KBG Athletic Activities

My Heroes Don't Vape

Have your athletes share one at a time who their favorite sports figures are. Once everyone has shared, call on three or four athletes one by one and have them share answers to the following questions or questions you create that are like the ones below with the group.

"Would, (Their Favorite Athlete), be where they are today if they vaped?

"Would, (Their Favorite Athlete), openly support vaping?

"Would, (Their Favorite Athlete), want future athletes of x sport to vape?

How to count this KBG Force Activity: Report one KBG Force Activity each time you do this activity

A Message From The Captains

Meet with your team captains and talk with them about why vaping would be bad for the team. Once you have brainstormed reasons how vaping can negatively impact your team have your captains talk about this with the team in a short discussion during practice.

Examples:

1. Vaping can lead to increased irritability causing athletes who vape to be quicker to lash out on teammates and coaches causing the practice environment to become more hostile.

2. Vapes usually contain nicotine which has a stimulant affect that can cause those who vape, especially at night, to develop insomnia. Athletes who are aren't sleep well can't recover well and play well causing the entire team to suffer from their choices.

3. Vaping can cause the development of anxiety and make those with already existing anxiety experience worse symptoms. Athletes experiencing heightened levels of anxiety on game day may see their athletic performance negatively impacted and their overall mood and mindset disrupted.

How to count this KBG Force Activity: Report one KBG Force Activity for every captain lead team discussion on how vaping negatively impacts the team.

Team Banner

Have your athletes sign a banner that has anti vaping messaging or wording on it in the locker room or in a team area. This banner should be visible daily and is meant to be a reminder to the team to not engage in smoking/vaping behavior. If you do not have materials for your own, a banner can be shipped to your team.

How to count this KBG Force Activity: Report one KBG Force Activity once the banner is signed and hung up. Take a picture and add to that to the report as well.

Seasonal Pledge

Once a season, ideally at the start, write out a pledge with your team focused on not vaping for the duration of the season. Once written have the entire team sign it.

How to count this KBG Force Activity: Report one KBG Force Activity once the entire team has signed the pledge.

ANTI – Vaping Policy Enforcement

Establish and enforce clear anti vaping policy with the team including clear consequences for vaping. Athletes who are caught vaping shouldn't just be punished but supported as well. Coaches should lay out a clear plan for sending student athletes to guidance counselors and or school nurses so they can better understand the dangers of vaping on their health and wellbeing.

Feel free to point athletes in the direction of American Lung's Tobacco Basics | American Lung Association: A free one-hour online course that includes five online learning modules designed to lay the foundation in understanding the toll of tobacco use in the U.S.

How to count this KBG Force Activity: Report one KBG Force Activity once an anti-vaping school policy enforcement meeting has been held.

Team Survey Time

Have you athletes fill out the short ALA youth vaping survey to help the American Lung Association collect valuable data on the state of youth nationwide.

Take Our Youth Vaping Survey | American Lung Association

How to count this KBG Force Activity: Report one KBG Force Activity once your entire team has reported that they have completed the survey.

Team Tobacco Basics

Go through the online learning course Tobacco basics with your team over the course of the season.

TB a free one-hour online course that includes five online learning modules designed to lay the foundation in understanding the toll of tobacco use in the U.S.

Tobacco Basics | American Lung Association

How to count this KBG Force Activity: Report one KBG Force Activity once your team has completed the course.

Ballgame Announcements

This is an activity you can do if you have a KBG Force at your local school. The announcement should come on behalf of the school, because enforcement and compliance is the responsibility of the administration at that school. You should always mention KBG when possible, and if a KBG Force member could read this it would be nice. A spin off Force Activity could be poster boards with tobacco facts at a particular game with announcements thanking KBG for the information.

Tobacco control policy announcement examples:

- "_____ Middle/Jr. High/High School would like to remind our fans of the _____ County Tobacco Control Policy that prohibits use of any tobacco/vaping products on school property including our (football/baseball/etc.) field. So, let's score on "Big Tobacco" and do our part to reduce vaping in Delaware this (football, other sports) season. Everyone can play for a winner on the Delaware Vaping Prevention Team."

How to count this Force Activity: record one Force Activity for every day that announcements are made.

Create Your Own Athletics Activity

Coaches here is your chance to use what you know about the dangers of vaping to create your own athletic event focused on vaping cessation or education. The event must include the following:

- At least one talking point from ALA one or more of the following ALA resources
    - American Lung Association's Comprehensive Approach to Ending the Youth Vaping Epidemic Model
    - E-cigarettes, Vapes and JUULs - What Teens Should Know | American Lung Association
    - E-cigarettes, Vapes and JUULs - What Schools Should Know | American Lung Association
    - Why Kids Start Smoking | American Lung Association

How to count this KBG Force Activity: Report one KBG Force Activity once the activity has taken place along with pictures of the activity or event with a short description.