

## Environmental Sustainability Strategy

There are many short and long-term benefits to sustainability. We cannot maintain our Earth's ecosystems or continue to function as we do if more sustainable choices are not made. If harmful processes are maintained with no change, it is likely that we will run out of fossil fuels, huge numbers of animal species will become extinct, and the atmosphere will be irreparably damaged. We all play a part in addressing this and the time to act is now.

Thornbury Running Club is committed to protecting and respecting the environment. Sustainability can be defined as ... *"meeting the needs of current generations without compromising the ability of the future generations to meet their own needs"*. Environmental Sustainability can be described as *"... interacting responsibly with finite natural resources and the environment, to avoid the depletion of these natural resources, and to conserve natural habitats and ecosystems. To be environmentally sustainable is to support the health and well-being of organisms on our planet."*. The aim is to integrate sustainability into every decision we make as a Club, as we would cost and time today.

### Environmental Principles

BASIS (British Association for Sustainability in Sport) was commissioned to develop an initial framework for England Athletics' approach to sustainability. The BASIS principles for environmental sustainability are shown below. The principles apply to Thornbury Running Club in varying degrees, some we can directly control whilst others only influence:



#### Energy and emissions

To minimise greenhouse gas emissions from all sources including travel, emissions associated with organising, licensing, and running events, and emissions associated with suppliers.



#### Waste Management

To minimise the generation of waste. All unavoidable waste to be reused, recycled or recovered with no waste sent for incineration or landfill.



#### Water and Effluents

To use water efficiently and effectively, and to source water for events responsibly. To ensure any wastewater generated is disposed of.



#### Materials and Chemicals

To use sustainable, healthy, non-toxic products and raw materials with low embodied energy which are sourced locally and made from reusable, recyclable and/or recycled resources.



#### Transport and Travel

To minimise the impacts of transport and travel by reducing journeys and using low and zero-carbon transport and travel options.



#### Food and Drink

To reduce the impact of food and drink production, use and disposal by choosing local, seasonal, high welfare and organic produce; minimising waste and, where waste is unavoidable, segregating and disposing of waste in a positive- or low impact way; and redistributing unused food and drink where possible.



### Biodiversity, Habitats, and Air Quality

To ensure that our events have a minimal impact on natural biodiversity, air quality, and area habitats. To encourage and protect biodiversity and wildlife habitats through appropriate land use and management

### Practical Approach

To achieve change within the Club any action needs be to practical and fit into existing habits, rather than be a sacrifice or a denial. Success will come from the adoption of many small changes, rather than any one grand action. Before taking any action, we need to consider the following, which apply particularly when looking at waste management:

- Avoid** Can we eliminate the product or packaging entirely?
- Re-Think** Can we meet the outcomes in a different way?
- Reduce** Can we use fewer materials to meet our needs?
- Refill** Can the packaging be refilled with the same product next time?
- Recycle** Are we buying products that can be recycled?

### Practical Ways to Meet Our Environmental Sustainability Aims

The action list below should be reviewed every 3 months, new actions added and the status of current actions updated. Current status @ 17/010/23

|  |  |  |   |  |   |
|--|--|--|---|--|---|
|  | Not currently being addressed. An opportunity for action and change. |  | We have started and some activities are happening. Room for further change. |  | Currently doing well in this area and need to maintain. |
|--|--|--|---|--|---|

| Action   | Status |
|--|--------|
| <b>Energy and emissions</b>  |        |
| Ensure that all suppliers have strong environmental policies and items are sourced locally (e.g., Kit, medals etc.)  |        |
| Encourage suppliers to reduce delivery packaging   |        |
| <b>Waste Management</b>  |        |
| Only order what's wanted / needed by having a choice tick box on the entry form to give competitors the option of not receiving a medal, but to donate to the Woodland Trust instead, a similar system already in use at many big events – swapping tees for trees, for example.   |        |
| If we do use medals, to have the date on the ribbon so that left over medals can be reused the following year with a new ribbon.   |        |
| Give out useful prizes or vouchers or cash rather than plastic trophies which cannot be recycled. Glass or wood trophies can be recycled if unwanted so better than plastic.   |        |
| Use paper cups rather than plastic so they can be recycled at both Club nights and events. Make sure they are fully compostable as the cheaper paper cups have plastic linings. <i>Note: that 'compostable' plastic is worse than normal plastic as they need to be taken to a special facility which does not exist in most areas. Plastic can at least be recycled. Home compostable is the best option.</i> |        |
| Eliminate single use bottles   |        |

| Action  | Status |
|---|--------|
| <b>Waste Management - Continued</b>   |        |
| Save left over cups, etc in sealed packaging to avoid spoilage, for the next event  |        |
| Runners at Club night and events to be encouraged to bring their own bottle.  |        |
| Encourage all the venues that we use to supply recycling bins / facilities  |        |
| Cut out plastic tape for finishing shoots and for course guidance and replace with webbed reusable tape.  |        |
| Race numbers are a problem as they need to be thin for the chip to read through and reusable numbers are too thick. Recyclable numbers need gathering in at the end of the race and most runners actually wanted to keep their numbers! |        |
| All event signage to be useable   |        |
| Disqualification for athlete's dropping litter.   |        |
| Avoid unnecessary printing  |        |
| Recycle old clothing and shoes to a charity e.g. Blonde Street Angels   |        |
| <b>Water and Effluents</b>  |        |
| Protest against water pollution in your area.   |        |
| Don't have more water stations than necessary. Important to supply sufficient water stations for participant safety and welfare.  |        |
| <b>Materials and Chemicals</b>  |        |
| Choose reusable items, or at least recyclable   |        |
| British made and sourced wooden medals as opposed to metal transported from China.  |        |
| Think about designs that last when purchasing items. For example: race warning signs that catch the wind as big and wide. A narrower shaped sign would withstand the wind more easily and last longer.                                  |        |
| <b>Transport and Travel</b>   |        |
| Suggest car sharing on race information. Most people do this anyway to save cost and stress trying to park.   |        |
| Cycle or use public transport where possible  |        |
| <b>Food and Drink</b>   |        |
| Healthy post-race snacks as well as treats.   |        |
| Low packaging, use scoops and bags rather than individually packaged bars.  |        |
| Add more plant-based options- they have significantly lower carbon footprints.  |        |
| <b>Biodiversity, Habitats, and Air Quality</b>  |        |
| Avoid dropping litter   |        |
| Keep to public footpaths when out running to avoid disturbing wildlife  |        |



## Sources:

- England Athletics 2022 Sustainability Strategy
- EA Final EA Sustainability Summary
- Running Club Sustainability Strategy Guidance (from EA)
- BASIS (British Association for Sustainability in Sport) Principles
- Brundtland Report
- Deal Tri Club Environmental Policy
- Croyde Ocean Triathlon – Plastic Free Sports Event Toolkit
- TWI Global
- Icons: Energy by Marek Polakovic; Waste by Alice Design; Water by Arif Arisandi; chemicals by Vector Portal; Train by Wolf Böse; food & drink by Asheeqa; biodiversity by Amethyst Studio from Noun Project.