

Co-funded by
the European Union



Environmentally sustainable Sport for All

#EnvInSport Brochure

10 ideas and 100 steps

Our Team



Co-funded by
the European Union





“Environmentally sustainable Sport for All” Project - EnvInSport

Topic:
ERASMUS-SPORT-2023-SSCP
Project number: 101132988

Project webpage:
www.envinsport.eu



Asociácia športu pre všetkých
Slovenskej republiky
(Slovak Sport for All
Association from Slovakia)



Česká asociace Sport pro
všechny, z. s.
(Czech Association Sport for
All from Czech Republic)



Fundacja na rzecz Odzysku
Opakowań Aluminiowych
RECAl
(Foundation for Recovery
of Aluminium Packaging RECAl
from Poland)



Asociatia Centrul Pentru
Dezvoltarea Instrumentelor
Structurale
(Association Center for
Development of Structural
Instruments from Romania)



The idea of EnvInSport Project was raising awareness about the benefits from sustainable development issues in sport for all. Its aim was an environmentally sustainable approach in sport for all activities.



The objective was to establish strong cooperation between partners to create a synergic effect for them. The project involved the exchange of experiences and the development of the practical activities for ecologically sustainable sports events and activities.

It also included organization of 4 events (each Project partner was responsible for one) to increase the quality in Partners' work and their cooperation with animators and volunteers.

This brochure proposes 10 ideas for sport people how to think "green" to inspire them to make a smaller impact on the environment. Next it's specifying 100 more detailed steps. Please remember that even partial implementation of presented actions will favourably reduce the impact on the environment. And make sure to communicate it to the participants.

If it is clearly noticeable then surely your effort will be appreciated

And last part of the EnvInSport Project was to collect best practices in sport events to be published in this Brochure. The ideas for promoting active lifestyles and compliant with green events reducing the environmental impact of organized sport events and activities. The publication available in all Partners' languages and in English.

10 ideas



Energy



Recycling



Food
wasting



Transport



Air quality



"Green"
orders & other



Volunteering



Co-
sharing



Noise



Water



Air quality

Protecting air quality during sport events is essential for the health and well-being of athletes and spectators. High levels of pollution can negatively impact respiratory health, decrease athletic performance. To ensure cleaner air, event organizers should implement stricter regulations on emissions from vehicles and equipment, promote the use of public transportation

Protect the air quality - try to use fresh air as much as possible.

and encourage carpooling among participants. Additionally, setting up designated smoking areas far from main crowds can help reduce smoke exposure. Incorporating green initiatives, such as increasing green spaces and planting trees, can further improve air quality. By prioritizing air

quality, sport events can create a healthier environment, enhance performance, and foster a more enjoyable experience for all involved.



Co-funded by
the European Union





Co-sharing

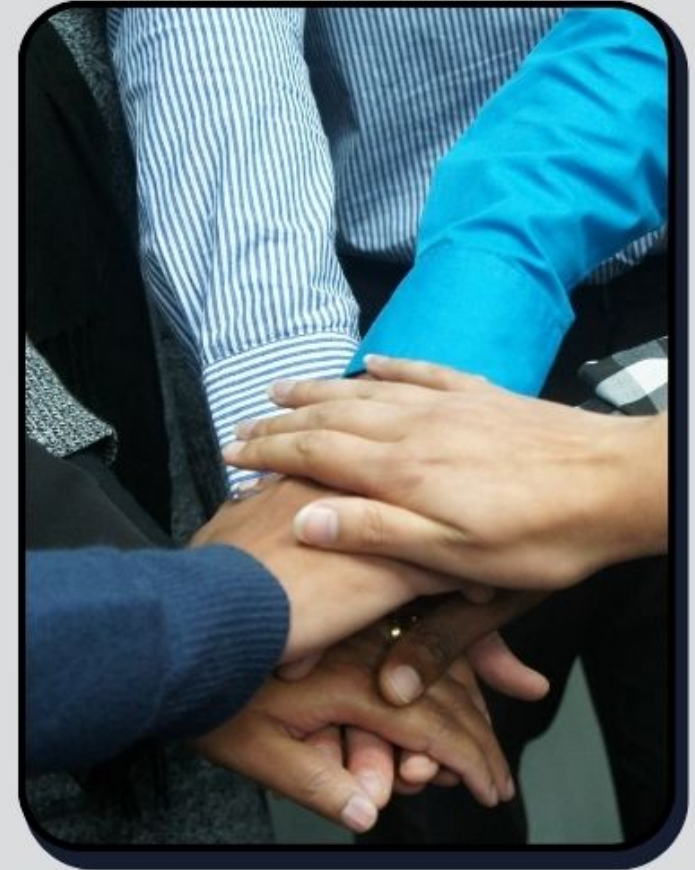
Integrate environmental education into sport events to raise awareness. Use signage and announcements to educate attendees about local environmental issues and sustainable practices. Offer workshops or educational sessions on topics like waste reduction, water conservation and responsible energy use. Partner with environmental organizations to provide educational activities.

Firstly use the existing infrastructure and resources (then borrow and lastly buy new).

Showcase sustainable event practices, such as using recycled materials and minimizing waste. Engage athletes as ambassadors for environmental responsibility. Encourage attendees to take action to protect the environment in their daily lives. By incorporating education, sport events can inspire positive change and promote a culture of sustainability.



Co-funded by
the European Union





Save energy



Co-funded by
the European Union



Saving energy is essential for promoting sustainability in any venue. One effective strategy is to assess whether the space can utilize natural lighting and ventilation. By maximizing the use of daylight, venues can reduce reliance on artificial lighting, which not only cuts energy costs but also enhances the atmosphere, making spaces feel more inviting. Natural ventilation can help regulate indoor temperatures, decreasing the need for air conditioning and improving overall air quality.

To optimize natural resources you should pay attention to evaluate window placements, design, and airflow patterns. By prioritizing energy-saving measures, venues contribute to environmental conservation while providing comfortable and enjoyable spaces for visitors and events.

Check whether the venue can provide for the use of natural lighting and ventilation.





Food wasting

Minimize food waste through careful planning and engagement. Accurately estimate food needs to avoid over-ordering and offer smaller portion sizes and diverse options to cater to individual preferences. Partner with local food banks or charities to donate surplus food. Provide clear signage and encourage attendees to take only what they need.

Minimize food waste by preparing or ordering the necessary amount and by establishing cooperation with food banks and eventually with composting entities.

You can also implement composting programs for unavoidable food scraps. Additionally educate vendors and attendees about food waste reduction strategies. By prioritizing these practices, events can significantly reduce their environmental footprint and promote responsible resource management.



Co-funded by
the European Union





"Green" orders & other

Ensure the sport venue and surrounding environment remain pristine after the event. Implement a comprehensive waste management plan, including clearly marked bins and efficient waste collection systems. Encourage attendees to dispose of waste responsibly. Organize post-event clean-up crews to address any remaining litter or debris. Use eco-friendly cleaning products to

After the event, leave the venue and the surrounding green areas in the same condition as before the event.

minimize environmental impact. But also repair any damage to the venue or surrounding areas. Partner with local organizations or volunteers for clean-up efforts. By prioritizing post-event restoration, organizers demonstrate a commitment to environmental stewardship and community respect.



Co-funded by
the European Union





Noise

In many cases, supporters are not able to hold back their emotions venting them through the noise. Event organizers should try not to disturb the environment with noise in an excessive way, especially in areas of valuable nature. Minimize noise pollution at sport events through proactive measures. Optimize sound system design and operation to control noise levels.

E.g. you can schedule noisy activities during less sensitive times.

Educate participants and attendees about noise impacts and reduction strategies. Promote the use of quieter transportation options. You can even establish a noise level limits and monitoring systems. By prioritizing noise reduction, events can minimize their environmental impact and create a more enjoyable experience for everyone.



Co-funded by
the European Union



Lower the noise level you will create. Ensure that participants are aware of the impact of noise on the environment and know how to reduce it.





Recycling

Promoting recycling is crucial for environmental sustainability. Recycling bins should be strategically placed in central, easily accessible areas. These bins must be clearly marked to indicate their purpose, differentiating between recyclables, general waste and compost.

Promote recycling and use appropriate bins in all areas, located in central locations, easily accessible and clearly marked.

Eye-catching signage, including images and colors associated with recycling, can enhance visibility and understanding. Educational campaigns can accompany the placement of these bins, informing the public about the importance of recycling and proper sorting. Fostering a culture of recycling can significantly reduce waste



Co-funded by
the European Union



and encourage responsible consumption, ultimately contributing to a healthier planet for future generations. Implementing these strategies creates an impactful framework for sustainable practices.



Transport



Co-funded by
the European Union



Organizing a sport event offers a unique opportunity to promote sustainable transportation and reduce carbon emissions. By encouraging attendees to walk, bike or utilize public transport, organizers can significantly minimize air pollution associated with vehicle use. Incentives, such as discounts or special access for those who arrive via alternative means, can motivate spectators to reconsider their travel methods.

Collaborating with local transport companies to provide easy access to public transport can facilitate this effort. Additionally, featuring safe pedestrian pathways or bike parking stations encourages walking and cycling. By promoting these eco-friendly practices, event organizers contribute to a healthier environment and set a positive example for reducing the ecological impact.

Encourage attendees to walk or use alternative transportation to reduce carbon emissions and air pollution (public transport, bikes, rollerblades or scooters).





Volunteering

Volunteers are essential for the success of sport events. They contribute to event organization, logistics, and spectator experience. Volunteers may assist with registration, crowd management, or providing information.

They create a welcoming atmosphere and ensure events run smoothly. Volunteering at sport events fosters community spirit, promotes sportsmanship, and provides opportunities for personal growth. Volunteers gain valuable skills, meet new people, and contribute to the vibrant atmosphere of these events.



Co-funded by
the European Union



Volunteers are the unsung heroes making these events possible.





Save water



Co-funded by
the European Union



The staging of sport events, which often attract large audiences and encompass diverse activities, commonly leads to substantial water consumption. Saving water is vital for conserving our planet's most precious resource. To effectively reduce water consumption, several practical suggestions can be implemented. E.g. the installation of water-efficient fixtures, such as low-flow

showerheads, faucets and dual-flush toilets. Furthermore, promoting mindful water use during daily activities, such as short showers and turning off the tap while brushing teeth, can make a meaningful impact. By raising awareness and adopting these simple yet effective practices, individuals and communities can collectively contribute to significant water savings, ensuring availability for future generations.

Offer suggestions on how to reduce water consumption.



RECYCLING

1. When purchasing materials for your event, make sure that all ordered goods packed in unavoidable packaging are recyclable. Preferable permanent materials easily and infinitely recyclable.
2. Request recycle bins from the venue to encourage waste separation at source and reduce waste to landfill.
3. Include participants in the waste reduction process by promoting environmental awareness and informing them about recycling programs available.
4. Ensure that any waste is separated at the source for future recycling. Provide visible bins. Make sure that wastes are separately collected all the time.
5. If deposit system is introduced in your country, make sure to follow its rules (e.g. not crushing the packaging and return them undamaged so that bar code EAN or QR code is readable).
6. Use social media to encourage and promote participants who will support environmental activities (e.g. photo stand instead of giving out small awards, which can quickly become waste).
7. Give purchasing priority to recyclable and post-consumer recycled products. Weight of packaging is important too.
8. Minimize paper use and maximize the reuse of any informational material handouts.

9. Instead of leaflets, you can place a QR code in a visible place so that participants have access to important information.
10. Specify the number of participants in the event before printing the necessary documents to avoid creating an unneeded surplus.
11. Pay attention to emptying toilets and saving paper towels.
12. Pay attentionOrganize one person responsible for recycling (like emptying the bins). to emptying toilets and saving paper towels.

ENERGY

13. When lights need to be used ensure that they are energy efficient.
14. Minimize the registration form or use electronic registration.
15. Buy green power for the event if available in the area.
16. If your event is outside, ask the city or community hosting it what are their waste and energy reduction policies.
17. In case of using fire in an open space: making the necessary security measures.
18. Provide the solar batteries for laptops or mobile phones. Maybe you can organize a free of charge car charging station.

19. Choose the proper size of the generator if it is necessary.
20. Try to use alternative energy at the event. You can even recover energy e.g. from bicycles.
21. Organize the event during daytime.

WATER

22. Use tap water or filtered natural water if possible.
23. Rational use of water and the elimination of water waste.
24. Encourage delegates to save water by providing notices in bathrooms at the event venue.
25. Provide proper size of the water portion.
26. If it is possible, no chemicals should get into the water during the event (sun lotion, heating creams).
27. In case of an event related to water, pay attention to the significance of the place, its richness, and methods of saving water.
28. Check the water system if it is not leaking.
29. Protect and respect natural sources of water.
30. Use rainwater for certain applications (e.g. for toilets and cleaning).



AIR QUALITY

31. Only materials that do not contain or emit bio accumulative and/or toxic substances should be used for indoor fittings and construction materials.
32. Request rooms with windows that open for ventilation and natural lighting.
33. Try to choose/use passive buildings.
34. Try to avoid diesel power generators as they are heavy polluters.
35. Create special smoking areas if it is necessary.
36. Create planting events to compensate for the carbon footprint for the event.
37. Avoid releasing air polluting products: sprays, powders.
38. Have air quality measuring devices in the event area.

VOLUNTEERING

39. Encourage viewers and accompanying people to help you with different tasks that can be easily transferred to others, e.g.: organizational services, garbage collection, distributing information, preparation of refreshments, etc.
40. Use locals for volunteering, giving them work, making them motivated.

41. Involve more people, e.g. using slogans on banners: "don't leave the granny at home", "bring one more person with you".
42. Local schools can be interested in volunteering as usually they have a teacher responsible for these activities.
43. Encourage involvement of local people so they are motivated to develop their own community.
44. Offer certificates for the volunteers as recognition of their work.
45. Free participation in the events for the volunteers.

TRANSPORT

46. When organizing an event, a low-carbon means of transport should be used.
47. Choose the venue of the event to be easy to reach by public transport.
48. Offer available public transport services. Ask your municipality to cooperate in minimising pollution by allowing participants to use transportation free of charge.
49. Use low emission shuttle vehicles, bicycles, hybrid cars, etc.
50. Choose sustainable and socially responsible accommodation close to sport events.

51. Air travel has the highest carbon footprint and if possible, an alternative should be considered.
52. Joining several people on a shared car journey should be encouraged for participants.
53. Providing parking spaces should involve the least possible interference with the natural environment. Parking spaces should not be allocated to areas covered with grass or other vegetation, even in places outside the protected areas.
54. In areas where wild animals live, we should move only along designated paths, and if necessary, it is worth separating and securing such areas.
55. Offer bike and electrical scooters parking place inside your event.
56. Provide information about limitation of cars for sponsors/providers (only 1 car for a company is allowed) and parking spaces only for cars with the maximum number of passengers.
57. Try to use as much space in the car as possible during transporting goods (as full a car as possible but safe).
58. Encourage them to buy tickets online, so no paper is used.
59. Provide charging stations for cars and other electrical vehicles (preferably powered by solar energy).
60. Encourage participation of local people.



CO-SHARING

61. Ask the municipality to create special bus lines, direct lines to the event (maybe from downtown to the event).
62. For example, limiting long hours of car transport to other means of transport combined with car rental near the venue.
63. Rental or co-sharing or second hand of various types of equipment/goods/tools.
64. Try to use many times commercial materials and banners (you can put every time the different logo like a sticker/label). Or use electronic displays.

NOISE

65. Don't use fireworks.
66. Near the Nature Places use smaller pots of noise instead of one giant sound combo.
67. Try to create "quiet times" (or lower music periods) during the event.
68. Finish the event early in the day to ensure a quiet evening.
69. Make people aware of their own noise with an informational campaign presenting some practical examples of how loud events can be and what are the environmental impacts.

FOOD WASTING

70. Look for environmentally friendly and locally manufactured products. Whenever possible, food should be organic, locally sourced and composed of seasonal ingredients. Also make sure that your products are sourced from sustainably managed sources.
71. Make sure that recycling bins and waste bins are located close to the food dispensing points.
72. Consider which way of serving food is associated with the least amount of waste – buffet, sit-down, à la carte.
73. Use the right amount of food and water for participants – different for adults and children, different in the hot and cold season, different for many types of physical activity.
74. Make sure to have available variety of food options suitable to different dietary needs (e.g. vegan and vegetarian) and without chemical substances as usually it is more environmentally friendly.
75. Even if you are not responsible for the food during the event (external entities are providing food) you can influence others to implement the above recommendations. You can even prepare a special rules for external/internal food providers (with additional rules like no serving of dishes in plastic).

GREEN ORDERS

76. Make sure your communication is consistent with your sustainability message by avoiding unnecessary paper, flyers, mail-outs, etc.
77. Use the products/goods from recycled materials and easy to recycle.
78. Also in toilets and for printing you can use recycled paper.
79. Choose / select your electricity provider from those who focus on the green energy by buying their electricity stock and this way to help and support them to produce more.
80. Select the suppliers based on their fair practices in their production line, avoid child exploration, pollution, and standard quality of products, are in accordance with international commerce regulations.
81. Use materials that have a longer lifespan.
82. Use local vendors.



CARBON FOOTPRINT AND OFFSET

83. Check whether the venue can provide an option to offset the CO2 emissions of the event by purchasing renewable energy.
84. Calculate the carbon footprint of the event. Your calculation should include as much as you can anticipate (transport of materials, staff and equipment, electricity used during the event, etc.).
85. Purchase renewable energy certificates to offset emissions associated with the event.
86. Use environment-friendly equipment (sport and other).
87. As a part of the offset you can distribute tree seedlings as an award to have participants plant them at home.
88. Promote the ecological approach.



OTHER

89. The general rule is to use as few resources as possible.
90. Show the "green" way of thinking => also through playful and creative ways which can help to engage kids.
91. For administrative services: fewer plastic sleeves, print documents on both sides of the page to reduce usage of paper, turning off devices, etc.
92. Emphasising positive effects and benefits of being "green" (a negative campaign is not efficient).
93. When you have promotional gifts: think about something useful.
94. If possible use online activities, e.g. social media promotion, QR codes for scanning and reaching information.
95. Think about your own measurements of "being green" and monitoring your event's impact on the environment.
96. You can ask for municipal support, because both of you have a common goal: to preserve the municipal area and keep it environmentally clean.
97. When organizing events, choose partners who are environmentally friendly.
98. Use local influencers or well-known people to promote e.g. recycling.
99. Use measurement tools to quantify your environment impact of your event.
100. Communication - its really important to give all the people knowledge about eco-friendliness of the event - let it spread.



Summary

The suggestions presented in this brochure are intended to be a source of ideas for you to organize an event that will have a smaller negative impact on the environment. However remember that "Rome wasn't built in a day" and we do not have to introduce all proposals immediately (although this is warm welcome). Therefore, think about what elements are possible to implement during your next event. For the next event, improve your "green" activities and expand them with new ones.

Disclaimers

This publication was prepared jointly by Partners of "Environmentally sustainable Sport for All" Project (EnvInSport) funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



Co-funded by
the European Union



PARTNERS



Co-funded by
the European Union

Thank You.

#EnvInSport Brochure

www.envinsport.eu

April 2025

