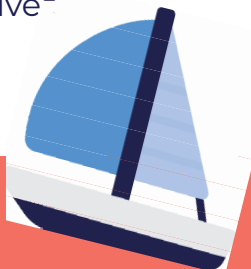


Why sport?

Sport is in the **unique position** of being able to influence millions of people worldwide. By **leading the way** in sustainability and setting a good example, you can **influence others** to do the same.

By **minimising** avoidable plastic **consumption** you are also reducing your **carbon footprint** and contribution to the climate crisis. Many initiatives will also **save you money**.



Make a pledge

Make a pledge with the Big Plastic Pledge to reduce your avoidable single-use plastic consumption. Scan the QR code to make your pledge!



Quick tick list

Use this list to mark what you have done already, and keep track as you make more changes to minimise avoidable plastic and prevent plastic pollution.

- ☐ Eliminate single-use bottles
- ☐ Eliminate single-use cups for hot and cold drinks
- ☐ Encourage the facilities you use to reduce their plastic waste
- ☐ Set up a kit swap or secondhand kit shop
- ☐ Encourage members to choose snacks with no or less packaging
- ☐ Talk to your supplier about reducing delivery packaging
- ☐ Avoid single-use plastic items at your celebrations
- ☐ Engage members with the great changes you've made
- ☐ Share your changes on your social media platform to influence others



Version 1, December 2021

Preventing plastic pollution

Community sports clubs

preventingplasticpollution.com

Interreg
France (Channel
Manche) England
European Regional Development Fund



Top tips

1 Influence others

If you use other facilities, why not work with the club manager or operator to reduce their single-use plastic. If you or members of your club are entering events why not encourage event organisers to reduce their single-use plastic waste.

2 Communicate & inspire

Take members and spectators on the journey with you by communicating messages clearly so they are aware and comfortable with any changes that are being made. This is also a great opportunity to lead the way, be proud and showcase your sustainability values and achievements. This will encourage others to reduce their impact on the environment too.



3 **Work with your suppliers**

Single-use plastic may arrive as packaging from suppliers. Work with your supplier to reach an agreement for them to remove, or at least reduce, the amount of packaging you receive with your order.



4 **Reusable kit & equipment**

See a kit list of potential items below which can help individuals reduce their single-use plastic waste when training and taking part in sporting events.

- Refillable water bottle
- Reusable (collapsible) cup
- Water belt
- Hydration vest
- Reusable energy gel pack
- Bulk refill energy gel or hydration powder





5 Set up a kit swap

To reduce the environmental impact of your club's kit, why not set up a kit swap or secondhand shop. Most microfibres are released in the first wash, so by buying secondhand you will also reduce the amount of microfibres produced.

Find more tips

Want more advice and guidance? Scan the QR code to access our club guidance for more detailed information on reducing your club's avoidable plastic.

