

SPORT AND NATURE EDUCATION PROGRAM

FOR
TRAINERS, SPORT EXPERTS, YOUTH WORKERS





SPORT AND NATURE EDUCATION PROGRAM

FOR
TRAINERS, SPORT EXPERTS, YOUTH WORKERS



This book is prepared under 'Erasmus+ Sport with project ID 613590-EPP-I-2019-I-SK-SPO-CP "Eco-Friendly Sports"

Authors: Lenka Curillova, Denisa Karabova, Jana Turanska, Pelin Ögünç, Lucia Svata, Tugba Can, Barnabás Vágány, Bence Garamvölgyi, Erika Juhász, Damiana Sudano, Manuel Carabias Herrero, Saúl Manzano Rodríguez, Yoanna Dochevska, Kalinka Gudarovska, Ivaylo Zdravkov, Georgiana Marcu, Daniel Enachescu, Antonio Gomes, Carolina Silva

March 2021



Official project name
Eco-friendly Sports



Project acronym
#ecofriendlports



Project number
613590-EPP-I-2019-I-SK-SPO-CP



Project lifetime
January 2020



Project webpage
<https://www.ecofriendlports.eu>



Project Facebook page
<https://www.facebook.com/ecofriendlports/>



Erasmus+

The publication constitutes one of the deliverables of the "Eco-Friendly Sports" project, co-funded by the Erasmus + Programme of the European Union.

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein."

For any comments on this publication, please contact: info@adelslovakia.org



CONTENT

7

INTRODUCTION

11

ECO-FRIENDLY SPORTS – WHAT IS IT? BASIC PRINCIPLES & CONCEPTS

21

WHY IS IMPORTANT TO MAKE SPORTS MORE ECO-FRIENDLY?

29

HOW TO ORGANIZE SPORT EVENTS MORE ECO-FRIENDLY

37

HOW TO MAKE REGULAR SPORTS ACTIVITIES MORE ECO-FRIENDLY AND SUSTAINABLE

45

HOW TO ORGANIZE ECO-FRIENDLY SPORT EVENTS

57

HOW TO MAKE SPORT ACTIVITIES MORE INTERACTIVE USING ECO-FRIENDLY SPORT CONCEPTS

67

HOW CAN SPORT HELP NATURE CONSERVATION

77

HOW TO INTEGRATE EDUCATION ABOUT ENVIRONMENT AND NATURE IN THE SPORT AND PHYSICAL ACTIVITIES

“We are the first generation facing the evidence of global change. It therefore falls upon us to change our relationship with the planet, in order to tip the scales towards a sustainable world for future generations.”

The Stockholm Memorandum,
3rd Nobel Laureates Symposium on Global Sustainability, 2011





For most sports, nature is the ‘stadium’ and the important foundation. Athletes need healthy food, clean air and water, and a stable climate. While sport is often placed in the outdoor areas, many people do not realize the value that nature brings to their sport and also the impact of the sport on nature, particularly through large events and the building of new sports facilities.

In some cases, sport also impacts the Natural World Heritage sites – among them also the world’s most valuable protected areas. Tackling this impact must be an urgent priority for the sports sector in order to stop biodiversity loss, writes WWF Director General Marco Lambertini.

From rivers and rapids paddled, mountains skied and climbed to the danger of open ocean sailing and sea-cliff diving, sports depend on nature for challenges, excitement, exploration, ... or just a place to play.

Nature is also the very foundation of many sports, from helping athletes stay healthy to the venues and spaces that make competition and training possible. However, our planet’s natural systems are under pressure like never before, increasingly affecting the sports that depend on them, such as winter sports resorts that lack snow due to climate change or track and field events organised in cities with poor air quality.

Those are some of the reasons why we started the project “Eco-Friendly Sports” with the aim to promote sport and physical activities that not only contribute to better health of people,

but also have a positive impact on the environment.

Objectives of the project are:

- ▷ to promote and develop new methods of environmental education through sport,
- ▷ to increase amount of eco-friendly sport events organized,
- ▷ to generate public awareness about possible connection of sport and protection of environment,
- ▷ to foster citizens engagement in sport, but also encourage them to take action towards better environment,
- ▷ to improve the knowledge and experience of representatives of sport clubs and youth workers about the concept of eco-friendly sport.

Sport and Nature Education Program is one of the outputs of the project and aims to improve the knowledge of Trainers, Sport Experts and Youth Workers about the concept of Eco-Friendly Sports. The publication covers many topics that are useful for everyone interested in organizing eco-friendly sports activities in the future. We are aware that sport has made tremendous positive changes at the local as well as global level. However, the sport also has negative impacts on nature and environment, therefore representatives of the sport organisations should attempt to reduce this footprint.

In this publication there are available diverse topics related to the subject, for example: How to organize eco-friendly sport events, How to make existing

regular sports activities or sport events more eco-friendly, How to integrate education about the environment and nature into the sport and physical activities, How can sport help nature conservation and many other topics. In each chapter a theoretical introduction is available followed by the practical part for all those who are interested in organizing workshops about the topic for their colleagues or NGOs

representatives. However, modules and their activities can be used independently, there is no direct connection or follow-up between them. All of them can be adapted, depending on the needs and the profiles of the participants. One or more facilitators should lead the workshop. The ideal group size for implementation of workshops is between 5 to 20 participants.







**ECO-FRIENDLY
SPORTS**



**WHAT IS
IT? BASIC
PRINCIPLES &
CONCEPTS**

ECO-FRIENDLY SPORTS - WHAT IS IT? BASIC PRINCIPLES & CONCEPTS

Eco-friendly sports contribute to both the promotion of active living and social transformation aiming for sustainability and behavioral change while minimizing the footprint on nature. In this chapter, you will learn more about basic principles and concepts of Eco-Friendly sports.





Theoretical Introduction

“It is our collective and individual responsibility to preserve and tend to the environment in which we all live.” Dalai Lama

Scientists agree that nature is increasingly disturbed and our fragile planet is sending us red warning signals. Our footprint on nature has catastrophic consequences not only on the wildlife but also on human health and all aspects of our life. The main threats for environment are for example following:

- ▷ climate change
- ▷ biodiversity loss
- ▷ degraded air quality
- ▷ degraded water quality
- ▷ water scarcity
- ▷ land contamination
- ▷ deforestation
- ▷ soil erosion
- ▷ habitat loss
- ▷ pollution

Can we reverse these threats? Scientists underline the need to be green in our daily lives and change our behavior and activities to support sustainable development in order to build a better future. Today, the expression “eco-friendly” became common and has joined the vocabulary of our life. Being eco-friendly means having no damaging effect on the environment and being widely used to promote activities and products that support nature conservation.

Being eco-friendly literally means being environmentally friendly, earth-friendly. Embracing this lifestyle means changing the way you live. All over the world people, communities, organizations and even

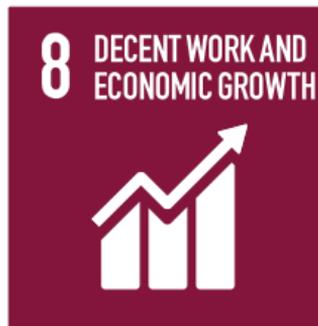
companies are taking actions towards being more eco-friendly. People are making changes in their lifestyles and changing their old habits, opting for more green behavior. Eco-friendly activities and experiences go hand-in-hand with an ethical and eco-friendly lifestyle.

Like all industries, also sports of today have negative impacts on nature. That is why eco-friendly sports rise as part of the green movement. Fortunately, there is already widespread and growing attention paid to sustainable development within sports. There is a movement that is driving conceptualizations of how sport and nature could and should work in harmony, as sport presents a broad spectrum of opportunities to promote environmental awareness, capacity building and far-reaching actions for environmental, social and economic development across society.

Eco-friendly sport is one of the essential tools for reaching Sustainable Development Goals (SDGs) of the UN. Eco-friendly sport provides a simple way for increasing physical activity and global health development. Researches show that people who participate in the eco-friendly sport and physical activity gain not only physical, mental and social benefits but also support sustainable development.



SUSTAINABLE DEVELOPMENT



GOALS

4 QUALITY EDUCATION



5 GENDER EQUALITY



6 CLEAN WATER AND SANITATION



10 REDUCED INEQUALITIES



11 SUSTAINABLE CITIES AND COMMUNITIES



12 RESPONSIBLE CONSUMPTION AND PRODUCTION



16 PEACE, JUSTICE AND STRONG INSTITUTIONS



17 PARTNERSHIPS FOR THE GOALS



Eco-friendly sport sets the following five principles:



Sustainability

Sustainability is based on a simple principle; everything that we need for our survival and well-being depends either directly or indirectly, on nature. Sustainability creates and maintains the conditions under which humans and nature can exist in productive harmony, which permits fulfilling the social, economic, environment and other requirements of present and future generations. Eco-friendly sport contributes to benefits such as conservation of natural resources and biodiversity, reduction of waste and pollution, and promotion of environmental responsibility



Leading Research and Innovation

Every industry generates waste and the sports industry is not an exception. Eco-friendly sport industry develops methods and technologies to reduce waste by purchasing durable, long-lasting materials, striving to eliminate raw materials that are not incorporated into the final product or service. It is using products that are free of toxic materials, reducing the amount of packaging, conserving water and energy and implementing in-process recycling.



Cultivating Eco-literacy

Most eco-friendly sports are the outdoor ones. Therefore, they provide great opportunities to foster eco-literacy as it is a part of life-long learning and development. People can learn that all living organisms are members of a complex, interconnected web of life and that those members inhabiting a particular place depend upon their interconnectedness for survival through eco-friendly sport events.

4

Enhancing Green Transition of the Society

Climate change is placing our planet and future generations at risk. Eco-friendly sports provide an effort to gather organisations, teams, athletes, and fans to raise awareness of climate action to meet the goals of the Paris Agreement aiming to decrease carbon emission. This effort includes undertaking systematic efforts to promote greater environmental responsibility, reducing overall climate impact of sport, educating for climate action, promoting sustainable and responsible consumption and advocating for climate action through communication. Eco-friendly sports have the power to inspire a wider societal change that embraces a low-carbon future and keeps the planet safe for future generations. Environmental responsibility

5

Reconnecting with Nature

Nature plays a critical role in providing food, shelter, water, energy, medicine and raw materials for our basic needs; and is key to the regulation of our climate, water quality, pollution, pollination services, flood control and storm surges. In addition, nature influences all dimensions of human health. Nature also contributes to the non-material levels of our lives – inspiration and learning, physical and psychological experiences and shaping our identities – that are central in social cohesion and inclusion. Connecting to and/or with nature is also a public health strategy that is accessible and affordable for many, with research



Practical part

For those interested in organizing a session or workshop about the topic for other sport experts, youth workers, it could be conducted by using the theoretical introduction above, but also with the practical proposal of the workshop below.



Duration

1-2 hours

Aim / Learning outcomes:

- ▷ To introduce the eco-friendly concept in sport activities and eco-friendly sport principles;
- ▷ To understand the fragility of our planet and the importance of its protection;
- ▷ To raise awareness of eco-friendly sports and link between sports and the environment in order to reduce human impact and footprint on nature;
- ▷ To reconnect with nature for the society's well-being.

Materials needed

- ▷ visual presentation
- ▷ paper, pencils, chart, post it, etc.
- ▷ catering (healthy food and drinks) to make the workshop environment more distended and informal, encouraging the discussion

Recommendations for facilitators

- ▷ Explain to participants what eco-friendly means exactly.
- ▷ Encourage participants to think about their impact on the environment while doing a sport or participating in a sport activity.
- ▷ Invite people to bring to life eco-friendly sport principles.

Further reading

Living Planet Report 2020 <https://f.hubspotusercontent20.net/hubfs/4783129/LPR/PDFs/ENGLISH-SUMMARY.pdf>
Sports for Climate Action Framework

https://unfccc.int/sites/default/files/resource/Sports_for_Climate_Action_Declaration_and_Framework.pdf

Promoting Greener Sport

https://ec.europa.eu/regional_policy/rest/cms/upload/01102020_090419_ewrc2020_promoting_greener_sport_in_our_regions___background_document.pdf

Resources

WWF, 2020, Living Planet Report 2020, Retrieved from:

<https://f.hubspotusercontent20.net/hubfs/4783129/LPR/PDFs/ENGLISH-SUMMARY.pdf>

Promoting Greener Sport in our regions – background document, 2020, Retrieved from:

https://ec.europa.eu/regional_policy/rest/cms/upload/01102020_090419_ewrc2020_promoting_greener_sport_in_our_regions___background_document.pdf

Description of the session:

A workshop aims to explore key concepts of eco-friendly sports, its principles, fragility of our planet and the importance of its protection. It will focus on the link between sports and environment to reduce human impact and footprint on nature.

At the beginning all participants introduce themselves and their organization. In order to get people up and moving walk-n-talks in pairs could be initiated.

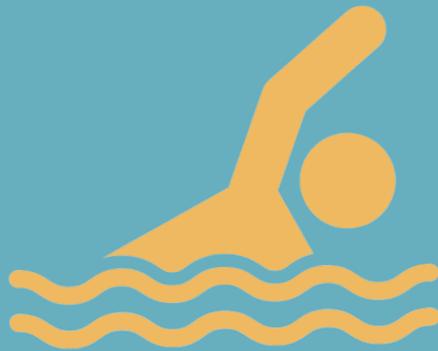
These work nicely before a session with a presentation or intense focus. Assign pairs and ask them to step outside for a 15 minute walk while talking to each other.

After the icebreaker a presentation will be held by using PowerPoint about eco-friendly sports and its principles, followed by brainstorming. Brainstorming stretches the mind and promotes deep thinking and recall of prior knowledge. Therefore, ask participants questions to keep them active: "What do you know about

____?" Try to start with your clearest thoughts and then move on to those that are kind of "out there".

After the presentation, divide participants into groups, 4-5 people each and distribute the papers with the text: "Sport has been recognised as an enabler of the Sustainable Development Goals (SDGs) in the 2030 Agenda."

Every group will try to design an eco-friendly sport activity that would be an essential tool for reaching Sustainable Development Goals (SDGs) of the UN. Give them 30 minutes to work together, then every group will present their ideas to others. Finally, discuss all ideas, think about the possibilities of how we could reconnect with nature for the betterment of the society.



Reflection/ Evaluation:

Prepare a prompt that you will ask participants to respond to in the last 5 minutes of the workshop and write it on the post-it. Some sample prompts could include:

- ▷ "What were three key points or 'take-aways' from today's workshop?"
- ▷ "What question do you have about the topic we have discussed today?"

- ▷ "What would you like to learn more about?"
 - ▷ "Create a quiz question based on today's discussion."
 - ▷ "Which topics from today's workshop do you think would be important to include in an end-of-module quiz?"
- Then hang the post-its on the wall and give participants time to read them.





**WHY IS
IMPORTANT**



**TO MAKE
SPORTS MORE
ECO-FRIENDLY?**

WHY IS IMPORTANT TO MAKE SPORTS MORE ECO-FRIENDLY?

Sport events organizers, players, teams and leagues should attempt to make sport events more eco-friendly and sustainable. Following chapter aims to provide recommendations for sport event organizers, players, teams and leagues on how to make sport events more eco-friendly. contribute to lower the negative impact of the sport on the environment.





Theoretical Introduction

“Small acts, when multiplied by millions of people, can transform the world.” Howard Zinn

Eco-friendly sport is a great tool to bring together key stakeholders of the sport movement - from federations, teams, fans, sporting goods manufacturers and venue operators, to sponsoring partners, environmental organisations and policymakers - to take action for the planet. As Tibor Navracsics the former Commissioner for Education, Culture, Youth and Sport has said, tackling the impact of sport on our environment is not only about the good consciences of all those involved. It is also about making a sound business case. Here, sport should also lead by example. We need a debate on how those organising major sport events can take a lead in protecting our planet, and how the sustainability agenda can be translated from visionary thinking to actions built on solid economic foundations.

Sustainability is already an important consideration for major sport events, but that needs to be the case at grassroots level as well, and in our daily habits linked to physical activity too. During the last 70 years, human activities have increasingly destroyed and degraded forests, grasslands, wetlands and other important ecosystems, threatening human wellbeing. In the light of current scientific data, more than half of the world's population will in the next few years experience health problems such as bronchitis, emphysema, asthma, cancer and depression due to deforestation, climate change, pollution and industrialization.

The alarming state of the planet and the decline of nature is not only a nature conservation problem but also a development, economical, global security, ethical and moral one.

Today, with the growing urbanization, we tend to be disconnected from nature. We often do not stop to watch a sunset or listen to birds chirping, or there is no time to spend walking tree-lined streets. Eco-friendly sports aims to reconnect people with nature and therefore increase the wellbeing of the society. Eco-friendly sports tend to decrease the amount of resources needed for that sport, like water consumption, fuel usage, power consumption etc. and decrease the amount of waste. Eco-friendly or green sports also promote healthy, sustainable communities in which we live and play. These sport events provide the following benefits:

- ▷ acting for reduction of carbon emission
- ▷ managing waste by reduce, reuse, recycle principles
- ▷ respecting natural sites
- ▷ saving energy and water
- ▷ reducing plastic pollution
- ▷ promoting sustainable food production
- ▷ changing consumption habits to eco-friendly ones
- ▷ having at events environmentally responsible innovations
- ▷ nominating athletes as ambassador for environmental responsibility for various events

Eco-friendly sport supports sustainable strategy through principles given below:

- ▷ Integrity - adherence to ethical principles,
- ▷ Inclusivity - practice of fair treatment and meaningful involvement of all interested parties,
- ▷ Stewardship - taking responsibility for one's actions that affect environmental performance, economic activity and social progress,
- ▷ Transparency - openness about decisions and activities that affect society, the economy and the environment.

Eco-friendly sport fulfills these 4 principles and in its many and diverse forms inspires billions of people across the world. The shared values shared in the sports community are a powerful basis for cooperation for sustainable development that is a key for the future of our planet.





Practical part

For those interested in organizing a session or workshop about the topic for other sport experts, youth workers, it could be conducted by using the theoretical introduction above, but also with the practical proposal of the workshop below.



Duration

1-2 hours

Aim / Learning outcomes:

- ▷ To bring together key stakeholders of the sport movement to act together in order to reduce our footprint on nature and help the planet;
- ▷ To introduce the concept of sustainability in eco-friendly sports;
- ▷ To reconnect with nature through eco-friendly sport activities.



Materials needed

- ▷ visual presentation
- ▷ paper, pencils, chart, post it, etc.
- ▷ catering (healthy food and drinks) to make the workshop environment more distended and informal, encouraging the discussion

Recommendations for facilitators

- ▷ Explain to participants the benefits of eco-friendly sports and principles of sustainability.
- ▷ Encourage participants to take active roles since sport has a power to reach many people and drive sustainable behavior change.

Further reading

Playing For Our Planet

https://www.uefa.com/MultimediaFiles/Download/uefaorg/General/02/55/63/72/2556372_DOWNLOAD.pdf

Sustainability Essentials

<https://www.olympic.org/sustainability-essentials>

Resources

United States Environmental Protection Agency, Why Green Your Sport, Retrieved from:

<https://www.epa.gov/green-sports/why-green-your-sport>

World Commission on Environment and Development, 1987, Our Common Future. Oxford University Press

Description of the session:

A workshop's topic is focused on how eco-friendly sport could serve as a great tool to bring together key stakeholders of the sport movement - from federations, teams, fans, sporting goods manufacturers and venue operators, to sponsoring partners, environmental organisations and policymakers - to act for the planet.

Workshop should start with an icebreaker. Every participant writes their name, along with four pieces of information about themselves on a large sheet of paper (one of them is not true). For example: "Mike likes singing, loves football, has five cats and loves PRA". Participants then circulate with their sheets of paper. They meet in pairs, show their paper to each other, and try to guess which of the 'facts' is a lie.

After the icebreaker, present for participants the PowerPoint presentation on the topic Why it is important to make sports more eco-friendly? After the presentation ask the participants how they think eco-friendly sport supports sustainability. Discuss topics listed below with the participants:

▷ Integrity - adherence to ethical principles

▷ Inclusivity - practice of fair treatment and meaningful involvement of all interested parties

▷ Stewardship - taking responsibility for one's actions that affect environmental performance, economic activity and social progress

▷ Transparency - openness about decisions and activities that affect society, the economy and the environment.

Divide the participants into four groups and give every group a pan and a piece of paper, each containing one term (integrity, inclusivity, stewardship and transparency). Explain to them that Martians have landed in the parking lot. They do not understand the human language but they are eager to learn about the term on their paper – explain it to them by using symbols and drawing in 5 minutes. Use icons, schematic drawings, timelines or anything that can make the term clear.

Also, participants can use movements to define the objects. Do not use any words. Let the groups work on the task, then every group presents their drawing to the other groups and make them guess what the term is. End the activity with a quote by Confucius said in 451 B.C. "What I hear, I forget; what I see, I may remember; but what I do, I understand."

Reflection/ Evaluation:

1. Divide participants into small groups of 4 or 5 people each, depending on the size of the group.

2. Give each group of participants a set of cards, 20 for instance, with words: Nature, Health, Forest Bathing, Climate Change, Sustainability, Green Cities, Life, People, Athletes, Shinrin_Yoku, Stress, Biodiversity, Living On Earth, Plogging, Fitness, Movement, Global, Lifestyle, Parks, Connection, etc.

If relevant, also give them the items that they need to

match these cards with (another set of cards, a map, etc.)

3. Explain to them whether they need to sort the cards into groups of concepts, rank them, or match them with other items.

Give participants 10 minutes (or a bit more, depending on the complexity of the concepts).

Ask each group to discuss with the rest of the class how they have matched or ranked the concepts.





**HOW TO
ORGANIZE**



**SPORT EVENTS
MORE
ECO-FRIENDLY**

HOW TO ORGANIZE SPORT EVENTS MORE ECO-FRIENDLY

The sport organisations, teams, athletes, and fans could all contribute and limit the negative impact of the sports and sport events. The principles of eco-friendly sport could without considerable difficulties be incorporated into the sport-event organisation. In this chapter, you will learn why it is important to make environmentally friendly choices and how to contribute to lower the negative impact of the sport on the environment.





Theoretical Introduction

“The greatest threat to our planet is the belief that someone else will save it.” Robert Swan

What are eco-friendly sport events?

An eco-friendly sport event is an event that incorporates environmental consciousness with the goal of minimizing negative impact on the environment by using fewer resources and reducing waste. It is the role of the sport event organizers, players, teams and leagues to make sport events more eco-friendly and sustainable. This often requires thinking outside of the box. Pre-planning and making sustainability a priority allows to create sport events more eco-friendly while helping to drastically reduce the negative impact of sport events on the environment.

1. Choose an environmentally friendly sport venue that is accessible by foot or public transportation

When organizing eco-friendly sport events, think of cities with robust public transportation or opt for a walkable city as transportation has a huge impact on the overall sustainability of your event. Remember that people are not the only ones being transported. Often equipment can travel great distances to arrive at your event. Wherever possible, promote the most sustainable ways of travel: walking and biking. Here are a few ideas that can make your sport events more eco-friendly:

- ▷ Invest in sustainability by offering a shuttle service and subsidized public transportation vouchers, encourage attendees to carpool.
- ▷ Offer discounted or fully covered rideshare passes for attendees.

- ▷ Use biodiesel vehicles or electric golf carts for staff and athletes.
- ▷ Provide bicycle racks and shelters.
- ▷ Source eco-friendly or “green” hotels for your attendees who are coming from out of town.



Starting with something as simple as going paperless is an easy way to make a large eco-friendly impact. Instead of mailing out invites, create an event page, app or email subscription for your attendees. Only when unavoidable, print double-sided on recycled paper with bio-friendly inks.

Create a strong online presence through social media channels like Facebook, Twitter and Instagram. Control your social channels to share information in a greener way. Create an event page to add schedules, maps, allow attendees to coordinate a carpool from different locations and create a community board for attendees to discuss your event. This will not only help your attendees to follow your updates and event information but also helps them to connect with others all over the world, creating great engagement

to be shared on social channels.

For participants and volunteers t-shirts (i.e. bamboo, organic cotton, etc.) chose sustainable materials. Promote reusable travel mugs and water bottles throughout the event. Provide water stations where participants can fill their reusable water bottles and serve condiments in bulk to reduce individual packaging waste. Use digital swag instead of swag bags which also means no more lost goodies – your attendees will be able to access it at any time from their phones and your sponsors will have one less thing to bring to your event.

3. Go for sport event food & beverage that is sustainable

- ▷ Incorporate as many seasonal, local and organic food offerings as possible, ask if the venue has an onsite garden or local or regional food vendors that can round out your menus.
- ▷ 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. Composting a food is its permanent loss, so treat this option as a last finality.
- ▷ Use sustainable, compostable or reusable food ware products and utensils.

4. Streamline waste management at your sport events

- ▷ When planning a community or public sport event, it is a great idea to form partnerships with waste haulers, local government and non-profit organizations. In addition to that, you may consult recycling programs with businesses and event spaces and receive free/funding for recycling bins.
- ▷ Make it easy for attendees to recycle. Place recycling bins next to trash cans so guests can easily deposit recyclables.
- ▷ Place recycle and compost bins visibly throughout the venue and make sure you

have clear graphics on your recycling bins.

- ▷ When purchasing materials for your event, make sure that all ordered goods packed in unavoidable packaging are recyclable.
- ▷ Incorporate organic waste collection into your event planning to minimize waste sent to landfill.
- ▷ Make sure to donate, recycle or compost leftovers and garbage at the event close.
- ▷ Implement a carbon off-set program by donating to local forest or renewable energy programs.

5. Energy consumption

To reduce energy consumption, you need to develop good habits such as usage of reusable items, which can be easily disassembled and stored, or making more sensible use of air-conditioning, heating and lighting. During the planning stage, check whether the venue can provide for the use of natural lighting and ventilation. When booking the sports facilities and housing for athletes and staff, inquire about green management policies and choose the venues that offer the most sustainable options. If possible, try to use alternative energy and provide solar batteries for laptops or mobile phones.

6. Sport events during pandemic

In pandemic times having larger containers of hand sanitizers and offering refills to the participants in their own hand sanitizer containers can be another way to reduce waste. Similarly, to remind participants to bring their own, reusable masks to the event, highlighting that these need to be washed regularly to serve their function properly.

Remember: It takes one person to make a positive impact!



Practical part

For those interested in organizing a session or workshop about the topic for other sport experts, youth workers, it could be conducted by using the theoretical introduction above, but also with the practical proposal of the workshop below.



Duration

1-2 hours

Aim / Learning outcomes:

- ▷ provide recommendations how to organize sport events more eco-friendly;
- ▷ To inform how to incorporate sustainable and green approach to planning sport events.



Materials needed

- ▷ eco-friendly checklist
- ▷ powerpoint presentation
- ▷ chairs and tables appropriate for the number of participants
- ▷ sheet of paper with pen/ pencil
- ▷ all participants should also bring their smartphones to the online carbon footprint calculator
- ▷ refreshments in form of water, coffee, tea, biscuits or fruit.

Recommendations for facilitators

- ▷ Do not underestimate introductory activities, especially ice-breakers which will help participants to feel more comfortable and willing to share inputs out loud.
- ▷ Make sure that all participants know how to use eco-friendly checklist and provide them with help in case you notice anyone struggling.

Further reading

Eco-Friendly Events: Tips for Hosting a Sustainable Sporting Event

<https://www.sportsdestinations.com/management/other/eco-friendly-events-tips-hosting-sustainable-sport-5842>

Go Green: How To Start Creating Sustainable Events:

<https://helloendless.com/sustainable-event-trend/>

Green Your Sports Event

<https://www.eugenecascadescoast.org/sports/planners/green/>

Resources

Douglas Broom, 2019, 4 ways sporting events are becoming more sustainable , Retrieved from: <https://www.weforum.org/agenda/2019/11/sustainable-sport-olympics-showjumping-zero-waste-superbowl/>

Michael Pfahl, 2013, The Environmental Awakening in Sport, Retrieved from: <https://www.thesolutionsjournal.com/article/the-environmental-awakening-in-sport/>

Description of the session:

This practical proposal was created for sport experts and youth workers with the aim of teaching them about different eco-friendly approaches and recommendations on how to organize an eco-friendly sport event. The proposed workshop will consist of:

1. Short introduction (15 min)

- ▷ ice-breakers
- ▷ introduction of participants
- ▷ short presentation of the workshop's aim and programme

2. Powerpoint presentation with tips how to make sport event more eco-friendly and presentation of workshop tool - Eco-friendly checklist (10-15 min)

3. Session I (20-30 min)

- ▷ Individual work of participants: using the Eco-friendly checklist collect data about the events previously organized by participants, taking into

account aspects such as mobility, accommodation (if needed), catering, energy, materials, waste etc.

4. Session II (20-30 min)

- ▷ Small groups of 3-4 participants: brainstorm new ideas and changes applicable to the previous exercise in order to adapt the event in a more eco-friendly way.
- ▷ Evaluating the individual impact on the environment that the event had based on the data collected during the Session I. Compare it with the event organised that would utilize the ideas that you just brainstormed. Reuse the Eco-friendly checklist to make this comparison.

Reflection/ Evaluation:

After both sessions are done, invite participants to come together and share their results and impressions. All of them will take turns and comment on their ideas and share with the group whether they were able to adjust their usual way of organizing sport events or developed new eco-friendly approaches that might inspire others.







HOW TO
MAKE



**REGULAR SPORTS
ACTIVITIES
MORE ECO-
FRIENDLY AND
SUSTAINABLE**

HOW TO MAKE REGULAR SPORTS ACTIVITIES MORE ECO-FRIENDLY AND SUSTAINABLE

Sport has not only a positive impact on the physical and mental health of people, but has also a negative impact on the environment. The following chapter aims at taking into account several proposals to make regular sport activities more eco-friendly. The suggestions include advice to be applied during team sports and competitions, or individual sports activities.





Theoretical Introduction

“Be part of the solution, not the pollution.” Stephen R. Covey

Regular individual and team sports activities address very important values from both personal and professional points of view. Mainly they promote a healthy lifestyle.

Despite that, it is well known that sports activities, in general, have also a negative impact on the environment, which makes them a little less healthy for the planet and, as a consequence, for its population too.

Some examples of human eco-unfriendly behavior during sport activities could be building the sport facilities that can damage the soil with a wrong irrigation system and a bad water balance, the pollution of endangered locations with considerable proportion of mobility traffic or fostering consumption of sports equipment that does not pay heed to the environmental damage.

The following paragraph will introduce different small gestures that can reduce waste when repeated through the time during the regular sports practice.

Clothing:

It is known that several famous brands produce sports clothes using non-chemicals natural fibers, like organic cotton and hemp, or even recycled plastics. This principle could be extended to towels and sneakers.

Equipment

The usage of refillable bottles, wooden cutlery and fabric bags should be encouraged during sports events.

Sports venues

Courts, pitches and yards are spaces that need a great amount of water and fertilizers and also the buildings surrounding them need to be powered. The commitment to the environment could foresee the implementation of renewable resources such as electricity from solar energy and kinetic energy (sportspeople run and produce light with their own movement) and/or underground irrigation systems (rain falls into the system that distributes it afterward).

Mobility

For both athletes and spectators, it is important to share transportation in order to reduce CO₂ production. In the long term, the tons of CO₂ released into the atmosphere, even from a single sports event, could be massive.



As it is known, all sports activities and events come from several hours of training in gyms or open spaces where an eco-friendly attitude could be easily executed. For this purpose the 10 tips could help in order to train more

eco-friendly. These tips could be easily implemented in one's everyday life, not only during the sports activity, but also in the household, with a little effort, but with a great environmental long term impact.



Consume local products

Food and drinks bought from the machines in the gyms, to regain energy, or the snacks usually bought at the bars in some sports centers, could promote 0 km products to contribute to the overall reduction of the negative impact on nature.



Use fabric bags when buying

The act of going for supplies of any kind for the whole sports team should take into account the reduction of plastics.



Share transportation

If training is with a team of people, sharing a car or even public transportation can be more respectful to the environment. If the training is individual, riding a bicycle or using a public bus should be preferred.



Remember to recycle

Having different bins in the facilities for both athletes and spectators, as well as storing rubbish, which is then disposed of in special containers in case the training takes place in the open, is correct and contributes to the reduction of unnecessary waste.



Replace regular lights with energy-saving ones

Indoor lights for sports centers, gyms, basketball courts, etc., and outdoor lights such as football or rugby fields, tennis and golf courts, etc.

Last but not least, it is relevant to be able to calculate one's carbon footprint, among other things to raise awareness. It is a way to motivate oneself to change some daily habits that are also

related to sporting activities. Actually, it is recommended to the sports teams in order to be able to take all possible measures accordingly.



6

Unplug the appliances while not used:

In the gyms, electrical training machines, air conditioners, etc. the overall reduction of the negative impact on nature.



7

Say no to plastic bottles

Install fountains in the training areas or provide jars/bottles with water to be poured into compostable glasses.



8

Use renewable energy sources

For watering and electricity in gyms and sport pavilions. Regarding training equipment that needs some source of energy, the suggestion is to use the surrounding environment during the sports activity and practice exercises that “try to take advantage of the natural ventilation and sunlight to condition the place”. In some countries, governments provide grants to make buildings more eco-friendly, or EU funds are also sometimes available for this purpose.



9

Consider local recycling and disposal programs of local institutions

In accordance with the city council's campaigns, sports teams can adhere to “eco-friendly sports” quality labels. If nothing like this exists locally, it is an advantage: creating a brand new eco-quality promotional tool that could make the gym or sports center stand out as sustainable and recognizable among others might help with the marketing of the facility as well.



10

Reduce water consumption

Showers at the locker rooms of common sports centers and gyms should contemplate a limit of water per person. In connection with personal hygiene, solid shampoos and bath gel should be preferred.

Practical part

For those interested in organizing a session or workshop about the topic for other sport experts, youth workers, it could be conducted by using the theoretical introduction above, but also with the practical proposal of the workshop below.



Duration

1-2 hours

Aim / Learning outcomes:

- ▷ To learn how to reduce the environmental impact of daily sports activities, including training;
- ▷ To get to know how to broadly apply the concept of health, since it is not just about being personally healthy, but also acting healthy for the planet, its flora and fauna, and the population living around;
- ▷ To introduce the carbon footprint, learn how to calculate it and act accordingly.

Materials needed

- ▷ visual presentation
- ▷ mobile phones to test the carbon footprint App and take notes
- ▷ catering (organic coffee and healthy snacks) to make the workshop environment more distended and informal, encouraging the discussion

Recommendations for facilitators

- ▷ Participation in this workshop requires participants to have data necessary for carbon footprint calculations of their organisation ready. Inform your participants before they attend the workshop about all the data they should collect.
- ▷ Help the attendants to develop a positive and cooperative learning atmosphere;
- ▷ Foster the interaction within the workshop environment, including between participants, instructors and their use of supporting resources;

Further reading

Iberdrola, "Sustainability reaches the world of sport", <https://www.iberdrola.com/social-commitment/sustainability-in-sports>

Yomi Kazeem, Quartz Africa, "A solar-powered soccer pitch in Lagos also uses players' footfall to keep the lights on", accessed January the 18th, 2016, <https://qz.com/africa/596445/a-solar-powered-soccer-pitch-in-lagos-also-uses-players-footfall-to-keep-the-lights-on/#:~:text=Kemball%2DCook%20and%20Akon%20at,store%20electricity%20for%20later%20use.>

Resources

National Geographic en español, 2018, 10 formas de reducir tu huella de carbono. Retrieved from: <https://www.ngenespanol.com/naturaleza/10-formas-de-reducir-tu-huella-de-carbono/>

Ana Morales, 2020, Vogue, 6 cambios que voy a hacer en mi rutina deportiva para hacerla más sostenible. Retrieved from: <https://www.vogue.es/belleza/articulos/fitness-cambios-rutina-deportiva-entrenamiento-sostenible>

Description of the session:

The proposed workshop is for trainers and youth workers to know how to deliver the theoretical concepts treated so far, inside their organizations.

For that, the usage of a visual presentation is advised, for a more easy introduction to the topic “How to make existing regular sports activities more eco-friendly”. The presentation contains tips on some daily actions that the workshop audience can use at work and in their household, for a generally greener lifestyle.

After the introduction of the theory and PowerPoint presentation (available in materials part) on the daily actions that can make the difference in the workplace of trainers and youth workers, as well as in their household, the workshop attendants will be invited to support the theory with examples. They should think about the suggestions on how to practically improve their work environmental impact starting by the calculation of their own and organization members’ carbon footprint*. The latter will be based on the following measurements, taking into account the own club/organization behaviors:

1. Consider the amount of electricity/ methane/gas/burning oil/coal/LPG/

propane/wood pellets consumed in the last month.

2.mCalculate the kms covered during club members’ transfers by car/bus/train/ flight.

3. List some data about the “secondary carbon footprint” based on the last month consumption of :

Food and drink products, pharmaceuticals, clothes, textiles and shoes, paper-based products (e.g. books, magazines, newspapers), computers and IT equipment, television, radio and phone (equipment), motor vehicles (not including fuel costs), furniture and other manufactured goods, hotels, restaurants, and pubs etc., telephone, mobile/cell phone call costs, banking and finance (mortgage and loan interest payments, insurance, education, recreational, cultural and sporting activities.

A discussion on the results obtained is encouraged, as well as a plan of actions that every organization member, based on the resources available, can immediately implement on a daily basis, creating an eco-friendly-based routine at work.

Reflection/ Evaluation:

All the attendants to the workshop are invited to express their opinion by pointing out at least one concept they have just acknowledged or an innovative idea that they want to put into practice, whether orally or through an online tool (Google Jamboard, for instance) if the anonymity is to be preserved.







**HOW TO
ORGANIZE**



**ECO-FRIENDLY
SPORT EVENTS**

HOW TO MAKE REGULAR SPORTS ACTIVITIES MORE ECO-FRIENDLY AND SUSTAINABLE

This chapter aims to inspire you how to start organizing eco-friendly sport events, starting from scratch. Make the first small steps and become the agent of change in your local community!





Theoretical Introduction

“Never doubt that a small group of thoughtful, committed, citizens can change the world.” Margaret Mead

What types of eco-friendly sport events can you organize?

The variety of eco-friendly sport related events is almost endless. Linking grassroots sports to environmental-protection is arguably not a ‘complicated business’ and with a little bit of creativity you can upgrade almost any type of sport event to be more eco-friendly and sustainable!

Organize hikes in nature and link them to waste collection!

There is no better way to start off your eco-friendly hiking adventures than grabbing a couple of suitable bags and collecting trash along the hiking route. Another thing that is useful for an adventure like this are: gloves. We suggest you take with you reusable ones, which you can wash (e.g. gardening gloves) but disposal can do as well. Bring with you also any other equipment that you think would facilitate the rubbish picking (e.g. grabbing stick). Consider bringing with you hand sanitizer too. Take into account the number of participants at your event: inform them prior to the event if they need to bring their own bags/gloves/hand sanitizer or if you will provide these for them. You will certainly find more trash within inhabited areas and nearby cities/towns, but sometimes people tend to forget about proper ways of rubbish disposal in the woodlands too.

It is important to make arrangements concerning the trash you collect - plan where you will dispose of the full trash bags:

- ▷ Pre-hike: identify public garbage containers or large enough bins on or near the end of your route where the trash bags can be disposed of.
- ▷ If you go by car or do not mind carrying the collected rubbish with you on public transport: you can choose to dispose of them at a recycling center (if the trash is separated correctly) or the garbage collectors of your home.

To motivate the participants and add an extra layer of fun, introduce games or quizzes. For example, you can split them up into smaller groups and make a competition out of “which group picks the most trash”. Handing out small rewards at the end of the hike to the winners (or all participants if you feel inclusive) is something, in our experience, most participants appreciate. Those hikers that are not up for trash collection, can always learn about the nature surrounding them by collecting nutritious herbs and observing living creatures of the forest such as birds. Just provide them with the right literature they can use or, if you have the knowledge and experience, share some facts with them along the way!

Link running to garbage collection!

This new crazy sport, called plogging originates from Sweden and all you will need is a pair of running shoes, your hands and maybe a small backpack/trash bag. The ‘best practice’ is engaging in plogging as a group activity thus motivating each other.

Nowadays, almost all the bigger cities host similar groups and sometimes even plogging competitions are organized!

Be Active and Eco-Friendly and plant trees! Well, you don't need to be an athlete to link physical activity to environmental protection and sustainability. One of the best ways to decrease your carbon footprint is tree planting which can also be considered as a really useful physical activity. Don't be a couch potato, get up and look for a nearby gardening market to buy plants. It's going to be good for your physical health and the planet too!

Another great option is to combine tree planting with some specific sport activity like cycling trip – you can organize a cycling event which can have several checkpoints to plant trees.

Preparations include:

- ▷ ask advice at the gardening center/shop if you are unsure what type of trees to buy, when is the best time to plant them, how you should take care of them etc.;
- ▷ if you are not planting in your own garden or a community garden where this is allowed: ask the advice from environmental NGOs working in your city/town about where you can plant trees in public spaces (where there is a need) or reach out to your local authorities for guidance;
- ▷ if you identify the need in an area or for example at a kindergarten, school or university, ask if the authority would allow you to plant a few trees on their grounds;
- ▷ if you plan to plant trees in nature, do not forget to check which authority is responsible for this land and ask permission for that.

Clean up river banks, shores while doing water sports!

Are you a fan of water sports, like kayaking, canoeing, supping, surfing or rafting? Then, you have probably experienced that seas, rivers and creeks are no exception when it comes to plastic pollution. Grab your paddle and collect those plastic garbage along the river and save the lives of animals. Think about organizing a competition of recycled canoes from PET bottles which can also serve to raise awareness of the everyday pollution of the planet's blue surfaces.

Repairing workshops. Certainly not a sport activity, however these recycling or repairing workshops might require some good amount of physical activity. Getting to know the circular economy better and re-creating your used stuff is highly in line with the ultimate principle of EU sport policy: Be Active and do some good for the planet! Search for them online to find them in your area.

Do an observation walk/hike!

Instead of doing just an ordinary walk or hike in the forest or mountains, organize it like an observation of plants/birds and butterfly species. You have several options how you to do it:

- ▷ You can do a competition with the young people to encourage them to find something interesting and take a picture of what they find.
- ▷ You can invite an expert on the topic to be a tour guide and explain interesting facts about different species and the need to protect them.

Organize a recycle-ball! Organize a recycle-ball! What do you say to the idea of combining a basketball, volleyball, handball, or





football event with accompanying activities that explain to participants the need for recycling and teach them how to properly separate waste? You can do this in the form of an interactive workshop on separation, a discussion with an expert / environmental activist who will clarify the principles of separation and especially its impact on the environment.

Organize a walk in nature

It includes activities aimed at protecting natural heritage sites. Include a lecture with a workshop to clarify the need for perceiving wildlife and protected habitats. Explain the important role these heritage sites play for society - many of them, for example, are a key source of water; others help prevent natural disasters such as floods or landslides. Through a practical workshop, teach participants how they can protect and preserve the heritage sites as an individual.

Besides the aforementioned examples, experienced sports organizers can also implement a variety of practices to make their sports event more eco-friendly, especially by using recycled and green products. Furthermore, try partnering up with organizations, companies or sport clubs. For example, you can offer them advertising space (their logo to appear on your event and they will be tagged/mentioned), in exchange for them to promote your event, or contribute financially (e.g. to buying plants) or just send a few participants.

Practical aspects of the events

Promotion. Use online platforms (e.g. social media channels) and reach out to the local community! This can include but are certainly not limited to:

▷ Creating a public Facebook event with event appropriate words/hashtags (this

should appear in google searches as well)

▷ Share the event in other Facebook groups and on different social media platforms

▷ Partner up with people or organisations who are willing to share your event on their channels

▷ Want to involve all generations? Make prints such as leaflets (preferably on recycled paper) and place them in strategic locations: community halls, university aulas, billboards at your local convenience stores etc. Just ask for the permission to do so prior to distributing them.

A variety of tips has been introduced to you, the important is to “think green” since the smallest changes can also result in positive outcomes and may influence others around you. Start small, grow big!

What if you don't have the necessary experience to organize a sport event with hundreds of participants? What if you have never organized such a sport event? Is it worth it to start it at all? Guess what? Our answer is YES!

Many of the Eco-Friendly Sports project partners started off as a civil, grassroots initiative and grew organically during the last years. All you need is a committed group of small people, a little bit of dedication, optimism, time and creativity!

Nowadays, when digitalization is impacting our lives more than anything else, there are numerous ways to call people's attention to a certain issue. Social media is ruling our lives, therefore we must take advantage of the opportunities it has to offer to us. When it comes to the organization of eco-friendly sport events, social media can provide us the

ultimate platform to reach out to interested stakeholders and to recruit like-minded individuals in our close surroundings.

Start off by creating an open Facebook event and invite your friends who are up for some good stuff!

- ▷ Find a suitable time for everyone, for instance on the weekends Saturday or Sunday afternoons can be good options - make sure you create the facebook event in due time!,
- ▷ Come up with an interesting name that catches the attention of the possible participants. It should not be lengthy, something simple but creative referring to the main goal of the event, in this case the promotion of eco-friendly attitudes through physical activity,
- ▷ Find an appealing cover photo, possibly with loads of green colours,
- ▷ Create a description that involves the main goals of the eco-friendly sport event, meeting-time, duration, difficulty (in case of hikes), participation fee (if any) and the equipment needed.

Promote the event on social media networks

- ▷ Once the event has been created make sure that is open, accessible and visible for everyone and participants can invite their friends,
- ▷ Don't wait until people find your event! Share it in relevant groups and pages, this is the best way to reach out to your local community. Sometimes sharing is better than advertising your event for a certain amount of money,
- ▷ If you want to target a local audience, you can share the events in groups and pages which have local relevance,
- ▷ Ask other individuals and organisations

to share your event in your own social media channels. Local sport clubs and green organizations are always a good option as they can reach out to the local community who are committed enough to take part.

Sharing is Caring!

- ▷ Make sure to use other social media channels than facebook. Instagram, TikTok and different online Meetup groups can all work depending on your target audience and country!
- ▷ You can also use recycled flyers and leaflets to promote your event in schools or other institutions.

Online visibility during and after your event

- ▷ Visibility, visibility and visibility! This is what you should keep in mind also during and after the realization of your event. If you want to make sure that people know about your event, then utilize the opportunities offered by social media and digital communication platforms.
- ▷ Nowadays, you don't even need a professional camera to document the event. Take your phone and take as many photos as possible, then select the best ones. Give them some colours and publish them on the facebook event and other channels.
- ▷ To share your best photos use platforms like instagram and make a short recap of the event. Use facebook and instagram stories to inspire your followers!
- ▷ Make sure you save your best photos to an online drive. You can always use these materials for the promotion of your next event or just for regular social media communication.

Ask people about their opinion and involve them in the organization of the up-coming events!

- ▷ Asking people about their opinion is always a good idea which can help you to improve the quality of your event. You can create an evaluation or follow-up questionnaire which you can share in the facebook event. Ask people to take part and evaluate the organizational aspects of the event. Make sure you leave them some space to provide additional comments and suggestions.
- ▷ Sometimes your participants become the most active organizers. Make sure you give your event's participants the opportunity to join your organization and become an active member. In our experience the most active volunteers always come from the pool of event participants.
- ▷ Be always open to new ideas, suggestions and feedback. Evaluate your event with the team of organizers and sum up the positive aspects and the points for improvement. Next time you will even do it better!

Some more inspiration

- ▷ Be dauntless about approaching other domestic or international organizations about their approach and best practices when it comes to organizing eco-friendly sport events. At the European level, programs such as the Erasmus+ Sport can offer various opportunities to learn from good practices from other countries.
- ▷ Share your experience through your channel to inspire other organisations to run more eco-friendly events. Be the agent of change and others will follow you!

Volunteers - Key ingredients for a successful sports event

- ▷ Start pre-event planning with the hiring or recruitment of a Volunteer Coordinator.
- ▷ Begin to create the Volunteer Services Plan. There are a number of items that must be included in the plan like What committees need volunteers and how many are needed? What will they be doing and are written job descriptions available? Where will they need to be and how do they get there?
- ▷ Organise a volunteer training that is most helpful when provided in advance of the event, especially a few days prior.
- ▷ Think after the event, your volunteers need closure in the way of an appreciation letter, certificate or gift, and possibly a party.

A risk assessment is vital

- ▷ Identify the potential risks associated with sports events. Common risks at events can be categorised into 5 types of risks: reputational, physical, emotional, facility and financial.
- ▷ Create a risk assessment document that will list the hazards identified for your sporting event and suggested contingencies to lessen or eliminate the risks.
- ▷ Think, do you need event insurance? Sporting event insurance is necessary to safeguard event organisers and attendees. It is important to have your own event insurance, even if the venue has their own as it will not cover all of your potential hazards.



Practical part

For those interested in organizing a session or workshop about the topic for other sport experts, youth workers, it could be conducted by using the theoretical introduction above, but also with the practical proposal of the workshop below.



Duration

1,5-2 hours

Aim / Learning outcomes:

- ▷ To introduce different types of eco-friendly sport events and activities;
- ▷ To increase knowledge on the utilization of social media tools supporting event management.



Materials needed

- ▷ A ball or stuffed animal
- ▷ Visual aids: e.g a PowerPoint presentation (or another format, for example, canva) with relevant, engaging pictures/photos and the main bullet points based theoretical part is advised to be used or flip chart or white board (with magnets)
- ▷ Colored pens and paper (A3), enough for your group size.
- ▷ Refreshments (encourage everyone to bring their own water bottle to refill)

Recommendations for facilitators

- ▷ You can emphasize to participants that it is possible to make any kind of sports discipline event eco-friendly! All you need is a little inspiration and creativity!
- ▷ Make sure that you take advantage of the opportunities offered by social media! Spread your words on all channels available. Find partners.
- ▷ Remember that visibility is a key aspect of sports event organization. Also make sure to ask feedback from your participants!

Further reading

Sport for All and the Environment

<http://sforae.eu/en/>

Sustainability reaches the world of sport

<https://www.iberdrola.com/social-commitment/sustainability-in-sports>

Eco-Friendly Events: Tips for Hosting a Sustainable Sporting Event

<https://www.sportsdestinations.com/management/other/eco-friendly-events-tips-hosting-sustainable-sport-5842>

Resources

Sophie Prideaux, 2021, Eight ways the Tokyo 2020 Olympics are sustainable: from cardboard beds to recycled medals, Retrieved from:

<https://www.thenationalnews.com/lifestyle/2021/07/28/eight-ways-the-tokyo-2020-olympics-are-sustainable-from-cardboard-beds-to-recycled-medals/>

UCL 2020, Study-boosting benefits of exercise, Retrieved from:

<https://www.ucl.ac.uk/students/news/2020/may/study-boosting-benefits-exercise#:~:text=Strengthened%20memory,incredibly%20responsive%20to%20these%20proteins.>

Description of the session:

This interactive workshop aims to deepen the knowledge of the participants about “how to organise eco-friendly sport events”.

1. Introduction (approx. 15min)

Welcome of the participants and introduction of the project

Intention of the day shared and presenting the learning outcomes

Icebreaker: throw a ball to one of the participants, ask them to introduce themselves in one paragraph and why they joined the workshop today (if relevant), ask them to answer, what makes a sport event eco-friendly in your opinion?, let them pass the ball to the next person, note down the key words, define and make sure the group has a common understanding of the words “eco-friendly” & “sustainability”

2. Task (approx. 45min)

- ▷ Divide the participants into groups of equal numbers (if possible)
- ▷ Ask them to (1) create an eco-friendly event and describe how they would promote it (what channels/platforms would they use, who would they ask for help) (2) find a short dance move that describe their event
 - it can be small or larger scale
 - it can be an event promoting eco-friendliness or a sport event aiming to be sustainable and eco-friendly
 - they should prepare a small presentation

of their event and jot down on paper the draft of it. Give them 5-10 minutes.

- ▷ Let each group present their event and dance move
- ▷ Ask all the other participants to copy the dance move (this serves as an ice-breaker but also facilitates learning i.e. enhances cognitive performance and that the participant remember each others presentations better)

3. Summary (approx. 15min)

Rely on the theoretical part of this section and expand on the below guiding points while reflecting back on the participants different presented events:

- ▷ List examples of eco-friendly sport events - e.g. “plogging” in the city, tree planting, waste collection in nature (while running, hiking, cycling, kayaking on a river etc.), community repair action: collectively repair old equipment or clothes, building animal shelters or bird houses (recommended to seek advice regarding placement from local conservatist associations)
- ▷ Mention examples of sport events aiming to be more sustainable e.g Tokyo Olympics 2020 (see article from www.thenationalnews.com in resources used section)
- ▷ Elaborate on event promotion & visibility especially for more local and smaller scale events: this is key.
- ▷ Create a event on Facebook and invite your friends.

Reflection/ Evaluation:

Bring out the “key words” noted down at the introduction - start an open but guided discussion and reflection session.

- ▷ Ask the whole group to compare their words to what they learned today - “are they matching?” “are there differences?” - use the ball to engage people to answer if deemed necessary
- ▷ Ask for feedback guided by questions like “could

you organise an eco-friendly sport event based on what we learnt today?”, “what aspect do you find most challenging when it comes to promoting your event?”, “do you think sustainable sport events make a difference for the environment?”

- ▷ Wrap up the workshop with points from the recommendation section





HOW TO
MAKE



**SPORT
ACTIVITIES MORE
INTERACTIVE
USING ECO-
FRIENDLY SPORT
CONCEPTS**

HOW TO MAKE SPORT ACTIVITIES MORE INTERACTIVE USING ECO-FRIENDLY SPORT CONCEPTS

Combining sports activities with environmental education activities is a great practice and there are several effective interactive methods that you can use during sports events or non-formal education training. In this chapter, you can find some methods and tools for making sport activities more eco-friendly, engaging and valuable.





Theoretical Introduction

“Very few people follow climate science, millions follow sports.” Anonymous

Tools and methods you can use to make a sporting event more interactive using eco-friendly concepts:

1. Gamification in a non-gaming environment Gamification is not just about playing games, but also using game elements and principles in a non-gaming context - whether in a digital environment or face to face events. An example can be:

- ▷ Collecting points/badges - If you are organizing a multi-day sports activity, the use of points/badges can be very motivating for the participants, and they will be more focused during the activities.
- ▷ Reaching different levels - Organize your sports or educational event in the form of different types of levels that need to be overcome. A different eco-friendly element may be present in each level.
- ▷ Competition between groups, which is also teamwork - organize a competition of teams whose task will be to perform a sports activity that will have an eco-friendly element:
 - Competition in collecting as much waste as possible - it can be used in various sports - hiking, jogging but also water sports
 - Competition in searching for interesting species of plants/trees/animals - ideal in connection with hiking
- ▷ Create challenges with more than one solution within the selected activity and highlight several possible approaches in advance
- ▷ Allow participants to set their goals and then monitor and reflect on their progress.

▷ Role-playing games - allow participants to get in someone else's shoes to see the situation from their perspective - the topic may be the effort of eco-activists against policy makers to adopt more ecological solutions in forthcoming Olympics.

2. Organize eco-workshops for participants/the public during a sports event - a sports competition or activity can be supported by a series of workshops aimed at educating participants about selected eco-friendly aspects. Make them as interactive as possible, based on teamwork.

3. Hold a discussion with an expert - the accompanying activity of a sports event can also be an offline discussion with an expert or activist on a selected area from environmental agenda, who will explain to participants the need to behave in a sustainable way. It is important to give the participants the opportunity to participate in the discussion.

The interactive approach connecting sport with environmental education offers the use of several effective tools, while the digital ones allow to achieve greater reach and involvement of the target groups. Your sports event can have a much greater reach and impact if you accompany it with interactive online activities using eco-friendly concepts.

Digital tools suitable for organizing sports events in connection with eco-friendly

concepts, which can be used as accompanying activities:

▷ Gamification – educational games are increasingly more and more attractive tools for non-formal education. Gamification theory assumes that young people learn best when they have fun at the same time. Today's youth are considered digital natives for whom video games are a natural part of life. So why not come up with an educational game that aims, for example, to promote a healthy lifestyle and at the same time create ecological habits for players, who will thus better understand the acute need to behave responsibly towards nature?

A great example is the form of simulation games, thanks to which participants can empathize with a specific situation or role and their goal is to solve a given problem or task. In addition to solving the proposed situations, players can simultaneously acquire various other useful soft skills. Great example can be a game in which players go through several nature protection missions that need to be accomplished. Each level would correspond to one of the eco-friendly concepts. It doesn't have to be complicated in terms of programming – graphics can be simple and levels can take the form of answering questions. We recommend having different types of question forms: like multiple correct answers, linking the right pairs of words and their explanations etc.

▷ Online eco-campaign on social networks - If you are organizing a sports event, which includes an educational eco-friendly concept, an excellent solution is to organize an accompanying campaign on social media. Its goal will be to educate the society about selected eco-friendly aspects. You can involve athletes as well as influencers in the campaign,

who will also share educational content with the hashtags and logo of your event through their channels.

▷ Online competition - as part of the above-mentioned campaign or even during a sports event, you can organize an online competition of an environmental nature. A good example is a video competition in which competitors motivate others and describe how they contribute to nature protection. The organizer as well as the competitors will post videos on their social media with a hashtag and the event/campaign logo. The winner will receive an award.

▷ Live streaming - a very popular interactive tool is live streaming, in which viewers can comment and immediately express an opinion or ask a question (such an option is offered, for example, by Instagram Twitch.tv). You can use it for promoting a sports event or for dissemination - invite an expert on environmental topics and discuss the need for eco-friendly sports events with him!

▷ Online survey - before or during the event, conduct a survey among participants or audiences on social media about their eco-habits, depending on the main theme of the sports event (e.g. recycling). Based on the data obtained, you will be able to better target and plan the future eco-friendly activities.

▷ Online quizzes - a great accompanying activity of sports events are online quizzes for participants and the audience. Come up with an interesting quiz in which the competitors will test their knowledge of the chosen sport and ecology aspects. For example, you can use the popular tool Kahoot.com

▷ Use interactive maps - The output of your project or sports event, which ensures continuous interactive engagement and dissemination at the same time, are interactive maps that you can integrate into your website. An example is a map with best practices in the field of sports with connection to environmental education – it has a form of pins, which can be clicked on, filtered and new best practices can be added by users.

Another option is to use story maps, which can take various forms. You can use story maps, which are digital storytelling of one or more people related to a selected topic - after clicking on the topic, you will see either text, video or a link to the relevant website.

An interesting example is a map with videos of environmental activists who describe their story and motivate others to help nature.

▷ Create a simple app for a sports event that will combine the program, quizzes, polls etc. It can also include a discussion forum and a space to share ideas for initiatives to help nature.

▷ Use Slido during the discussion - many times the participants are ashamed to ask a question publicly, so the solution is to use the Slido.com tool for an offline discussion. In addition to asking questions, it will allow you to engage your participants with live polls as well as quizzes.



When organizing sports events and connecting them with educational eco-friendly activities, it is recommended that you involve the participants as much as possible and give them space to express

themselves, be creative and learn from each other. Interactivity brings the following benefits for the events:



It sharpens critical thinking skills

Interactive learning methods have a positive effect on improving critical thinking skills and analytical thinking - using logic and creativity in problem solving and decision making.

The ability to think critically is an essential skill that is important for understanding and properly evaluating important societal issues and our responses. So we can say that critical thinking affects our quality of life. It stimulates a deeper reflection on the research questions and the learner not only passively memorizes what he / she hears / reads. Critical thinking is an important part of the skills package of a media literate person who can objectively assess the credibility of the resources he reads. Today, there is a lot of hoaxes and misinformation about the climate crisis, so it is important to recognize the truth.



Offers greater flexibility for both parties

It creates a space for participants to use multiple learning styles and allows them to interact in the way they consider most effective. For educators, the interactive approach is flexible in that it allows them to quickly adapt or change their approach based on the feedback they receive.



It is engaging and increases the motivation of participants/students

Participation in the activity is voluntary and brings joy to the task itself, which has an impact on increasing performance and better ability to learn. Ultimately, this leads to greater individual responsibility.



Supports cooperation

A great benefit of interactive education is the building of several soft skills, which are an important part of the professional package needed for the labor market. One of them is the support of teamwork, which is extremely important for success in every work area.



It is enjoyable

Interactive learning methods are generally fun, participants enjoy them and they open up new perspectives, allow them to share ideas and use the latest interactive tools.



Practical part

For those interested in organizing a session or workshop about the topic for other sport experts, youth workers, it could be conducted by using the theoretical introduction above, but also with the practical proposal of the workshop below.



Duration

3 hours

Aim / Learning outcomes:

- ▷ To acquire knowledge and skills in nature protection;
- ▷ To start using and promoting eco-friendly approaches in everyday life;
- ▷ To develop creative thinking and come up with effective solutions to various existing problems related to selected environmental problems.



Materials needed

- ▷ Computer and projector
- ▷ Flip chart papers
- ▷ Highlighters
- ▷ Papers and pens
- ▷ Cell phones or at least one laptop with internet in a group for design thinking workshop

Recommendations for facilitators

- ▷ If you have a larger group, we recommend that you have at least two facilitators. During the workshop, regularly visit each group and ask if they need help or some clarification, if they understand the assigned task, or if they have any other questions.
- ▷ **Tip:** Make it like a competition - in the very end let everyone, including facilitators, vote for the winning prototype - the best solution. The winning team can get a prize. It can motivate the participant to come up with really great outcomes.

Further reading

Move and Learn - Manual for non-formal Education through Sports and physical activity with young people

https://www.salto-youth.net/downloads/toolbox_tool_download-file-1079/MOVEandLEARN_Manual.pdf

Training of trainers - using non-formal learning and interactive methods in Youth work

https://www.salto-youth.net/downloads/toolbox_tool_download-file-1493/Manual%20TOT%20EN%20Online.pdf

Move and Learn - Training manual for non-formal Education through Sport and physical activities with young people

<https://www.moveandlearn.org/files/Move&Learn.pdf>

Resources

Gamification in non-formal education and youth work, 2021, Retrieved from:

<https://gamifyeu.org/wp-content/uploads/2021/07/publication-GamifyEU-FINAL-3.pdf>

Freedman, 2019, 7 Undeniable Benefits of Group-Based Interactive Learning, Retrieved from:

<https://practicalacademics.com/7-undeniable-benefits-of-group-based-interactive-learning/>

Description of the session:

Energizer: It is recommended to do an energizer outside so that participants not only have more space, but can breathe fresh air, refresh their mind and be creative during the next workshop. You will need a speaker and a list of rhythmic songs.

- ▷ Turn on the music and ask the participants to create one big circle, or two if you have a lot of participants.
- ▷ Choose a person to start the activity – it can ideally be a facilitator, who will stand in the middle of the circle and perform a work out exercise that will be repeated by all participants several times in row.
- ▷ The person standing in the middle selects another participant to replace him/ her and perform another exercise.
- ▷ The exercise lasts at least 10 minutes so that as many participants as possible take their turns in the middle.

Presentation of environmental threats and discussion: In the first part of the activity, you will present and discuss with the participants the biggest current problems and threats that our planet is facing in connection with human activity. It is important that the workshop is interactive from the beginning – so the participants are involved as much as possible and given the opportunity to express their views. Ask participants to discuss the following issues in pairs:

- ▷ What do you think is the biggest

environmental problem that threatens our planet?

- ▷ Is there sufficient awareness in your country/city about the climate crisis and environmental issues?
- ▷ Who is the biggest polluter of the environment? Then return to the plenary and discuss the issues together. In the next step, explain to participants the biggest environmental problems and threats through a presentation.

Design-thinking workshop: The workshop will be based on a design-thinking method that supports the development of creativity and teamwork. Divide the participants into groups of minimum 4 and a maximum 6 people. Try to make the group as diverse as possible. From presented ten topics - the biggest environmental problems, each of the groups will choose one, which will be processed during the workshop. Each group goes through the individual steps of the design thinking process, the essence of which is to name the problem and come up with the most effective solution. It will not be easy for young people to find a solution to such complex problems posed by industry. The intention will be to find a solution to the identified problem with a focus on the activity with which we can eliminate it and contribute to environmental protection from the perspective of the individual. First of all, you need to explain to the participants the individual steps of the design thinking method, which the following video can help you with: https://youtu.be/_r0VX-aU_T

Reflection/ Evaluation:

Make the evaluation by dividing the participants into pairs, in which they answer the following questions:

- ▷ What did you learn during the workshop?
- ▷ Do you consider the design-thinking method to be effective?
- ▷ Do you plan to implement a prototype you designed?

- ▷ Did you like working in your team?





**HOW CAN
SPORT**



**HELP NATURE
CONSERVATION**

HOW CAN SPORT HELP NATURE CONSERVATION

Each sport organisation can take steps towards improving their operation with different scope of reach. Not only to tackle and decrease the negative impact of their sport activities or events, but also actively contribute to the protection of nature and the environment. In this chapter, you can find various examples from other sport clubs and federations.





Theoretical Introduction

“If many little people, in many little places, do many little things, they can change the face of the Earth” Anonymous

The importance of ecology is leading world sports organizations to develop more and more environmental programs. The International Olympic Committee, which implements the largest sporting events watched and attended by billions around the world, is a leader in promoting a better attitude towards our environment. That's why the candidates for hosting the Olympic Games are ensuring bigger and wider extended “green” proposals.

Each umbrella sport federation is also taking steps towards improving living conditions with different scope of reach. The World Rowing Federation (FISA), for example, has become the first world sports federation to declare that it will protect the UNESCO World Natural Heritage List together with the buffer zones of protected sites. Thus, FISA ensured that rowing competitions will not be organized and held at the cost of damaged nature in the sites on the list, but will build new standards for sustainable management of sports competitions.

Most recently, the International Cycling Association (ICA) announced that it would impose serious fines on professional cyclists who throw their water cans indiscriminately. They are among the most important accessories for cyclists, as in long races constant hydration is mandatory. Often in races before key moments or difficult climbs, competitors are relieved of unnecessary burden so as not to weigh them down. The sanction for a discarded bottle will be 1000

Swiss francs. The International Association of Athletics Federations (IAAF), recently rebranded as World Athletics, is conducting the pilot program in partnership with the United Nations Environment Program (UNEP), the National Olympic Committees, national federations and NGOs. The ultimate goal of the program is to develop an air quality monitoring network connecting 1,000 IAAF-certified runways worldwide. Such systems have already been installed in Mexico, Monaco, Addis Ababa and Australia.

The IOC has published a new guide to tackling plastic pollution

The International Olympic Committee has published a guide entitled Plastic Game Plan for Sport, prepared in collaboration with the United Nations Environment Program. Drawing on successful examples from around the sports world, it provides guidance to event organizers to create an effective plastic waste reduction plan.

“Plastic pollution is one of the biggest challenges facing our environment today, and sport, like any other industry, has an urgent responsibility to tackle it,” said Marie Saloa, IOC's Director of Corporate and Sustainable Development.

“The plan aims to provide sports organizations, event organizers, athletes and fans with clear, step-by-step instructions on how to remove plastic waste from their

activities and daily lives,” she explained. Recommendations, included in a developed Manual, include providing reusable or composting cups during competitions, providing water refills, recycling containers, and reducing the use of “hidden plastic” such as signs and issuing tickets.

In line with the 2020 Olympic Program - the strategic roadmap for the future of the Olympic movement - the IOC is committed to managing sustainable practices in the International Sports Federations (IF’s), the National Olympic Committees (NOCs) and the wider sports community.

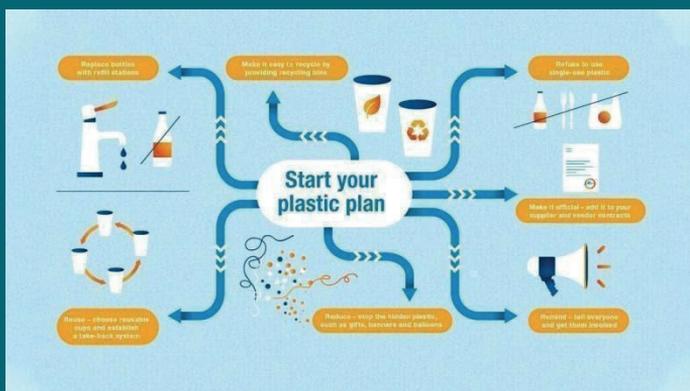
The IOC itself reduces waste at its headquarters and ensures that the materials used at its events are recyclable. In June 2018, the IOC joined the UN environmental campaign “Clean Seas” to combat plastic pollution in the oceans, calling on the entire Olympic movement to follow this. In 2017, the UN Environment launched a new campaign under the slogan Clean Seas (#CleanSeas on social media) aiming to engage the society in the fight against marine plastic pollution. The UN has planned that in the first five years of the campaign they will address the root-cause of marine litter by targeting the production and consumption of non-recoverable and single-use plastic. UN recognizes also the high priority of citizen’ engagement and active position in addressing this problem at daily basis.

Eleven local federations, four NOCs and three trading partners have committed to the initiative, introducing concrete measures to reduce plastic waste. In September 2019, the IOC supported the Big Plastic Pledge campaign, launched by Olympic sailing

champion Hannah Mills.

The campaign calls on athletes and fans to reduce the use of disposable plastic. Nearly 200 elite athletes have supported the campaign so far, pledging to reduce the use of plastic in their own lives and encouraging others to do the same.

Plastic Game Plan for Sport is the latest part of the IOC for Sustainability, which also provides practical guidance on key aspects of sustainable development for NOCs, investment funds and other sports organizations. Previous guides in the series include Introduction to Sustainability, Sport for Climate Action and Sustainable Demand for Sport, reminded by olympic.org.



Nowadays, in many countries the topics of Sport and the Environment protection are interlinked sectors, recognized as a highly important subject. Some sport federations and sport event organizers use sport as a vehicle to raise awareness and promote biodiversity conservation as well as to ensure that sport venues and sporting events don’t contribute to the loss of biodiversity but instead can support nature restoration. All kinds of sports, whether it is skiing, football, sailing, canoeing, mountaineering, golfing, running or cycling, all sport activities (including those taking place indoor) can organize sport events to raise awareness and

possible funding for nature conservation, as well as, in some cases offer the opportunity to restore degraded areas and to bring back nature in urban areas. Sporting events and sport venues can be used as a biodiversity regeneration opportunity, including in urban areas. In this regard, some examples of how sport can help nature conservation:

How can soccer games help protect wildlife?

Soccer games are socially significant in communities across Cameroon and many other African countries. Conservation organizations around the world are using sporting events to help promote nature conservation awareness, encourage wildlife and environmental stewardship practices and foster positive relationships among community, government and non-profit organizations.

Korup Rainforest Conservation Society (KRCS) in southwest Cameroon's Korup National Park, an area rich in biodiversity and human culture is a good example. This area is home to Preuss's red colobus monkey (*Ptilocolobus preussi*), drill (*Mandrillus leucophaeus*), pangolin species and forest elephants (*Loxodonta cyclotis*).

These soccer games offer a space for villagers, KRCS staff and park rangers to learn from each other and gain perspective into each others' lives because soccer focuses energy and engages people in opportunities to connect in ways that may not be addressed by direct conservation messaging. Very good practice is that KRCS uses soccer to promote community-based conservation about biological and ecological techniques, such as wildlife population monitoring and response to human disturbance. Players have the

opportunity to hear about the work KRCS and what park rangers do in the area, during and after the games. Villagers can offer their local knowledge and they even have opportunities to become involved in KRCS's training, where they can learn skills that can help them find jobs, like working for the park or KRCS.

Peace for Conservation also uses Sports for Social Change and organizes Tanzania soccer games among communities to create a common ground, build positive relationships and promote collective action. During the soccer game there was an opportunity to share information and teach villagers about the importance of elephant and rhino populations in the Serengeti National Park area. It was also useful for the villagers to learn how to become involved with anti-poaching patrols and other locally relevant conservation efforts. Same time Peace for Conservation also has the possibility to provide monetary prizes that the local communities can use for infrastructure projects. The soccer teams received jerseys and soccer balls for future games. Fans took home brochures and posters on species and conservation, raising awareness and encouraging stewardship.



ATP Announces AU\$ 725,000 Donation From Players In Aid Of Australian Bushfire Relief Efforts. Donation announced following the final of the inaugural ATP Cup.

At the start of the ATP Cup, a worldwide campaign called “Aces for Bushfire Relief” was launched for WWF’s Australian Wildlife and Nature Recovery Funds, part of efforts to alleviate fire damage in Australia. The tournament donation announced by ATP players amounted to AU \$ 725,000. This was revealed on the court by Novak Djokovic and Rafael Nadal during the ATP Cup final trophy ceremony at the Ken Roswall Arena in Sydney. This is the last initiative in which tennis came together.

The #Aces4BushfireRelief campaign involved many athletes with monetary donations to alleviate disasters and restore the environment after them, as well as to help promote the fundraising campaign on social media. Some of the biggest stars of the ATP, including Djokovic, Nadal, Roger Federer, Stefanos Tsitsipas and Nick Kyrgios, have announced their participation in the Australian Open Rally for Relief show at Rod Laver Arena in Melbourne. Funds raised by AO Rally for Relief will be donated to the cause of the fire relief in Australia.



Golf events restore industrial sites and native species

At the Olympic Games in Rio de Janeiro 2016, a golf course was built in place of a degraded old career. The idea appeared after the organizers saw the career and considered it to have great potential. It was an old, ruined quarry that was covered almost entirely with vegetation. Then the idea was born to turn it into a natural golf course, so the course will be able to improve biodiversity.

The transformation of the quarry leads to a 167% increase in the vegetation cover, improves the biodiversity, from 118 species discovered before the project, to 263 after it. To achieve all these results, 15,000 native plant species were planted, and a nursery was built to breed and grow more than 475,000 native seed plants. Protected animal species such as burrowing owls, caiman, capybara, lapwings, sandpipers, and egrets have also been settled on the site.

BioBlitz

A BioBlitz is an event that focuses on finding and identifying as many species as possible in a specific area over a short period of time. At a BioBlitz, scientists, families, students, teachers, and other community members work together to get a snapshot of an area’s biodiversity. These events can happen in most any geography—urban, rural, or suburban—in areas as small as a backyard or as large as a country.

The term BioBlitz was first coined by U.S. National Park Service naturalist Susan Rudy while assisting with the first BioBlitz. The first BioBlitz was held at Kenilworth Aquatic Garden (Washington, D.C) in 1996. Approximately 1000 species were identified

at this first event. This first accounting of biodiversity was organized by Sam Droege (USGS) and Dan Roddy (NPS) with the assistance of other government scientists. The public and especially the news media were invited. Since the success of the first bioblitz, many organisations around the world have repeated this concept. Since then, most BioBlitz contain a public component so that adults, kids, teens and anyone interested

can join experts and scientists in the field. Participating in these hands-on field studies is a fun and exciting way for people to learn about biodiversity and better understand how to protect it. The iNaturalist platform was used as the recording tool for the 2014, 2015, and 2016 Centennial BioBlitzes in this series.



Practical part

For those interested in organizing a session or workshop about the topic for other sport experts, youth workers, it could be conducted by using the theoretical introduction above, but also with the practical proposal of the workshop below.



Duration

2-3 hours

Aim / Learning outcomes:

- ▷ To improve people's quality of life hand in hand with sport and environmental protection;
- ▷ To raise awareness of new ways to protect the environment during and through sports events;
- ▷ To introduce the latest methods used by world sports organizations to preserve the environment.

Materials needed

- ▷ Create a "special" environment (eco-friendly). There should be not more than four chairs at each table (optimally);
- ▷ Papers, markers, pens;
- ▷ Coffee, biscuits, water/soft drinks

Recommendations for facilitators

- ▷ Focus on education of participants about environmental protection practices in sport sector and to empower ecological training through active physical activity;
- ▷ Encourage participants to think about recycling and the environment;
- ▷ Emphasize different learning styles and explain to participants education through sport as one of them.

Further reading

The "green" cycling team: Quickstep's plan to protect the environment (Bulgarian language): https://www.dnevnik.bg/sport/2020/01/14/4015175_zeleniat_koloezdachen_otbor_planut_na_kuikstep_da/

Environment and health:
<https://www.eea.europa.eu/>

Elite sports are already thinking about ecology (Bulgarian language): <https://www.segabg.com/node/42092>

Resources

Kasova, Yana, 2019, BGGlobal; Retrieved from: <https://bglobal.bg/80100-%D0%A1%D0%BF%D0%BE%D1%80%D1%82-%D0%BD%D0%B0-%D1%87%D0%B8%D1%81%D1%82%D0%BE;>

Clean Seas campaign, Retrieved from: <https://www.cleanseas.org/about/>

Sport and Life Agency, 2019, The IOC has published a new guide to tackling plastic pollution, Retrieved from: <https://sportandlife.net/mok-publikuva-novo-rakovodstvo-za-spravyane-s-plastmasovoto-zamaryavane/>

Description of the session:

Session starts with the Energizer: Shake Down - in this short and very physical energizer, the group shakes out their bodies one limb at a time. Starting with eight shakes of the right arm, then eight shakes of the left, eight shakes of the right leg, then eight shakes of the left. It continues with a round of four shakes of each limb, then two, then one, ending in a big cheer. A good energizer when time is limited and the main aim is to get people moving.

The session continues with the workshop “Help the organisation to be more Eco-friendly“ Many sports associations may like to approach the organization of sporting events more eco-friendly, but they do not know how or they do not have the resources. At the beginning of the workshop, tell the participants the story and their task will then be to find a common solution.

“YOUTHcycle is a small sports association that supports cycling sports events and youth competitions in the region (select country). One of its members is unhappy that his organization is not doing enough to be more sustainable towards nature. He seeks to persuade management to implement eco-friendly approaches and methods in its activities. The problem is that they do not have the finances or the exact plan of what should be changed.”

Divide the participants into groups of 4 to 6 members (trying to make groups as

heterogeneous as possible). Subsequently, the groups will work to create a plan for the YOUTHcycle association to become more environmentally friendly. The groups will try to find the simplest and most realistic solutions for the organization. They will be creating plan based on followed questions:

- 1) How can the organization make its cycling events and competitions more eco-friendly?
- 2) What changes can the organization make to make its daily work more sustainable?
- 3) The organization has no money for such changes. Try to come up with a plan to find the resources or to make environmental changes less costly.

Subsequently, the groups present their plans and discuss them in plenary. Afterwards, give participants tips on how to improve their solutions if possible. TIP: You can specify a different type of organization for each group, focusing on different types of sports.

The workshop can continue with discussion on the topics:

- ▷ How can sport help nature conservation?
- ▷ How to improve people’s quality of life hand in hand with sport and environmental protection?
- ▷ How to raise awareness of new ways to protect the environment during and through sports events?
- ▷ Discuss about the latest methods used by world sports organizations to preserve the environment.

Reflection/ Evaluation:

After the discussion each participant will be asked to share: What can I/ or my club/ organization do for environmental protection?







HOW TO
INTEGRATE



**EDUCATION
ABOUT
ENVIRONMENT
AND NATURE
IN THE SPORT
AND PHYSICAL
ACTIVITIES**

HOW TO INTEGRATE EDUCATION ABOUT ENVIRONMENT AND NATURE IN THE SPORT AND PHYSICAL ACTIVITIES

Education about environment and nature in sport and physical activities involves the transformation of knowledge, skills, attitudes and behaviors through direct engagement with the outdoor environment for the personal and social benefit of individuals and society. In this chapter, you can find examples of various sport activities that can be connected with environmental education.





Theoretical Introduction

“Be the change you wish to see in the world.” Mahatma Gandhi

Environmental education has become one of the major future tasks of mankind. In 1977, UNESCO declared that environmental education should be an all embracing, life-long process which actively involves individuals in the solution of specific problems.

In sport too, the importance of the ‘future task of environmental education’ is now undisputed. Avoiding and reducing sports-related environmental damage requires the active involvement of those who pursue sports activities.

Environmental education should both encourage environment-friendly attitudes and habits among people doing sports and ensure that planning and legal measures for the protection of the environment are widely accepted by generating understanding among people doing sport.

Environmental issues have now become part of the curricula of schools, higher education institutions, civic bodies, local authorities and numerous sports organizations.

Developing mindsets in a structured framework will enable the young minds to confront ecological problems and find solutions in a systematic manner for a lifetime, individually, for society and the country as a whole.

Sport can make its own important contribution towards bringing about the

model of sustainable development. To achieve this, governments, sports organizations and others involved in sport must discuss and apply this model intensively in their work.

Rising number of users and the greater and more intense use of nature and resources (land, energy, water etc.) have undeniably increased the damage to nature and the environment by sport. At the same time, however, the range of strategies and measures for avoiding and resolving conflicts between sport and nature conservation and environmental protection, is broader than often recognized.

Various sport activities can be connected with environmental education and it is important to promote and further develop forms of sport which are compatible with nature and the environment. How to integrate education about environment and nature in sport and physical activities? Here are some examples in this regards:

- ▷ promoting outdoor education (some example about outdoor activities hiking, climbing, canoeing, ropes courses and group games)
- ▷ adventure education (this can include a wide variety of activities, due to the different ways people experience adventure; for example organizing outdoor sports, challenge courses, races, and even indoor activities can be used in adventure education;

Adventure education is related to adventure programming, adventure therapy, and outdoor education)

▷ leisure and holiday activities (walking, bicycling, canoeing and other activities that you can practice outside during each season)

▷ learning in the natural environment (for example teachers can use this method during the spring and autumn in order to change the education environment of the classes that are very classic and strict into some learning courses in the natural environment - parks, school garden, forests etc)

▷ activity/sport coaching

▷ outdoor therapy (for example practicing yoga)

▷ experiential learning

▷ eco tourism (hikings, mountain walks etc)

▷ promoting different competitions and activities based on non-formal education learning outputs and inputs (for example marathons, running sessions)

▷ create spaces for youth and encourage them to practice sport and physical activities.. In the search for solutions all stakeholders involved must cooperate. This concerns above all sports and nature conservation, commercial sports, politics and administration, trade and industry. Without the constructive collaboration of these groups, it will hardly be possible to find effective and generally accepted solutions.



Practical part

For those interested in organizing a session or workshop about the topic for other sport experts, youth workers, it could be conducted by using the theoretical introduction above, but also with the practical proposal of the workshop below.



Duration

2 hours

Aim / Learning outcomes:

- ▷ To raise awareness about environment and nature in the field of sports and physical activities and to be engaged with
- ▷ To learn new methods to be more eco-friendly when doing sports;
- ▷ To help people to reflect and learn about themselves and connect with the environment.

Materials needed

For workshop 1:

- ▷ Markers, sticky notes (3 different colors), flip chart papers, pencils, a ball/clew;
- ▷ Data projector;
- ▷ Coffee, biscuits, water/soft drinks for each table.

For workshop 2:

- ▷ Papers, pens, markers and some materials to be recycled (plastic bottle, old t-shirt, rope and other things);
- ▷ Eco-friendly materials for creating the sport instruments for home-gym equipment (e.g. plastic bags, t-shirts, plastic bottles, sand, old towels or other clothing etc);
- ▷ Dataprojector;
- ▷ Coffee, biscuits, water/soft drinks for each table.

Recommendations for facilitators

- ▷ Identify with the participants eco-friendly methods for sports
- ▷ Explain the eco-friendly methods and help the participants to discover how to implement them
- ▷ Always find alternatives for non-recyclable things that they use

Further reading

"Plastic Game Plan for Sport"-practical guides from the Olympic Movement :

https://stillmedab.olympic.org/media/Document%20Library/OlympicOrg/IOC/What-We-Do/celebrate-olympic-games/Sustainability/Plastic-game-plan-for-sport-guide.pdf#_ga=2.17015231.768936162.1607186691-2068192099.1607186691

Alternatives for the plastic in your life:

<https://learn.eartheasy.com/guides/the-best-eco-friendly-alternatives-for-the-plastic-in-your-life/>

Resources

Kasova, Yana, 2019, BGGlobal; Retrieved from: <https://bgglobal.bg/80100-%D0%A1%D0%BF%D0%BE%D1%80%D1%82-%D0%BD%D0%B0-%D1%87%D0%B8%D1%81%D1%82%D0%BE;>

Clean Seas campaign, Retrieved from: <https://www.cleanseas.org/about/>;

Sport and Life Agency, 2019, The IOC has published a new guide to tackling plastic pollution, Retrieved from: <https://sportandlife.net/mok-publikuva-novo-rakovodstvo-za-spravlyane-s-plastmasovoto-zamaryavane/>

Description of the session:

The session starts with one warm-up exercise and the introduction of participants (using a non-formal tools such as a clew or a ball and each participant will tell to the group the name and one hobby and after that throw the clew/ ball to other participant and so on; another example is creating a circle, first participant will tell the name to the group and will do a special sign and after that the participant from his left/right part will say firstly the name and will repeat the sign of the previous participant and after that the trainer will ask to tell the name and to do another sign and the next participant will do the same as the previous one).

Presentation of the project - the participants will get information about the project, the outputs and the outcomes of the project. Even if it will not be a long presentation about the project, this step is important in order to get closer to the participant with the project and the outcome.

Intention of the workshop - give to participants some sticky notes, three different colors (each color will represent: 1. expectation, 2. previous experiences and 3. a good thought for the team) and the participant will put the sticky notes on three different flip chart papers.

Workshop I:

Develop an eco-friendly attitude: Raising awareness on environment and nature through sport and physical activities, enriching the knowledge, envisioning a strategy

Guiding questions: How do the people you know view education about the environment and nature? What about those your age, what about your elders? From your direct experience, what is the knowledge level on the

topic? What do you think prevents people from spending more time in nature and practicing sport and physical activities in nature? How could you communicate the eco-friendly message to those who know little about the environment and nature? and what would you advise them to start with? How do you think we could integrate education about the environment in sport?"

Method: WORLD CAFE - There should be four chairs at each table, each table with one topic and participants will share their experiences about the topic/question. After 7 minutes, groups will change the table, one person stay as moderator and after rotation of each groups will present results of discussion to everybody.

Workshop II:

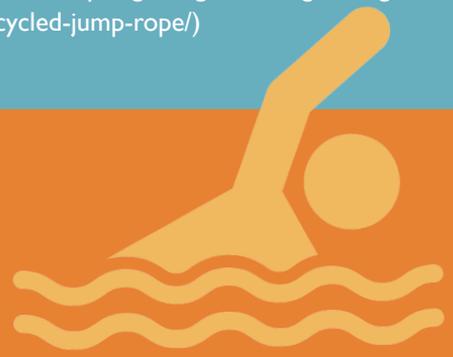
The 5R principle - recycling, reducing, reusing, refusing, repairing

- ▷ short presentation of the principles
- ▷ gathering examples from participants of their present routine that involves 5R practices
- ▷ creating a group challenge for becoming more 5R-ed oriented
- ▷ practical exercise to promote creative recycling: creating sport instruments for home-gym from recycled materials
- ▷ aerobics exercises with the constructed equipment

Method: presentation, open dialogue, practical and hands-on construction activity, aerobic session. All participants stay in a circle and discuss about the principles, their opinions and knowledge about 5R. Afterwards, groups 4-5 people will work together to create eco-friendly sport instrument, e.g. skipping rope (instructions: <https://globalgamechangers.org/news/recycled-jump-rope/>)

Reflection/ Evaluation:

Creating a circle and using a ball of string each participant will be invited to tell to others participants and facilitators what he/she learnt during the workshops and what he/she will take at home and implement on short term.





“Eco-Friendly Sports” project aims to promote sport and physical activities that not only contribute to better health, but also have a positive impact on the environment. Objectives of the project are:

- *to promote and develop new methods of environmental education through sport,*
 - *to increase amount of eco-friendly sport events organized,*
 - *to generate public awareness about possible connection of sport and protection of environment,*
 - *to foster citizens engagement in sport, but also encourage them to take action towards better environment,*
 - *to improve knowledge and experience of representatives of sport clubs and youth workers about concept of eco-sport,*
- *to provide opportunities in the urban life style to keep people’s physical and mental health and to significantly decrease the stress levels,*
 - *to build a society who feels close and attached to nature will contribute to using natural resources sustainably and thus building sustainable cities,*
 - *to contribute to social inclusion of young people from disadvantaged background.*

<https://www.ecofriendllysport.eu>

