



BECOMING AN ENVIRONMENTALLY FRIENDLY CLUB: TOP TIPS



DEFINITION: Environmentally sustainable practices are those which reduce harm to the environment and reduce wastage of resources.

Benefits to the club:

- ✓ Reduce waste
- ✓ Maximise resources (budget and materials)
- ✓ Enhance image and reputation
- ✓ Enhanced member experience and feel-good factor contributing to a positive initiative
- ✓ Possible opportunity to link in with community initiatives and build relations with different community groups



“Sport, recreation and physical activity bring people and communities together like nothing else. They are fantastic catalysts for inspiring individual and collective action. As a sector, we have a collective responsibility and an enormous opportunity to help tackle climate change. The time to act is now.”

Rosie Benson, Head of Clubs at Sport England

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Consider these top tips to set you on your way:

- 1 **Share details on public transport options**
For club activity and competitions where running down isn't possible.
- 2 **Encourage car sharing**
When members are attending competitions and events.
- 3 **Advocate recycling**
Encourage members to donate or sell second hand training or competition kit. Consider promoting [JogOn](#) to your members so they can donate their used running shoes to charity.
- 4 **Only order what is needed**
If possible, remove dates so any leftover materials (e.g. signage and medals) can be used the following year.
- 5 **Provide sustainable prizes**
 - [Wooden medals](#)
 - [Compostable seed medals](#)
 - If you have always provided T-shirts, you could offer the runners the opportunity to make a charitable donation or plant a tree instead.
- 6 **Water**
Avoid using single plastics by sourcing compostable cups that can be recycled particularly for events. Encourage members to bring their own water bottles that can be refilled during training rather than selling single plastic bottles.
- 7 **Food**
Purchase food from companies who use reusable or recyclable packaging and consider the realistic quantities to avoid food waste. Consider providing food that is healthy, plant-based options, preferably sourced locally.
- 8 **Communicate with your members**
 - Share information covering the principles of leading a more sustainable lifestyle (e.g. following a plant-based diet and pursuing active travel)
 - Share and celebrate positive stories of members supporting the club's sustainability ambitions.