



BECOMING AN ENVIRONMENTALLY FRIENDLY CLUB: HOSTING A PLOGGING EVENT

This factsheet provides tips and ideas on how to organise a successful plogging event.



WHAT IS IT?

As a relatively new activity, many people simply don't know what the word 'plogging' means. The official definition courtesy of Collins English Dictionary is:

Plogging ('plɒɡɪŋ)

NOUN; A recreational activity, originating in Sweden, that combines running (or jogging) with picking up litter.



WHY HOST A PLOGGING EVENT?

Plogging is a great way to engage your existing group of runners with environmentalism, by blending it with an activity they already enjoy – running. It is also a great way to reach new runners, particularly those who are motivated by climate change, want to do their bit and are keen to meet like-minded people.



When hosting a plogging session, perhaps you could schedule it close to an environmental occasion, e.g. Earth Day or World Oceans Day to make it even more relevant for prospective attendees.

For more digital club support, visit the [England Athletics Club Hub](#)





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HOW TO RUN A SUCCESSFUL PLOG

Pre-event

- **Identify a suitable route** - one which covers around 5k with at least two or three stop-off points for litter collection and will take no more than one hour to allow for a mixed ability group.
- **Choose a suitable date and time** - during daylight hours. Some litter collecting draws people into shrubbery and it's always safer to see what you are doing.
- **Promote on social media** - include date, time, meeting place, route, distance and what to wear (check weather).
- **Get suitable equipment** - contact your local council and let them know what you are planning. Most councils will have equipment to lend you, including litter pickers, hoops, bin bags, gloves and hi-vis vests.
- **Complete a risk assessment** - most councils will require a risk assessment too and will provide a blank form, or talk with club officials responsible for event management.
- **Appoint activity leads** - have someone to lead the plogging and another to support, so one is at the front of the group and one at the back to keep the group together when running.
- **Make waste collection arrangements** - ensure you know where you will be dropping off litter at the end. Again, consult with local councils or a reputable waste management company who will recycle.

During the event

- ✔ **Arrival** - turn up at least 15 minutes before with equipment nearby, either in a car or storage.
- ✔ **Welcome** - introduce activity leads, describe route, go through protocols, i.e. stick to pavements/pathways, cross any roads as a group using crossings, collect litter in pairs, do not pick up sharp items, separate recyclables (glass, plastic, cans) from rest of litter in bags (optional). Give some facts on litter to motivate and inform the group. [Keep Britain Tidy](#) is a good resource.
- ✔ **Distribute equipment** - pair people up one litter picker per pair, one bin bag/hoop per pair.
- ✔ **Return unused equipment** - lock away unused equipment in vehicles/storage.
- ✔ **Selfies (optional)** - get some images before, during and after the run to share on social media and spread the good word, setting an example and giving recognition to the group for doing something good for the community and the environment.

- ✔ **Plogging** - keep the group moving and not stopping at every little bit of litter. Once you start, it is very difficult not to pick up every single piece of litter you encounter. Try to stay disciplined and target 2-3 areas only, otherwise the session can go well beyond an hour and be less of an overall experience. Remind the group you are going to do what you can, but you cannot change the world in one plog!
- ✔ **Finish** - collect all litter bags and equipment and store for return to council and/or waste management supplier.
- ✔ **The weigh-in (optional)** - it's a nice touch to weigh the litter at the end of the plogging to give the group a tangible sense of achievement, e.g. 25kg collected. You can do this by a simple handheld luggage weigher that fits in your pocket and costs around £5.

Post Event

- 1 **Responsible waste management** - all collected waste is delivered to waste management.
- 2 **Equipment returned** - take any borrowed items back to the council.
- 3 **Post images on social media** - celebrate your success and plant seeds for future plogging events.