



SUSTAINABILITY TOOLKIT



First Steps

Here are our recommended first steps to becoming more sustainably minded...

Create small sustainability working group within your organisation or community

Get buy-in from full team, including Senior Management

Add sustainability as a standing agenda item at team meetings to share best practice and raise awareness

Ensure sustainability remit is part of someone's job

Description

Create sustainability pledge

Add sustainability to organisational values

Let's now take some key areas in turn and see how you can reduce your carbon footprint

Energy

Carry out an energy audit with your Estates department or property owner

Turn the heating down

Turn the boiler temperature down

Turn lights off and power down any electrical items when not in use

Consider switching energy providers to a greener option

Create a radiator reflector (foil over cardboard slotted behind radiators reflects the heat back into the room)

Add curtains and draught excluders to retain heat

Keep doors closed and perhaps add viewing panes to doors so office remains welcoming

Boil only the amount of water required, not a full kettle

Take the stairs rather than the lift

Purchasing & Waste

Be a conscious consumer- maintain, repair, only purchase when essential, look into hiring where possible, seek out second hand options

Look for reusable or biodegradable versions of previously disposable items, such as reusable cable ties or biodegradable golf tees

Look into recycling schemes for office items such as print cartridges

Remove printer/ combine printer with other departments or organisations in your building

Travel

Encourage virtual meetings- always question if travel is necessary

Create a 'travel hierarchy'- active travel, public transport, car sharing, park and ride

Incentivise active travel- offer bicycle mileage

Implement a no domestic flights policy

Where hiring is necessary, consider electric vehicles if available

Combine several meetings into each trip

Publicise green travel options for participants and spectators at events and training sessions, plus

where to locate electric charging points

Offer a bike to work scheme

Offer an electric car salary sacrifice scheme

Food

Reduce meat and dairy consumption

Offer plant based options at events, meetings, training sessions

Provide hot and cold water refill stations and encourage participants/ members to bring own water bottle and hot drink cup

Seek out local, nutritious, low mileage food

Encourage packed lunches, so as to reduce packaging and food waste

Avoid single use plastic

Offer recycling points including food-composting facility at events, meetings, training sessions

Host a fully plant based catered event and notify attendees to raise awareness

Health & Wellbeing

- Appoint mental health champion within organisation/ community
 - Offer team health check-ins
- Hold walking meetings and even 'plogging' (picking up litter whilst jogging or walking)
- Encourage member/ participants to take time in each day to be active
- Encourage members/ participants to take active breaks during meetings/ sessions
- Offer standing desks in offices and standing spaces, as well as seated areas, at meetings/ conferences
- Offer team physical activity opportunities

Advocacy

- Create a sustainability page on organisation website
- Work with partners and suppliers to share best practice and raise awareness
- Only work with partners with excellent green credentials
 - Include sustainability info in all comms to members/ participants and on social media
 - Monitor carbon footprint
- Challenge unsustainable behaviour, in a kind and positive way
- Be positive; see this challenge as an opportunity

RESOURCES

Check out these handy places for great hints and tips:

- Emergency on Planet Sport podcast
- Giki Zero- a fun platform that helps you find over a hundred ways, big and small, to make a difference to your carbon footprint and map the progress you're making. It has even been trialled by athletes competing at the Birmingham 2022 Commonwealth Games.
- Observatory for Sport in Scotland research
- The British Association for Sustainable Sport
- Way to Work active and sustainable travel

If you have any queries at all, then please get in touch with our resident Green Champion Totty (Totty@scottishstudentsport.com). We would love to hear from you!



Connect with us



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