicity materials or any other mediums you and your club considers appropriate. If there are people who do feel comfortable approaching someone they can politely remind people of your policy.

#### 4. Why can't I smoke at the side of the pitch when watching my kids, it's not like I am blowing smoke in their faces!

Children copy what adults do<sup>i</sup>. [886](#) children start smoking each year in Oxfordshire<sup>ii</sup> and 10.1% of young people under the age of 17 smoke regularly. [Two thirds](#) of smokers started smoking as children, before realising how hard it is to quit and when they are most vulnerable to the addictive properties of nicotine. **Children growing up in smoking households are three times more likely<sup>iii</sup> to become smokers themselves.** In a small local survey 40% of primary school children in year 7 and 8 lived in a home where someone smoked. Nationally, [62%](#) of pupils reported being exposed to second hand smoke in the home or in a car. Research shows that children and young people who see adults using tobacco think that smoking is more common than it actually is. Smoking in sight of children and young people can lead them to believe that it is normal, acceptable or OK to smoke.

We're asking all adults to give every child in Oxfordshire an equal opportunity of not smoking by denormalising smoking in places where they play.

#### 5. What should we do if people refuse to stop smoking on the side lines?

Consider whether you have explored all the options for promoting the policy. Ask other clubs what they found worked well. Highlight the consequences to the club, if people/supporters fail to comply with the policy. Report the ongoing problem to the League and outline the steps you have taken to try and address the matter. You are not expected to personally challenge people who keep smoking on the sidelines.



**6. What action can the League take if it receives complaints that people are smoking on the side lines at the games.**

We encourage clubs to adopt this Smoke Free Sidelines policy. However, we must advise you that some Leagues do not have active enforcement rules against those in breach of the policy. Once a club has pledged to have Smoke Free Side-lines, any reports of breaches received by the respective League will be brought to the club's attention and they will be asked to try and correct this behaviour.

The League will work with the club and, where appropriate, involve Active Oxfordshire, Oxfordshire County Council Public Health and their County FA to offer support to the club.

**7. I use a vape is that permitted on the sidelines?**

Vaping is 95% less harmful than smoking and does help people quit smoking, however under the scheme we ask that vaping is not permitted on the sidelines. By not vaping in the presence of young people it helps guard against youth uptake of vaping. If you feel the need to vape then the answer in question 2 applies

**8. Can we smoke before, at half time or at the end of the game?**

The simple answer is no, no one should smoke whilst in the vicinity of the pitch or the players (e.g in changing rooms).

**9. Does this apply to match officials as well?**

Yes we want 100% of those at games not to smoke whilst in the vicinity of the pitch or the players (i.e in changing rooms).

**10. Who do we contact to sign up to be an Oxfordshire Smoke Free Sideline Club?**

As a club based on the County of Oxfordshire, you should e-mail your FA (Oxfordshire of Berkshire and Buckinghamshire) and the Leagues you have the most teams playing in. If you are a club that is affiliated to Oxfordshire or B&B FA but do not have a team in an Oxfordshire FA sanctioned league, please contact your FA.

**12. How will I receive my promotional resources?**

You will have to arrange a specific time slot with Oxfordshire FA to pick up your resources (slots available Mon – Fri between 9am – 5pm) from Oxfordshire FA HQ in Witney. Due to the current situation with COVID-19, timeslots will be limited and you must arrive at your allotted time. You will be contacted by Oxfordshire FA via [Development@Oxfordshirefa.com](mailto:Development@Oxfordshirefa.com) to book in your time slot.

**13. What sort of publicity should we do as a Club?**

It's up to you, but we would recommend the following

- Use Social Media using the #smokefreesidelines and #smokefreeoxfordshire. Partners to Smoke Free Sidelines will retweet/repost your tweets/posts.
- Use photographs (with appropriate permissions) using the free resources
- Send letters/e-mails to club members letting them know of the scheme
- Add the Smoke Free Sidelines logo to your paperwork and any website
- Include an article in any newsletters you might have.

**14. Do we need our Clubs committee to agree to sign up?**

Yes, you should ensure that the whole club is bought in and agreed to it at committee level. Doing this makes sure that all coaches, volunteers and members are fully supportive and will implement it effectively.

### **15. Isn't this all about making people quit?**

No, it's about giving every young person the equal chance to grow up in a smoke free environment, so when they are adults they can make an informed choice about whether they smoke or not.

Giving up smoking is the single most important thing that people can do for their own health and the health of those around them. Besides giving children smoke free environments, it can also create a supportive environment for all our members and supporters who want to quit.

### **16. What is the law about smoking?**

The Health Act 2005 outlawed smoking inside workplaces and public places. Anyone found breaking this law can be subject to a maximum fine of £200. Premises permitting smoking inside can be fined up to £2500. Many organisations are now becoming completely smoke free. That means as well as abiding by the law which forbids smoking inside, they are making all their outdoor areas smoke free too.

### **17. Where can I direct someone if they'd like get support to quit smoking?**

Being a Smoke Free Sidelines Club is not about targeting smokers unfairly or making them feel bad. Research shows that around 55% of smokers want to quit, and we want to support our members and supporters who want to kick the habit for good.

If someone is thinking of quitting they'll up their chances by three times by getting free local support.

There is a wide range of free support you can access which can help someone quit smoking. The most effective way to quit for good is to use the free local stop smoking service. [SmokfreelifeOxfordshire](http://SmokfreelifeOxfordshire). You can get one to one support in person or over the phone, online or via text. Advisors will help you to choose the right nicotine replacement therapy for you and give you tips and advice on how to beat cravings and keep on track to being fully smoke free.

Otherwise visit [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree) or call 0800 3 247 111.

### **18. Our Club is not based in the County of Oxfordshire and we want to sign up?**

Great news! Please do use the policy and have your committee sign up to it. You may want to contact your local FA and local public health teams in your local council to see if it's something they'd like to run in your area.

You won't be eligible for the promotional material, but we will happily share our graphics if you want to amend them locally. Please e-mail [publichealth@oxfordshire.gov.uk](mailto:publichealth@oxfordshire.gov.uk)

### **19. Our Club doesn't have a problem with smoking on the sidelines, why should we sign up?**

There are some parts of the County where smoking is more likely, so visiting teams may be more likely to smoke on the sidelines. For those Clubs where smoking on the side lines is an issue, it's important to support those Clubs by showing a shared commitment to the Consistency helps get the message across.

<sup>i</sup> <https://psychcentral.com/news/2018/05/27/modeling-behavior-for-children-has-long-lasting-effects/14139.html>

<sup>ii</sup> Methodology: Calculated by the Cancer Intelligence Team at Cancer Research UK, December 2019, using Smoking, Drinking and Drug Use in Young People in England 2016 and 2018 data Figures represent the average number of children per year between 2016 and 2018. Percentage of new smokers was calculated for each single-year age band, and 'smoker' was defined as 'regular', 'occasional' or 'used to smoke'. For example, percentage of new smokers aged 13 in 2018, was calculated by subtracting the percentage of smokers aged 12 in 2017, from the percentage of smokers aged 13 in 2018. This calculation was used for ages 12, 13, 14 and 15; for age 11 all smokers were considered new smokers. 2017 figures were estimated as the average of 2016 and 2018, as no 2017 survey was carried out. Percentage of new smokers in England was applied to UK population estimates to obtain the number of new UK smokers. The 2014-18 trend in estimated number of new child smokers in the UK each year was projected forward to obtain estimates for 2019-21. Yearly figures were divided by 365 to obtain daily figures.

<sup>iii</sup> <https://ash.org.uk/category/information-and-resources/young-people-tobacco-information-and-resources/#:~:text=Most%20people%20start%20smoking%20and,living%20in%20non%2Dsmoking%20househ olds.>



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