

## Smoking Policy FAQs

### 1. Why are we going Smokefree?

- The University is committed to the health, safety and wellbeing of its staff, students and visitors.
- We have an opportunity to act as a role model to young people, inspiring a future Smokefree generation. If a person does not take up smoking by the age of 26 they are much less likely to become a smoker.
- We are aligning with the city partnerships, Leeds City Council and Leeds Teaching Hospitals to move towards a Smokefree culture and environment for all.
- We are also reflecting the changes in wider society - the rate of smoking is reducing nationally.
- Smoking is the biggest cause of preventable death in England so if people never take it up as a habit (or choose to quit) there are many associated health benefits. As a research institution training healthcare professionals, we are particularly aware of this – in 2020, there were 74600 deaths in the UK which were attributable to smoking.

### 2. Which areas are included in the Smokefree campus?

The Smokefree campus includes all **outdoor** space on:

- Main campus (all space within the boundaries of Woodhouse Lane, Clarendon Road, Mount Preston Street, Leeds General Infirmary – LGI - and the inner ring road, including Leeds University Union);
- Western campus (Leeds University Business School – LUBS - and School of Law);
- Fairbairn House;
- All University-owned and managed residences;
- All University-owned sports grounds (e.g. Sports Park Weetwood, Bodington Playing Fields).
- You can see a map attached to the [Smoking Policy webpages](#)

Smoking and vaping *inside* buildings and their entrances remains prohibited at all times.

### 3. What is LUU's position on this?

Leeds University Union (LUU) is supportive of the move towards a Smokefree campus and will continue to be a key stakeholder, representing the views of students.

### 4. Why are we Smokefree between 8am – 6pm?

The University is on a journey to become Smokefree. During consultation, questions were raised about the logistical difficulties of maintaining a 24-hour Smokefree campus at this stage. The 8am – 6pm timeframe was set in response to this.

### 5. Why can you still vape outside on the Smokefree campus?

There is a wealth of conflicting information on vaping, and its long-term impact on health is as yet unknown.

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However, the Public Health England (PHE) position<sup>1</sup> is that, 'Vaping poses only a small fraction of the risks of smoking and switching completely from smoking to vaping conveys substantial health benefits over continued smoking. Based on current knowledge, stating that vaping is at least 95% less harmful than smoking remains a good way to communicate the large difference in relative risk unambiguously so that more smokers are encouraged to make the switch from smoking to vaping. It should be noted that this does not mean e-cigarettes are safe.'

Vaping is still prohibited within buildings but the University is currently sympathetic to their use outside on the Smokefree campus. We will continue to monitor national recommendations and best available evidence.

**6. What help is the University offering to staff and students who want to quit smoking?**

The University is currently signposting staff and students to quit smoking support. You can find out more on the [Quit Smoking webpage](#).

**7. Do I have to be a non-smoker to work, research or study at the University?**

No, the University does not require people to be non-smokers. However, we ask people not to smoke outside on campus between 8am and 6pm. If you wish to smoke then, we respectfully ask you to do this away from the Smokefree campus. Smoking and vaping in buildings and their entrances is still prohibited at all times.

**8. Can I smoke on my break?**

You are free to use your break time appropriately. All staff are asked not to smoke on the Smokefree campus during the hours of 8am – 6pm. If you feel that this may impact on you, please discuss with your manager how you can work together to deal with this.

**9. What should I do for visitors, new staff or students?**

Make them aware of the Smokefree campus before they arrive on campus so they are prepared. This should also be built into the University induction and recruitment processes.

**10. What do I do if I have accessibility or other issues?**

If you think you may need to discuss whether reasonable adjustments are appropriate, approach your manager.

**11. What do I do if I see someone smoking on campus?**

Foldout 'Smokefree campus' information cards are available from the Health and Wellbeing team by emailing [healthandwellbeing@leeds.ac.uk](mailto:healthandwellbeing@leeds.ac.uk). The cards explain the logistics and reasons for the Smokefree campus. If you feel comfortable doing so, please carry these cards with you and give one of them to anyone you see smoking on the Smokefree campus between 8am - 6pm.

**12. Why can't we have smoking shelters?**

Smoking shelters give the impression that smoking is 'the norm'. This is not the case. The vast majority of staff and students do not smoke while on campus. The University is aiming to create a Smokefree culture, and smoking shelters are not consistent with this aim and vision.

**13. I'm a manager - what do I need to communicate to my team?**

Remind your team that the University is on a journey to be a Smokefree campus. Direct people to the [Smoking policy](#) and the [Smokefree webpage](#) for more information. Signpost staff who are interested, to the [Quit smoking support](#) webpage.

**14. What adjustments should I make for my staff who have additional needs?**

Raise any queries about appropriate reasonable adjustments with your HR manager to determine the appropriate course of action.

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<sup>1</sup> 9.2 in <https://www.gov.uk/government/publications/e-cigarettes-and-heated-tobacco-products-evidence-review/evidence-review-of-e-cigarettes-and-heated-tobacco-products-2018-executive-summary>, downloaded 12/3/19.

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**15. What should I do if someone raises with me that one of my staff members or students is smoking on the Smokefree campus between 8am and 6pm?**

Speak with your member of staff or student and remind them that the policy is in place and that if they wish to smoke between 8am - 6pm they should go off campus. You might find it helpful to explore the reasons why they are smoking on campus and see if by working together, this can be resolved. You could also signpost them to the [Quit Smoking support](#) available.

**16. How do I support any staff or students who are finding it difficult to cope with not smoking on the Smokefree campus between 8am - 6pm?**

Speak with them and remind them about the [support available](#) for all University staff for personal or work-related problems and challenges or the [student support](#) available. If they are interested in quitting or cutting down smoking let them know about the [quit smoking support](#).

**17. Can students smoke on campus?**

All students have signed the University's [Student Contract](#) which informs them about the University's move to be a Smokefree campus. We ask people not to smoke outside on campus between the hours of 8am and 6pm. If you wish to smoke then, we respectfully ask you to do this away from the Smokefree campus.

**18. I have further questions or would like to help with the move to a Smokefree campus - what should I do?**

If you have any questions or concerns or would like to get involved in any way, please email us at [smokefree@leeds.ac.uk](mailto:smokefree@leeds.ac.uk).