

Smoking Policy

Classification Health, Safety and Environment	Table of Contents Purpose 1
Approval Authority Vice-President (Finance & Services)	Scope 2
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- Purpose**
- 1 The University is committed to providing a safe and healthy work, learning, and living environment for employees, students, contractors and visitors.
- The purpose of this policy is:
- a) to promote a smoke-free environment;
 - b) to ensure that the University is in compliance with the City of Calgary Smoking Bylaw and Alberta Tobacco Reduction Act; and
 - c) to establish educational programs and assistance for University employees and students who currently Smoke or use Tobacco and Smoking Related Products and wish to quit.
- Scope**
- 2 This policy applies to individuals who work or, study at, or visit any University campus located in the province of Alberta or who drive, or are passengers in, any University Vehicle.
- Definitions**
- 3 In this policy
 - a) "Indoor Areas" means enclosed spaces owned or leased by the University including but not limited to buildings and covered parking but excluding University Vehicles.

- b) "Smoke" or "Smoking" means to carry or possess a lit cigarette, cigar, pipe, electronic cigarette, personal vaporizer or electronic nicotine delivery system or to use a Tobacco and Smoking Related Product in any manner, or the smoking of any other substance.
- c) "Tobacco and Smoking Related Products" includes:
 - i. all tobacco-containing or tobacco-derived products including but not limited to, cigarettes, cigars, cigarillos, and hookah products; oral tobacco and nasal tobacco, but excluding nicotine gum and transdermal nicotine patches;
 - ii. electronic cigarettes, personal vaporizers and electronic nicotine delivery systems; and
 - iii. products that, when used, mimic or simulate smoking.
- d) "University" means the University of Calgary.
- e) "University Vehicles" means any vehicle rented, owned, or leased by the University Fleet Operations Office.

Policy Statement

4 Smoking on Campus

- 4.1** Smoking and the use of Tobacco and Smoking Related Products is prohibited in Indoor Areas and in University Vehicles.
- 4.2** Smoking and the use of Tobacco and Smoking Related Products is prohibited in outdoor areas that are located within 7.5 meters of Indoor Areas including, but not limited to, any:
 - a) entrance;
 - b) exit;
 - c) window; and
 - d) building air intake.
- 4.3** Smoking and the use of Tobacco and Smoking Related Products is prohibited within 7.5 meters of flammable or combustible storage areas.

Signs

- 4.4** The University will post signs in outdoor areas where Smoking and the use of Tobacco and Smoking Related Products is prohibited.
- 4.5** The signs will be designed to comply with requirements contained in the City of Calgary Smoking Bylaw and the Alberta Tobacco Reduction Act.

Tobacco Product Sales

- 4.6** Tobacco and Smoking Related Products are not permitted to be sold on any University campus located in the province of Alberta.
- 4.7** Tobacco and Smoking Related Products are not permitted to be advertised any University campus located in the province of Alberta.

Smoking Cessation Education and Assistance

4.8 The University will organize awareness, education and smoking cessation programs designed to assist employees and students who Smoke or use Tobacco and Smoking Related Products and wish to quit.

4.9 Awareness, educational programs and assistance may be provided by:

- a) Students' Union Wellness Centre, including the Counselling Centre and University Health Services; and
- b) the Staff Wellness Centre.

Violations of this Policy

4.10 Individuals who do not comply with this Smoking Policy may be subject to penalties and/or discipline under University policies or regulations, applicable collective agreements, the City of Calgary Bylaws and the Alberta Tobacco Reduction Act.

Special Situations **5** Smoking and the use of Tobacco and Smoking Related Products for religious, cultural or other grounds protected by the Alberta Human Rights Act may be accommodated under the University's accommodation policies.

Smoking and the use of Tobacco and Smoking Related Products in other special situations may be permitted with written approval from Environment, Health and Safety.

Related Policies **6** Non-Academic Misconduct Policy

Related Information **7** The University of Calgary Counselling Centre
The University of Calgary Staff Wellness Centre
The University of Calgary Health Services

References **8** Alberta Tobacco Reduction Act
City of Calgary Smoking Bylaw

History **9** *Approved:* Vice-President (Finance & Services), May 31, 2002.

Effective: May 31, 2002.

Revised: February 15, 2008; revisions approved by Vice-President (Finance & Services).


Revised: April 16, 2010; revisions approved by Vice-President (Finance & Services).

Revised: November 17, 2014; revisions approved by Vice-President (Finance & Services).

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relax and de-stress!

relieve neck and back pain!

increase flexibility and circulation!

Massage and Chiropractic appointments available!

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Resources

Concerned About a Student?

- How Do I Help Myself?
- How Do I Help Others?
- Student At Risk Team
- Naloxone Kits

Quick Links

- Sitemap
- Campus Mental Health Strategy
- Faith & Spirituality Centre
- Student & Enrolment Services
- Undergraduate Student Health Plan
- Graduate Student Health
- ...

Smoking Cessation

If you are trying to reduce or quit tobacco use, we can support you. Make an appointment with one of our physicians for smoking cessation support or try one of the following resources:

- Calgary COPD & Asthma Program (CCAP)
- Alberta Quits: Referral Form
- Canadian Cancer Society: Clear the Air (pdf) protecting against second-hand smoke
- Canadian Cancer Society: For Smokers Who Want to Quit (pdf)
- Canadian Cancer Society: Helping a Smoker Quit (pdf)
- Health Canada: On the Road to Quitting (pdf)
- Alberta Health Services Tobacco Reduction: Pros and Cons of Quitting (pdf)
- Alberta Health Services Tobacco Reduction: Smoking Learning Journal (pdf)
- Alberta Health Services: Nicotine in Disguise (pdf)

<https://ucalgary.ca/wellnesscentre/smokingcessation>

<https://www.ucalgary.ca/wellbeing/files/wellbeing/smoking-cessation.pdf>

Smoking Cessation Program



If you are a smoker who has tried quitting, you know how difficult it can be. Smoking is very addictive and quitting requires considerable planning, determination, and courage. Our program addresses the psychological and physical dependence and creates a foundation for successful behaviour change.

Be a healthy, happy ex-smoker!

- **Need a personal coach?** We can help you decide to quit, figure out when to start, what method or combination of methods to use, and be there if you are tempted to pick up a cigarette again.

- **Dealing with withdrawal?** If you are feeling depressed, have trouble sleeping or concentrating, or have developed an increased appetite, we can help with suggestions and support.
- **Need to 'unlink' from your triggers?** If smoking has become linked with everything you do—from drinking coffee to watching the evening news, we can help you overcome the mental challenges of quitting.
- **Ready to make lifestyle changes?** If you want to make other changes such as starting an exercise program, eating healthy, or taking up meditation in order to feel better, we can make recommendations that will support you moving forward.

Call us to get started (translation to other languages available.)
1.800.663.1142 | TTY: 1-888-384-1152 | Numéro sans frais - en français :
1-866-398-9505 International (Call collect) : 604-689-1717



Smoking Cessation Program

One call is all it takes to get started.

Plan Smart empowers you with the information and support you need to help you quit smoking and remain smoke-free. We make it simple to start and guide you step-by-step. When you call our Client Services Centre, here's what you can expect:

1. We ask a few specific questions to make sure you receive the customized service that will be most helpful.
2. We arrange for one of our counsellors to call you and walk you through the types of support that you could benefit from—an online smoking cessation e-Course, printed materials, and more.
3. We'll be there to provide one-on-one coaching as needed.

If you ever feel overwhelmed or stressed out by the challenges you face, we can easily arrange counselling (face-to-face, over the phone, or through the Internet).

Plan Smart helps ensure you are taking the right steps towards quitting smoking!



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