



**DEPARTMENT OF THE NAVY**  
U.S. NAVAL AIR STATION, SIGONELLA, ITALY  
PSC 812 BOX 1000  
FPO AE 09627-1000

NASSIGINST 6100.1B  
SAFE  
24 Oct 03

NAS SIGONELLA INSTRUCTION 6100.1B

Subj: TOBACCO PRODUCTS CESSATION AND PREVENTION PROGRAM

Ref: (a) SECNAVINST 5100.13C  
(b) OPNAVINST 6100.2  
(c) SECNAV MSG 212138Z OCT 93  
(d) COMFAIRMED MSG 090743Z DEC 93  
(e) NAVOP 001/94 (CNO MSG 192132Z JAN 94)

1. Purpose. To ensure all personnel have a safe, healthy, unpolluted, smoke-free working and public living environment, provide guidance on the use of smokeless (spit) tobacco, encourage those who use tobacco products to stop, and provide programs to assist people who want to cease tobacco use.

2. Cancellation. NASSIGINST 6100.1A

3. Applicability. This instruction applies to all Navy personnel, civilian employees including non-appropriated fund employees, local nationals, and all dependents and visitors while in Department of the Navy controlled buildings, vehicles or aircraft. This instruction does not cancel or supersede other instructions that control smoking because of fire, explosive, or other safety or operational considerations, and does not override provisions of already existing civilian collective bargaining agreements prior to their expiration.

4. Background

a. The Surgeon General of the United States has identified tobacco use as the single most preventable cause of illness and death in our society.

b. Environmental Tobacco Smoke (ETS) (involuntary, passive, second-hand smoke) poses a public health risk larger than the hazardous air pollutants from all industrial emissions combined. Medical evidence shows overwhelmingly that the use of tobacco products adversely impacts the health and readiness of our force. Smoking impairs such critical skills as night vision and eye/hand coordination. It increases susceptibility to disease and impairs cardio-respiratory endurance, exercise tolerance, and stamina.

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c. Smokeless tobacco is not a safe alternative to smoking. It is highly addictive, causes oral cancers and other medical conditions which damage gums and teeth, irritates oral soft tissue, and leaves an unsanitary residue.

d. This instruction is of vital importance and one of the most positive quality of life improvements we can make for our people and ourselves.

## 5. Policy

a. Department of the Navy (DON) policy is to create a social environment that supports abstinence and discourages use of tobacco products, creates a healthy working environment, and provides smokers with encouragement and professional assistance to stop smoking. The objective is to establish appropriate environmental protective measures to ensure a safe, healthy, unpolluted work and public living environment. It is emphasized that DON is not prohibiting tobacco use. DON is implementing a positive educational, awareness approach designed to provide the least disruption while improving our state of health and its ability to maintain a high state of military readiness.

b. References (a) and (b) provide policy and guidance for smoking prevention and cessation programs for DON personnel. References (c) and (d) strengthen DON Environmental Tobacco Smoke (ETS) in all DON controlled spaces. Reference (e) provides Navy-wide policy on smokeless (spit) tobacco.

## 6. Smoking and Smokeless Tobacco Usage Policy

a. Smoking will be prohibited in all DON vehicles, aircraft, work buildings, or a common space. A common space is defined as any space within a building common to all occupants and visitors, such as corridors, elevators, lobbies, lounges, stairways, rest rooms, cafeterias, snack bars, barber shops, laundry rooms, etc. Outdoor areas designated for smoking will not be located in areas commonly used by nonsmokers, and will not be in the immediate vicinity of supply air intakes or building entryways and egresses.

b. Smoking is permitted in individually assigned family and bachelor living quarters and in Navy Lodge rooms designated for smoking except when individual housing units are served by a

common heating ventilation air conditioning (HVAC) system. In these instances, COs must designate sufficient non-smoking quarters for non-smoking members to prevent involuntary exposure to ETS. Smoking is not permitted in common spaces of individual living quarters.

c. Spit tobacco will be prohibited during briefings, meetings, classes, formations, inspections, during watch, and in all other situations not listed above where proper decorum is required. Commanding officers, officers-in-charge, and department heads, taking into consideration personal hygiene, sanitation, public safety, health, military appearance and professionalism, will control the use of spit tobacco.

## 7. Responsibilities

### a. Commanding Officers shall:

(1) Ensure requirements of this instruction are enforced.

(2) Set a personal example by creating a social environment that supports abstinence and discourages use of tobacco products.

(3) Ensure tobacco use is discouraged to the maximum extent possible at initial entry and training points and morale, welfare and recreation facilities by:

(a) Encourage tobacco users to stop and non-tobacco users to continue to refrain from starting, and promote participation in smoking cessation courses.

(b) Incorporate consequences of tobacco use with education on alcohol and drug abuse.

(c) Ensure staff members do not use tobacco in the presence of students, recruits or officer candidates while in duty status, while providing designated smoking areas for staff members who do smoke.

(4) Ensure all personnel receive General Military Training (GMT) regarding:

(a) Nicotine addiction and its negative impact on readiness.

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(b) Health risks of tobacco use.

(c) Availability of assistance for non-tobacco use.

(5) Ensure that a viable tobacco use cessation program is in place, supported and publicized.

b. Department Heads/Officers-in Charge shall:

(1) Ensure requirements of this instruction are enforced.

(2) Set a personal example by creating a social environment that supports abstinence and discourages use of tobacco products.

(3) Ensure personnel receive the required GMT training as outlined in this instruction.

c. Command Fitness Coordinators shall:

(1) Ensure requirements of this instruction are enforced.

(2) Develop training to comply with the requirements of paragraph 7a(3) and 7a(4) of this instruction.

(3) Coordinate departmental training to comply with the requirements of this instruction.

(4) Conduct semi-annual meetings with the NAVHOSP Health Promotion Officer and department coordinators dedicated to tobacco prevention agendas. Assist departmental coordinators in departmental training, when requested, as outlined in this instruction.

d. Department Fitness Coordinators shall:

(1) Ensure requirements of this instruction are enforced.

(2) Coordinate required training as outlined in this instruction.

(3) Attend semi-annual meetings described in paragraph 7c(4).

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(4) Maintain periodic liaison with the Medical Health Promotion Officer for assistance in reducing and preventing tobacco addiction.

A handwritten signature in black ink, appearing to read 'T. L. Davison', with a long horizontal flourish extending to the right.

T. L. DAVISON

Distribution: (NASSIGINST 5215.3Q)  
Lists I & II