



EQUATOR UNIVERSITY OF SCIENCE AND TECHNOLOGY

SMOKE FREE POLICY

2024

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Smoke-Free Policy

Equator University of Science and Technology (EQUaT) 2024

1. Glossary of Terms

- **Smoke-Free:** A condition where smoking and use of tobacco or similar substances are completely prohibited.
- **Smoking:** Inhaling, exhaling, burning, or carrying any lit tobacco product, herbal product, or similar plant material.
- **Tobacco Products:** Cigarettes, cigars, shisha, pipes, chewing tobacco, snuff, and any item containing tobacco.
- **E-Cigarettes / Vapes:** Electronic nicotine delivery systems that are prohibited under this policy.
- **Second-Hand Smoke:** Smoke emitted from burning tobacco products or exhaled by smokers, harmful to non-smokers.

2. Aims and Objectives

2.1 Aim

To establish a smoke-free, healthy, and sustainable campus environment that protects the health and well-being of all members of the university community and aligns with SDG 3: Good Health and Well-Being.

2.2 Objectives

1. Eliminate exposure to tobacco smoke and its harmful effects across university premises.
2. Prevent smoking-related illnesses and promote community health.
3. Raise awareness on the risks of smoking and second-hand smoke.
4. Foster a culture of wellness, social responsibility, and environmental sustainability.
5. Support cessation efforts for individuals struggling with tobacco addiction.
6. Comply with national public health regulations and international best practices.

3. Scope

This policy applies to all individuals present on EQUaT premises, including students, faculty, staff, administrators, visitors, and contractors. It covers all university property and facilities, such as classrooms, laboratories, offices, administrative buildings, hostels, residential areas, libraries, study spaces, sports and recreational facilities, cafeterias, dining areas, university transport, vehicles, and open spaces like courtyards and gardens. No exceptions will be made for any individual or group, ensuring consistent enforcement and compliance across the entire university.

4. Smoke-Free Focal Person

The university has appointed a Smoke-Free Focal Person to oversee the implementation, monitoring, and enforcement of the Smoke-Free Policy at EQUaT. This focal person is responsible for ensuring that the university remains fully compliant with the policy while actively promoting a healthy, smoke-free environment across all campuses.

5. Awareness and Prevention Strategies

To create and maintain a smoke-free culture, EQUaT actively implements the following initiatives:

5.1 Orientation and Training

- Provides mandatory smoke-free awareness sessions for all new students and employees.
- Includes smoke-free policy information in orientation materials and student handbooks to ensure everyone understands the policy from the start.

5.2 Campus Signage

- Displays clear and visible signs in all buildings and open spaces stating "Smoke-Free Campus."
- Uses infographics and digital screens to educate the university community about the health risks associated with smoking.

5.3 Health Promotion Campaigns

- Organizes annual events such as World No Tobacco Day to raise awareness about the dangers of tobacco use.
- Hosts seminars, workshops, and counselling sessions to promote healthy living and support individuals trying to quit smoking.
- Provides educational materials to parents, students, faculty and staff to strengthen awareness and prevention efforts.

5.4 Positive Engagement

EQUaT encourages participation in healthy and constructive activities, including:

- Sports, fitness programs, and recreational events that promote physical well-being.
- Community service and environmental initiatives to foster a sense of responsibility and collective action.
- Arts and cultural events designed to promote mental wellness and creativity.

6. Monitoring and Evaluation

Monitoring of the Smoke-Free Policy is carried out by the Health and Safety Committee to ensure effective implementation and compliance across all university premises.

- The monitoring process utilizes tools such as observation logs, incident reports, periodic surveys, and random inspections to collect data on policy adherence and identify areas requiring improvement.
- Findings from monitoring activities are systematically recorded and analysed to determine trends, challenges, and progress in achieving a smoke-free campus.
- Evaluation of the policy is conducted annually to assess its effectiveness and alignment with the university's health, safety, and sustainability objectives. This evaluation includes a review of monitoring data, stakeholder feedback, and the outcomes of awareness campaigns and cessation programs.
- Results from the evaluation inform periodic policy revisions and guide the development of community re-education campaigns, ensuring continuous improvement and the ongoing relevance of the Smoke-Free Policy.