



Smoking Guidance

Smoking is the act of inhaling and exhaling the fumes of burning plant material. A variety of plant materials are smoked, including marijuana and hashish, but the act is most commonly associated with tobacco as smoked in a cigarette, cigar, or pipe. Tobacco contains nicotine, an alkaloid that is addictive and can have both stimulating and tranquillising psychoactive effects.

The smoke produced when tobacco is burned, consists of more than 4,000 chemical compounds. Many of these compounds are highly toxic, and they have diverse effects on health.

Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis. Smoking also increases risk for tuberculosis, certain eye diseases, and problems of the immune system, including rheumatoid arthritis.

The Health Act 2006 requires all enclosed and substantially enclosed workplaces (including vehicles) and public places to be smoke free. The purpose of this policy is to describe what **sportscotland** and our employees need to do, to meet the legal requirements of the Health Act 2006 regarding Smoke Free Regulations, and to ensure that **sportscotland's** buildings and vehicles covered by the legislation are compliant.

Although e-cigarettes are not covered by smoke free legislation such as the Health Act 2006, **sportscotland** includes vaping in this policy since it produces second hand chemical smoke when vaped.

sportscotland regard the promotion of health and safety for our employees and visitors to be of the utmost importance to our operations. It is therefore the policy of **sportscotland** to comply with UK legislation, and ensure that smoking is prohibited in virtually all enclosed or substantially enclosed workplaces and public places (including vehicles).

We acknowledge our duty to ensure that people have the right to a smoke-free environment, resulting in protection from the dangerous effects of tobacco smoke.

All areas of our premises are designated as non-smoking. Any employees wanting to smoke must use the designated smoking area. Smokers are requested not to smoke immediately outside the premises. This applies to employees, visitors and contractors and covers the use of substitute nicotine delivery devices such as vaporisers, e-cigarettes and nicotine inhalers.

We will:

- Protect everyone against the effects of second-hand tobacco smoke;
- Promote health in our workforce;

- Support those people who would like to quit smoking; and
- Comply with the relevant legislation.

Appropriate 'No Smoking' signs are clearly displayed. There will be no ashtrays or cigarette litter inside the building.

Any employees found smoking on the premises may be liable to our disciplinary procedures. Any visitor or contractor found smoking in a no smoking area will be asked to stop and/ or leave the premises. Those failing to protect others in this smoke-free environment may also face on-the-spot fines and/or possible criminal prosecution.

As e-Cigarettes are unregulated and have a great deal of variance in their chemical composition, **sportscotland** considers their usage to be in line with all other smoking practices outlined within this policy. This position will be reviewed in line with guidance from relevant bodies, as e-Cigarettes continue to be developed.