

NEW ZEALAND RUGBY LEAGUE SMOKEFREE PHILOSOPHY

New Zealand Rugby League is committed to removing smoking from our sport by establishing a Smokefree policy for people to respect and enjoy.

We are Smokefree because:

- Participating in the game of Rugby League and being Smokefree is a **positive health choice** for each of us to make.
- It helps us **feel good** socially, emotionally and physically, especially during a game of Rugby League.
- It **supports our team-mates and friends** who want to give up smoking.
- It supports our friends who don't smoke in the club and on the sideline as it provides **healthy environments** for all to enjoy.
- Having role models (players, coaches and administrators) who are Smokefree **encourages our tamariki (children)** to choose not to smoke.
- It **protects our tamariki** from the harmful effects of people smoking around them at the game and especially in the clubrooms.
- **Rugby League is all about good health and active lifestyles and smoking has no part to play.**

Please respect our Smokefree Philosophy.

If you choose to smoke, please do so outside our Smokefree areas.

Remind smokers not to light up in our Smokefree areas . . . be supportive – tobacco addiction is a powerful thing.

Kia Tu Tangata, Kia Auahi Kore