

Vaping in Sport

What is vaping?

"E-cigarettes are battery-operated devices that are used to heat a liquid to produce a vapour, which is then inhaled – mimicking the act of smoking. This is commonly referred to as ‘vaping’.

E-cigarettes are mostly used to vape nicotine e-liquid solutions. Devices can also be used to inhale other drugs such as THC (cannabis) or nicotine-free ‘e-liquids’ which are made from a mixture of chemicals including solvents, sweeteners, and flavourings such as fruit, lollies, coffee or alcohol.

Devices usually resemble cigarettes, cigars or pipes, as well as everyday items such as pens, USB memory sticks, and larger cylindrical or rectangular devices."

What's so bad about vaping?

Vapes can contain:

- Propylene glycol and vegetable glycerin (safe in food products, but untested when repeatedly heated and inhaled)
- Formaldehyde
- Heavy metals such as chromium, aluminum, arsenic, copper, lead, nickel and tin
- Volatile organic compounds (common in paint and cleaning products)
- Ultrafine particles
- 2-Chlorophenol (used in disinfectants)
- Nicotine labelling on vapes can also be inconsistent, with some labels incorrectly denying the presence of nicotine and other potentially toxic chemicals

Is vaping legal?

Under Victoria’s Tobacco Act 1987 (the Tobacco Act), smoking and the use of e-cigarettes (vaping) is prohibited in all enclosed workplaces and certain public spaces where members of the public gather.

Smoking and vaping is prohibited at or within 10 metres of all public children’s playground equipment, skate parks, and sporting venues during organised under-age sporting events.

Nicotine vaping products are also only legally able to be sold to those with a doctor's prescription.

Advertising to Children

The advertising and promotion of vaping products is illegal in Australia. However, companies can use other strategies to target youth. Social media has been found to play a role as both an information source and as a means of exposure to e-cigarette advertising in Australia.

Companies are also glamourising their products to seem cool or fun and creating flavours that appeal to young people.

There have been a number of studies which have found that e-cigarette flavours which give off the perception of sweetness (such as candy or fruit flavoured) may make buying and trying e-cigarettes more appealing among young people.

What can our club do?

- Display current "no smoking, no vaping" signage
- Update or develop a Smoking Policy and include vape language
- Communicate with members, parents, volunteers, etc. where vaping is and is not allowed.

See the 'Quit Victoria's SmokeFree Sport templates' for useful resources, templates and guides.

Resources

Please click on the below topics for more information and resources.

- [Quit Victoria's SmokeFree Sport templates](#)
- [Therapeutic Goods Administration: Nicotine Vaping Laws are Changing](#)
- [Children's Recreational Areas - FAQs](#)
- [Good Sports: Vaping FAQs](#)
- [Children's Recreational Areas - Signage and Resources](#)
- [Alcohol and Drug Foundation - Vaping](#)
- [Vape Free Areas](#)

For more information or support, please contact Sports Focus on 5442 3101 or email admin@sportsfocus.com.au