

Components of a Successful Tobacco-Free Policy

- 1 Include the rationale for developing the policy**

Include the reason for having the policy, such as the health effects, concerns about a safe and healthy environment to play in, environmental concerns, reinforcement of tobacco prevention efforts, and support for appropriate role-modeling for young people.
- 2 Consider who the policy will cover**

Identify participants and athletes, coaches and staff, referees and officials, visitors, spectators and all parties the policy will affect.
- 3 Locations and/or facilities where the policy applies**

Identify all grounds and facilities and include organization-sponsored events, even if held off-site.
Please note: Lake County Forest Preserve (LCFP) owned property is a legally separate organization whose policies cannot be overridden. However, LCFP is willing to coordinate efforts with interested municipalities.
- 4 Definition of terms**

Describe clearly which tobacco products are being banned and what determines use and possession. The most effective policy would state clearly that there is no tobacco use at any time, 24 hours a day, 365 days a year, by any persons on the parks and recreation grounds.
- 5 Enforcement of the policy**

Provide a written procedure for the steps to be taken when a policy violation occurs. Enforce tobacco policies similar to other park policies, such as alcohol and litter policies. The most effective way to enforce the law is to post adequate signage and train staff and/or volunteers to ask people to refrain from tobacco use. Game officials should be responsible for enforcing the tobacco-free policy during sporting events.
- 6 Consequences of the violation**

Include reasonable, age-appropriate consequences for violating the policy. This could include a verbal warning or, if the problem persists, an escort off the grounds. Depending on each department's regulations, a fine may need to be included in the policy.
- 7 Dissemination of the policy**

Make plans to notify coaches, staff, athletes, parents and spectators of the policy. This can include updates to the policy manual, team and participant pledges, newsletter articles, signage, and staff/volunteer trainings. Community education on the policy will also significantly increase compliance. Consider utilizing local media, city newsletters, websites, recreational program brochures, and policy reminder cards.
- 8 Activities that support the policy**

Identify opportunities that complement the tobacco-free policy, such as promoting tobacco-free messages at events through PSAs, providing resources to quit tobacco, and utilizing adult and peer role models as spokespeople.

Source: Kansas Department of Health and Environment. "A Community Playbook for Recreation and Tobacco Prevention." April 2003.

For more information, contact Tobacco Free Lake County at 847-377-8090 or TFLC@lakecountyil.gov

This project was made possible by funds received from the Illinois Department of Public Health.

