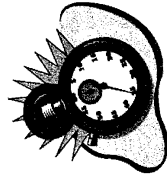




Coaches-You Can Influence Youth



Know the facts about youth and tobacco use.

Take a stand – early and often.

Smoking slows lung growth, decreases lung function, and reduces the oxygen available for muscles used in sports.

Smokers suffer from shortness of breath almost 3 times more often than nonsmokers.

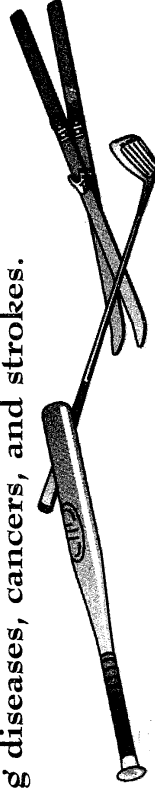
Nicotine is addictive in ways like heroin and cocaine.

Young people who do not start using tobacco by age 18 will most likely never start.

Young people who use tobacco may be more likely to use alcohol and other drugs such as cocaine and marijuana.

Spit tobacco and cigars are NOT safe alternatives to cigarettes; low-tar and additive-free tobacco products are not safe either.

Tobacco use is the single most preventable cause of death in the United States, causing heart and lung diseases, cancers, and strokes.



Recognize your influence with young people. Don't use tobacco; around players.

Remind them of the importance of being tobacco-free.

When talking to players, remember they relate more to messages about the immediate effects of tobacco use (such as poorer athletic performance) than to its long-term health threats.

Adopt and enforce a tobacco-free policy for players, coaches, and referees.

Send a copy of the tobacco-free policy home for parents to review.

Make all practices, games, and competitions tobacco-free—on the field and sidelines and in the stands.

Announce and display tobacco-free messages at games.

Consider partnering with your local tobacco prevention programs. Voice your support for tobacco-free schools, sports, and other community events.

