

# A WIN-WIN OPPORTUNITY FOR LODGING ESTABLISHMENTS IN ADOPTING SMOKE-FREE POLICIES

## POLICY STAKEHOLDERS LODGING ESTABLISHMENTS

### INTRODUCTION

The US Surgeon General stated that there is no risk-free level of exposure to secondhand. Even brief exposure causes damage that could lead to serious disease and death. Smoke-free travel, including transportation and lodging, is popular and becoming more common each year. Preferences for smoke-free environments continue to increase, and even people who smoke are more likely to choose 100% smoke-free accommodations. According to the Americans for Nonsmokers' Rights Foundation there is a growing movement throughout the US toward adopting smoke-free hotel policies in large chains, small independently owned and operated facilities and bed & breakfasts. In addition to guest preference for smoke-free environments, adopting a 100% smoke-free policy can help save your business money on cleaning and renovation costs.

### ADDRESSING TOBACCO IN THIS ENVIRONMENT

- A recent survey found that a significant percentage (93%) of Maine lodging establishments have smoke-free policies that prohibit the use of all smoked tobacco products in all guest rooms, suites & balconies. Additionally, 79% also prohibit the use of electronic smoking devices, such as e-cigarettes or vape pens.
- Secondhand smoke travels through air ducts and ventilation systems. ASHRAE has said that "the only means of effectively eliminating the health risks associated with indoor exposure is to ban smoking activity."
- A lodging establishment owner can legally restrict or prohibit smoking on the property of the business as long as the policy does not target a protected class or minority.

### CLIENT INTERVENTION COMPONENTS

1. Adopt a policy: put smoke-free language in writing.
2. Disclose policy to staff and guests- make sure it is clear and in writing, where smoking is allowed, if anywhere, on the property.
3. Community and promote status: Educate staff and guests of the policy and add signage.
4. Monitor status: maintain high awareness and communicate the policy for successful compliance.

### WHAT IS A MODEL POLICY?

A model smoke-free lodging policy prohibits all smoking of any substance, including the use of electronic cigarettes or vaporizers in all guest rooms, suites, balconies, and decks. As well as all indoor common areas including but not limited to lobbies, hallways, restaurants, laundry rooms, outdoor eating areas or picnic areas, pools, etc. Smoking is prohibited within 25 feet of any door, window, vent, A/C unit, entryway, etc. As with Maine State law, the policy also prohibits smoking in all establishment-owned or leased vehicles used by employees, guests, or visitors at all times.

The smoke-free policy applies to all guests, their visitors and employees, including organizers of, and attendees at, public events, including but not limited to, conferences, meetings, lectures, social events and/or cultural events using establishment-owned, leased and affiliated buildings or rooms.

### RESOURCES

- Local District Tobacco Prevention Partner – usually located at a local Community Coalition, the DTPP can provide technical assistance on policy adoption and implementation and provide tips on creating tobacco-free environments.
- [www.BreatheEasyMaine.org/Lodging](http://www.BreatheEasyMaine.org/Lodging) - includes resources available for download including template smoke-free policy, infographic, and sign and table tent templates.