

Smoking and Athletics

Smoking and tobacco use

- ❑ Interferes with performance
 - ❑ Is against most school discipline codes
 - ❑ Can result in suspension from schools
 - ❑ Hard to quit
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Quick Quiz

- The chemical in tobacco which makes it addictive?
 - Nicotine**

 - Which country among the following is the largest consumer of tobacco?
 - China**
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Quick Quiz

- How many intentional additives are used in cigarette manufacturing?
 - **616**

 - What is second hand smoking?
 - **Inhaling smoke from other person's cig/beedi**
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Quick Quiz

- What ingredient or additive increases the delivery of free nicotine from the tobacco?

ammonia-based additive

- What is the number of chemicals contained in the Secondhand smoke?

4000

Quick Quiz

- Which of the following factors have been demonstrated to be the most important with respect to youth smoking?

Peer behaviors

- Which of the listed biologically active chemicals is most addictive?

Nicotine

Quick Quiz

- Which European country was the FIRST to go smoke-free?

Ireland

- Which day is observed as the World No Tobacco Day?

May 31

Quick Quiz

- Number of people dying every day in India due to tobacco

2500

- What disease are you most likely not to get when using tobacco?

Arthritis

Smokeless Tobacco

- Skoal
 - Dip
 - Copenhagen
 - Chew
 - Red Man
 - Pinch
 - Little Yara
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Did you know smokeless tobacco contains ... ?

- ❑ • Aerosol (found in hair spray).
 - ❑ • Ammonia (found in household cleaning products).
 - ❑ • Arsenic (found in pesticides).
 - ❑ • Ethyl acetate (found in nail polish removers).
 - ❑ • Formaldehyde (found in embalming fluid).
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Did You Know?

- ❑ • Gelatin (found in horse hooves).
 - ❑ • Methanol (found in antifreeze).
 - ❑ • Polonium-210 (highly radioactive).
 - ❑ • Sodium hydroxide (found in hair remover).
 - ❑ • Toluene (found in dynamite and gasoline).
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Did You Know?

- • Urea (found in urine).
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Some tobacco facts

- ❑ • The average age at which a Texas teen begins using smokeless tobacco is 13.
 - ❑ • People who dip may be exposing themselves to more cancer-causing chemicals than one-pack-a-day smokers, due to the higher level per serving in smokeless tobacco.
 - ❑ • Four percent of Texas adults dip, but 8 percent of Texas youths dip.
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Some tobacco facts

- ❑ • Smokeless tobacco has more than 3,000 chemicals.
 - ❑ • Dipping is not a safe substitute for smoking cigarettes; it can cause cancer and non-cancerous oral conditions.
 - ❑ • Nicotine continues to be absorbed in the bloodstream even after smokeless tobacco is removed from the mouth.
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Tobacco Policy

- NCAA Rules state: The use of tobacco products by student-athletes, coaches, officials and game personnel during practice and competition is PROHIBITED. Violation of this will result in dismissal for the remainder of the competition.
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Tobacco Policy

- ❑ Lehman College Department of Athletics does not permit the use of smoking or smokeless tobacco at anytime.
 - ❑ Anyone who is found violating these rules will be asked to terminate activity as soon as possible.
 - ❑ The second and third violation will result in a warning sent to the head coach and the Director of Athletics.
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NYSPHSAA

- Has a position paper
 - Offers Guidelines for developing student policies
 - Guidelines for coaches and adults
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Conclusion

- School policies prohibit tobacco use
 - NCAA prohibits its use
 - Adults need to be role models
 - NYSPHSAA
 - Promotes the position of non use
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