



TO: All Hockey Nova Scotia Members
FROM: Hockey Nova Scotia
DATE: March 6, 2025
SUBJECT: Advisory on Smelling Salts and Health Risks

Hockey Nova Scotia would like to bring to your attention important health and safety information regarding the use of ammonia-based inhalant products, commonly known as **smelling salts**.

According to Health Canada, no ammonia-based health products or **smelling salts** have been authorized for sale in Canada for inhalation purposes. Inhaling ammonia can pose serious health risks, including:

- Coughing and airway constriction
- Irritation of the eyes, nose, and throat
- Other potential respiratory issues

Health Canada strongly advises against purchasing or using unapproved inhalant products marketed for alertness or energy-boosting purposes. Unauthorized health products have not been assessed for safety, quality, or efficacy, and their use may present significant health risks.

Selling or advertising unauthorized health products in Canada is illegal. While Health Canada tell us they have not received any reports of smelling salts being sold at arenas, the Department encourages individuals to report any suspected sales or advertising of these unauthorized products. Reports can be submitted using Health Canada's [online complaint form](#).

To ensure the safety of all players, parents, and coaches, we encourage our membership to keep an eye out for the use of smelling salts at rinks throughout the province.

For more information or to verify if a health product is authorized for sale in Canada, you can search Health Canada's [Drug Product Database](#) and [Licensed Natural Health Product Database](#).

Hockey Nova Scotia is committed to maintaining a safe and healthy environment for all participants.

Thank you for your continued support and cooperation.



Yours in Hockey,

Dr. Leisha Hawker
Medical Director
Hockey Nova Scotia

Mike Field
Executive Director
Hockey Nova Scotia

Brad MacKinley
President
Hockey Nova Scotia