

The Western Australian Darts Council Inc



POLICY on TOBACCO

POLICY 1.3**POLICY ON TOBACCO****1.0 Not Prohibited**

Drug intake as the result of smoking is not deemed illegal in the sport of darts. However, the adverse health aspects and the decreased performance potential associated with the practice of smoking to be actively promoted through the State Coaching and Junior Development. The principal factors include:

- 1.01 Conflict between a practice that is hazardous to health and the conduct of a sport. The lynch pin to the continued acceptance by Government and specialist lobby groups of a sport must be seen as being beneficial to individual's health.
- 1.02 The impact of smoking upon non-smoking participants.
- 1.03 The quality of the image of the sport, particularly where television is involved.
- 1.04 The potential influencing effect on Junior Players

2.0 Health Hazard**2.01 Effect on Nervous System**

Nicotine is a stimulant drug that acts upon the central nervous system and is highly toxic. Nicotine is twice as deadly as arsenic and at least four times more lethal than cyanide. If the total nicotine content of one to two days of smoking were consumed in one dose it would cause death in a matter of minutes.

2.02 Smoke Contents

Inhaled smoke from a cigarette contains carbon monoxide, ammonia, hydrogen cyanide, nicotine, toluene, phenol and benzpyrene.

2.03 Passive Effect

A significant aspect with smoking is that non-smoking participants are subject to side stream smoke, which contains all of the above ingredients plus a number of additional gases, and poisons that are not normally inhaled by the smoker due to the cigarette filter. These gases include formaldehyde, acrolein, vinyl pyridine, naphthalene and naphthylamine.

2.04 Effect on Blood Stream

The carbon monoxide from a cigarette is rapidly absorbed in the blood stream in preference to oxygen and therefore reduces the amount of oxygen that can be carried by the red corpuscles. The tar in a cigarette reduces that elasticity of the air sacs and so restricts the volume of oxygen that can actually attempt to enter the blood stream.

2.05 Effect on Heart

Smoking also increases the heart rate whilst at the same time reducing the quantity of blood flow by causing the elevation of player's blood pressure.

3.0 Player Performance Effect

Darts is an anaerobic sport and therefore does not utilise oxygen as a direct energy source. Anaerobic energy systems utilise phosphate and lactic energy stored in the body. The replacement of this phosphate and lactic energy material carries with it an oxygen debt because oxygen is required to form the compounds used in these energy systems. Many of our more significant tournaments are long and tiring and the present of smoke significantly reduces the endurance of the player to these events due to:

3.01 The reduced blood flow to the muscles and so limiting access to phosphate energy source.

3.02 The reduced blood and oxygen flow to the brain inhibits concentration and clarity of thought.

3.03 Body fatigue due to the build up of oxygen debt and slower replacement of the phosphate and lactic energy sources.

4.0 Sports Imagery

Due to the passive nature of darts the Western Australian Darts Council Inc. is cognisant of the need to work harder on the imagery development to compete with the more active sports. The simple fact is that active exercise is seen to be more conducive to an increased health state than that of the more passive activities of darts, pool, croquet etc.

At this point in time it would be detrimental to our sport to introduce wide sweeping regulations such as smoking bans in all darts venues. However the extensive Government media campaigns against smoking coupled with the active participation of all sports should bring about an attitudinal change amongst our players that will permit the expansion of smoking bans.

5.0 Policy on Application

With the acceptance of darts under the Western Australian Government (Office of Sport and Recreation) for financial assistance, we can anticipate an increased expectation for the Western Australian Darts Council Inc. to become more actively supportive of drugs prohibition and healthy lifestyle policies.

For these reasons it is now appropriate for the Western Australian Darts Council Inc. to introduce rulings that provide for:

- 5.01 The banning of smoking whilst on stage
 - 5.02 The banning of smoking during presentations and media interviews.
 - 5.03 The banning of smoking whilst playing Darts at the WADC Headquarters.
 - 5.04 To ensure all publications from the MINISTRY OF SPORT AND RECREATION, QUIT, etc., pointing out the adverse effects of smoking and its impact upon player's performance level, is made available to all Affiliated Association members.
 - 5.05 The education of players and officials via the State Coaching Program and Junior Development.
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