



SFORAE

Sport for All and the Environment

BEST PRACTICES

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Introduction

The idea of "Sport for All and the Environment" (SforAE) Project is raising an awareness about the benefits from ecological behaviours in sport for all. The SforAE Project is organized by 4 partners from 4 countries:

- Asociácia športu pre všetkých Slovenskej republiky (Slovak Sport for All Association from Slovakia)
- Česká asociace Sport pro všechny, z. s. (Czech Association Sport for All from Czech Republic)
- Fundacja na rzecz Odzysku Opakowań Aluminiowych RECAL (Foundation for Recovery of Aluminium Packaging RECAL from Poland)
- Latvijas Sporta federaciju padome (Latvian Sports Federations Council from Latvia)

Apart from education, the aim is to establish strong cooperation between partners to create a synergic effect for them. The project involves the exchange of experiences and the joint development of guidelines for ecologically sustainable sports events. It also includes organization of 4 flagship events (one in each Project country) and support with promotional materials in a form of free of charge canned isotonic drinks for about 120 different sport events. The events must be organized sustainable for environment, including collection and recycling of empty cans. Isotonic drinks were produced and donated by Krynica Vitamin, a producer of non-alcoholic and low-alcoholic beverages on behalf of brands and retail chains.

The most important challenges facing sport event organizers are of course the concern for a high level of sports competition and the care for the efficient course of preparations and the event itself. The list of contemporary expectations posed before sport events is definitely broader and this publication is intended to encourage organizers to reduce their impact on the environment.

This "Best Practices" publication presents the events that showed the best implementation of "Green Guidelines. How to conduct a sustainable sport event" prepared by the "Sport for All and Environment" (SforAE) Project team. Those best events were organized in 2022 in one of the Project's country. The SforAE Project is co-financed by "Erasmus+ Sport" Small collaborative partnership (reference number: 622949-EPP-1-2020-1-PL-SPO-SSCP). Webpage of the Project: www.sforae.eu.

The team:

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Letní slavnosti dospělých / Summer sports festival for adults

Organizer (name: original and English)	Česká asociace Sport pro všechny (Czech Association Sport for All)
Type of organization	National sports federation
Date	24-26.06.2022
Place	Doubí u Třeboně, Czech Republic
Number of participants (sportsmen)	152
Number of supporters (viewers)	150
Number of volunteers	22

Sport festival is open to public, however, the majority of participant are member of CASPV. They love this event and participate in year by year. Program and time schedule is full of various disciplines - very serious ones and also funny and relaxed ones. Everybody can choose, everybody can have a fun and the most important, everybody can move. During 3 days event there is plenty of time to remember the importance of environmental aspects. SforAE project is presented on many places, on the main podium and in dining hall. Many participants are teacher who pass information about the project to their students.



"Green guide" implementation – category and short description of activities



We worked with volunteers, members of our organization. They helped us at the competition stands and checked the correct execution of the disciplines. We provided accommodation and food for them.



Many activities take place in nature, outdoor. We regularly ventilate the rooms.



We promoted the idea of shared rides. Participants shared their cars and buses for shared transportation to the event. Others used public transport.



We inform the participants to save water.



Food delivery is organized with regard to the exact number of people. The order is fixed. People can decide for themselves how big a portion they want. Leftover food is donated to a local farm.



We save energy, check that there is no unnecessary lighting in the premises. Registration and communication is digitally organized.



We always make sure not to make too much noise.



We reduced paper consumption. All documents and invitations were sent by e-mail and published on social media.

Instead of the participation sheets we gave out in the past, participants received a quality book purchased at a sale. In this way, we saved the environment twice. We gave up plastic cups, we used our own (personal) bottles for drinks.



We arranged separate collection of generated waste from the participants (aluminium beverage cans, plastics, paper). Containers for cans were placed in the area and bag racks for sorted waste collection. Information about the waste collection was provided to participants during the event. Collected aluminium beverage cans were transported for the local purchase of secondary raw materials. Other selectively collected fractions were handed over to municipal containers.



We reduced our carbon footprint because the service provider buys from local suppliers and services were provided by local employees.





Letní slavnosti dospělých / Summer sports festival for adults





8 Bieg Czterolistnej Koniczynki i Nordic Walking "Dziwny jest ten świat" / 8 Run of the Four-Leaf Clover and Nordic Walking "This is a strange world"

Organizer (name: original and English)	Stowarzyszenie Jarosławska Grupa Biegowa Sokół (Falcon - the Jarosław Running Group Association)
Type of organization	Association
Date	23.07.2022
Place	Munina, Poland
Number of participants (sportsmen)	182
Number of supporters (viewers)	200
Number of volunteers	80

The Four-leaf Clover Run is a Nordic walking run and march over a distance of 5 km along the route marked out in the area of the Munina village (including areas with attractive landscapes). The event is accompanied by children's runs and a picnic ending with a concert and fun for participants, organizers and fans.

The main goal of the event is to promote an active lifestyle and promote various forms of activity among the community. The event also contributes to building a civil society based on the idea of volunteering and philanthropy, and to promoting the surrounding areas as a place for practicing sports, friendly to active people.

Each year, the event is accompanied by a slogan and a leitmotif. The slogan of the 2022 run „It's a strange world” and the dove of peace as the leitmotif were a reaction to the tragic events in Ukraine and were aimed at expressing disapproval to the war.



"Green guide" implementation – category and short description of activities



During the event, separate collection of waste generated by the participants (aluminium beverage cans, plastics, glass) was ensured. In visible places, containers for cans and bag racks for selective waste collection were placed. Information about selective waste collection during the event was provided to the participants on the event profile on the social media and during the event by the host. The collected aluminium beverage cans were transferred to the local purchase of secondary raw materials. Other selectively collected fractions were picked up by a municipal company.



During the organization of the event, specialized services were commissioned to external entities (e.g. professional time measurement, stage sound system) and equipment lent from the Partners of the run was used m.in: benches, tables and outdoor tents, other elements of infrastructure necessary for the implementation of the event.



The organizer of the race encouraged in a message on the profile on the social media to joint travel of the participants of the event ("car-pooling"). In order to minimize the number of transports of goods and equipment necessary to organize the event, the cargo space of the means of transport was used optimally.



In order to minimize food waste, the organizer ordered a calculated amount of products to prepare meals for the participants of the event. The food left after the event was distributed among volunteers.



The organization of the event was based on the work and commitment of volunteers – members of the Association for Munina Development, Falcon - the Jarosław Running Group Association and representatives of the local community.



Promotion of the event was carried out mainly through profiles on the social media and websites, while minimizing printed materials. During the event, promotional materials (banners) created in previous editions of the run were used.



The electricity consumed during the event was used rationally only for the purposes necessary to conduct the event. The building constituting sanitary facilities for the participants (sports hall at the school in Munin) is equipped with alternative energy sources – solar collectors, which provided hot water to the participants.





**8 Bieg Czterolistnej Koniczynki i Nordic Walking "Dziwny jest ten świat" /
8 Run of the Four-Leaf Clover and Nordic Walking "This is a strange world"**





Majstrovstvá Európy 2022 v športe rope skipping / European Rope Skipping Championships 2022

Organizer (name: original and English)	Slovenská rope skippingová asociácia (Rope Skipping Academy Slovakia)
Type of organization	Association
Date	25–30.07.2022
Place	Bratislava, Slovakia
Number of participants (sportsmen)	3439
Number of supporters (viewers)	6069
Number of volunteers	30

The European Rope Skipping Championships in Bratislava was a sport event compiled of three competitive events - European Rope Skipping Championships 2022, European Junior Rope Skipping Championships 2022 and European Open Tournament 2022.

The competitive events were for individuals and for teams, in speed events and also in Freestyle events (sets of elements to music with a jump rope). Jumping for Health was a part of the event as a non-competitive event, mainly for spectators, where the main idea was to get the spectators moving and involve them in physical activities with a jump rope, whether it was jumping or just exercising with mascot of the event. The final of this event was broadcast live by TV JOJ SPORT and was repeated several times.



"Green guide" implementation – category and short description of activities



Plastic folders and transparent sheets were not used during the preparation, implementation or after the end of the event. If printing was necessary, double-sided printing was used. The referees used tablets, not sheets of paper. Event promotion, flyers, documents, start lists, as well as results were only available online. Advertising banners are used repeatedly. Recycled paper was used in the toilets at the event.



Catering was provided by an external supplier in the neighbourhood of the venue. Usage of plastic plates for food serving purposes was prohibited.



The venue was accessible by public transport, as well as free public transport (BID) for event participants. The participants also made use of public scooters. Accommodation near the sports hall offered the most ecological transport - walking.



Moments of reduced music volume were created during the event. The festival ran during the day to ensure a quiet evening. We did not use fireworks either during the opening ceremony or during the final night.



Local volunteers were managed by the organizer. As a reward, they were provided accommodation, food, refreshment and T-shirts.



Special containers for separated waste, cans and plastic deposit bottles were visibly placed at the venue of the event.



Regular air exchange and fresh air supply was ensured in the sports hall during the event. Using of a diesel electric generator was avoided.



Isotonic drinks in cans were offered at the event. We ensured the elimination of water waste. There were water saving notices in the restrooms.



The lighting in the sports hall was energy efficient and we did the registration electronically.





Majstrovstvá Európy 2022 v športe rope skipping /
European Rope Skipping Championships 2022





Ģimeņu pludmales spēles / Family beach games

Organizer (name: original and English)	Inovātais Projektu Centrs (Innovative Project Centre)
Type of organization	Association
Date	17.09.2022
Place	Marupe, Latvia
Number of participants (sportsmen)	160
Number of supporters (viewers)	35
Number of volunteers	20

BeActive Family Beach games took place in a beach sports center «Ruukki» with indoor and outdoor beach sports fields for families of 4 people (2 adults and 2 children).

Families had throughout the day not only exiting activities and tasks – speed and agility relays, SUP rowing, sand activities, testing different skills, but also other diverse activities. There were sand application activities, face painting, scientific experiments.

Families competed as a team individually in 12 different activities which were only based on teamwork, communication and ingenuity. Each team received points and the top 3 families with the most points were awarded.



"Green guide" implementation – category and short description of activities



The sports center was selected by the organizers as the center uses solar panels to supply their energy, therefore the used electricity for the event was produced by natural energy to minimise the negative environmental impact.



For catering the existing restaurant within the sports center was used to feed the families. Family registration form required to select the type of food they would eat and portion size (child or adult), to have the exact number of portions.



Drinking water supply stations were provided in the event place (by cooperating with drinking water company – Venden). All families upon online registration were informed that all participants had to bring their own water bottles.



Recycling bins were provided for aluminium, plastic and for general waste.



Due to limited parking space all families were instructed to use only 1 vehicle per family to limit the vehicle count.



Music was provided indoors, therefore limiting the noise pollution outside of the sports center and not affecting public.





Ģimeņu pludmales spēles / Family beach games





Ultramaraton Nadbużański / Nadbużański Ultramarathon

Organizer (name: original and English)	Fundacja Ultramaratonu Nadbużańskiego (Nadbużański Ultramarathon Foundation)
Type of organization	Foundation
Date	17.09.2022
Place	Mielnik, Poland
Number of participants (sportsmen)	358
Number of supporters (viewers)	200
Number of volunteers	80

PGE Nadbużański Ultramarathon is an off-road run held since 2018 in the Mielnik Commune in the picturesque Bug Valley. The routes lead along forest and field roads, away from the streets, showing the runners the most beautiful place of Podlasie. The competition is well-known for delicious buffets with regional cuisine, charming routes along the chalk mine or in ravines. The goal of the Nadbużański Ultramarathon Foundation is ecological education and the promotion of sport in a safe and clean environment.



"Green guide" implementation – category and short description of activities



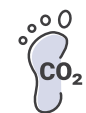
We purchased products whose packaging is suitable for easy recycling. During the whole event, we conducted selective waste collection. All waste produced during this event was recycled or composted. We gave up plastic cups, replacing them with reusable silicone cups, which the runners received in their starter packs. Meals were served on 100% biodegradable bran dishes.



The venue of the competition has been chosen in such a way that the noise does not bother the local community. We finished the event immediately after the last competitor comes running. The decibel level was at an acceptable level, we didn't use any pyrotechnics or similar elements that cause unnecessary noise.



In order to save energy, our event took place in daylight. The building in which we run the competition office was equipped with a photovoltaic installation.



We reduced the carbon footprint through local orders and purchases, promoting ride-sharing among riders and volunteers.



We reduced paper consumption. All documents are signed via the online form. We have replaced the advertising leaflet with a newsletter.



From the beginning of our activity, we put a lot of emphasis on volunteering. We have a separate team of people who are assigned to this task. Volunteers helped us in: marking the route; at nutritional points; handing out medals, water, isotonic; at waste bins. Every year we do a large campaign to attract new volunteers.



At the finish line we provided drinks in small packages to reduce their waste.



When preparing the event, we think and act "eco" - we limited printing to minimize paper consumption, we didn't use plastic for documents. Communication with the competitors took place mainly online - through newsletter, social media; registration for the race was carried out electronically without the need to print cards or statements.



We promoted the idea of shared rides. Runners via our social media agreed for joint travels. We also promoted public transport by publishing timetables and opportunities to reach our event. The starting and finishing point were located near the Green Velo Cycling Trail, because we also promoted this transport option by providing visitors with parking for bicycles.



We bought local and organic products. Orders were adapted to the number of participants. The regenerative meal, prepared by the local housewives club, was served on plates made of bran, which were suitable for eating or composting. Food from the nutrition points that remained was given to runners and participants.



The event took place during the day, in the open space, so we used fresh air and natural lighting.

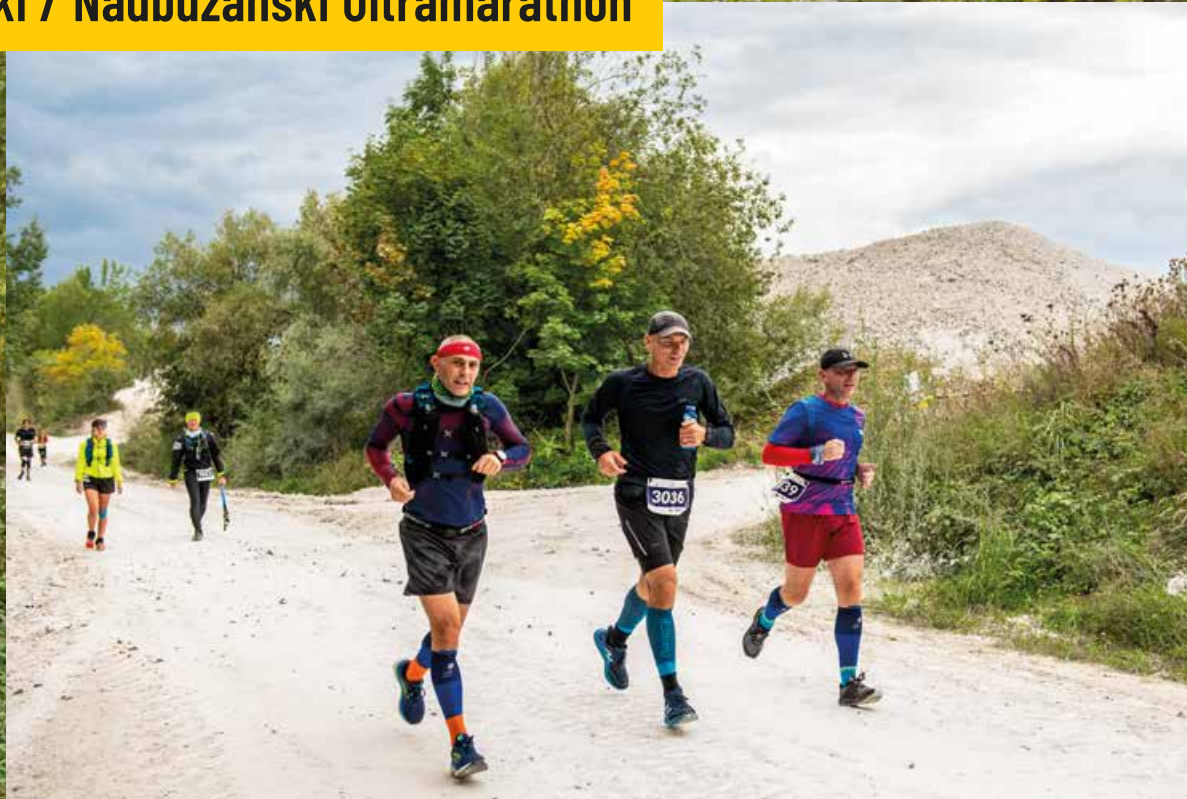


We encouraged participants to ride together - "carpooling".





Ultramaraton Nadbužański / Nadbužański Ultramarathon





Detská tour Petra Sagana / Peter Sagan children's tour

Organizer (name: original and English)	Cyklístická detská tour Žilina (Children's cycling tour Žilina)
Type of organization	Sport club
Date	18.09.2022
Place	Žilina, Slovakia
Number of participants (sportsmen)	329
Number of supporters (viewers)	1000
Number of volunteers	25

The Peter Sagan's Children's Tour is a unique cycling event, that has been organized for the ninth time. It was created as a non-commercial project for children under the age of 14, who wanted to ride a bike but did not reach the racing level. It was given its name by Peter Sagan, a native of Žilina, one of the most outstanding personalities of the professional peloton, three-time world champion, holder of the green shirt in five years of the Tour de France, stage winner in all Grand Tours and many other achievements. Currently, it is already the largest cycling event in Slovakia with thousands of participants, at least 6 events are organized every year.



"Green guide" implementation – category and short description of activities



Provided by a co-organizer /a city, a village, a club/. Every participant received an isotonic drink in cans from the "Sports for All and the Environment" project. Special containers for separating cans and PET bottles for subsequent recycling were visibly placed at the venue of the event. Of the 300 cans provided as part of the project, 253 returned back, which is 84.3% (while the Slovak average is 70%).



The event is attended by children from all over Slovakia, who must also bring bicycles along, therefore a car is the most common mean of transport. Parents also come with their children in camper vans and create camper van towns (about 10-15 vehicles). They made use of the existing parking spaces of the University of Žilina, which were provided to them free of charge.



Banner ads are used repeatedly. They are made of textile materials, they can be washed and used for more years. When the sponsor changes, a new banner made of textile is stretched over the already existing aluminium structures. Banners made in this way are also used at other sports events, or they are lent to third parties.



In Žilina volunteers were provided by a particular co-organizer. The event has a high rating, so it was not a problem to get volunteers, especially from among young people, and they were happy to help. As a reward, they received refreshments and a T-shirt.



The online space for event promotion and contacts with participants is being increasingly used. Printed posters were also waived. The results were published online immediately after the event.





Detská tour Petra Sagana / Peter Sagan children's tour





Rīgas Orientēšanās nakts / Riga Orienteering night

Organizer (name: original and English)	Latvijas Orientēšanās federācija (Latvian Orienteering federation)
Type of organization	National sports federation
Date	23.09.2022
Place	Rīga, Latvia
Number of participants (sportsmen)	638
Number of supporters (viewers)	40
Number of volunteers	15

Latvian Orienteering night took place in 20 cities but the main central event was the Riga Orienteering night.

The event was for teams, but anyone could participate. Participants (teams) had the flexibility to plan themselves which checkpoints they would like to visit in a 3 hour span to collect as much points as possible. Therefore there was no defined length of distance, but it only depended on participants on how much and which checkpoints they would visit. Meaning that any person with different physical levels or skills could take part.

The orienteering took place in the city of Riga, through different parks, monumental places, city regions and historical houses. Starting in the daylight and going into dark, making it more challenging for participants to reorientate in a different light setting.



"Green guide" implementation – category and short description of activities



Event took place in the capital city of Latvia, Riga, with big public transport system, therefore the event organizers had close cooperation with Riga Municipality for all registered participants the possibility to use the public transport free of charge to the event central spot and back.



The event took place mostly outdoors therefore the natural light or municipality daily used light for lanterns etc. were used for the event. Participants had to bring their own flashlights to be able to orienteer during the dark.



Latvian Orienteering federation cooperates in all their event with the State stock company Latvian State Forests, who provide not only recycling bins (aluminium from SforAE, plastic/paper, food and general waste bins), but also educational materials and games for children at each event.



Organizers have long lasting cooperation with a self-trained volunteer group that help to implement their activities throughout the whole year.



The central event spot took place in a private closed building therefore minimising the effect of noise for the public. The orienteering routes did not include any music or extra noise.



Any air pollution measures were prevented, by indicating participants to use public transport, using daily provided light from municipality and using private closed building with their electricity support.





Rīgas Orientēšanās nakts / Riga Orienteering night





BeActive pārgajiens / BeActive Hike

Organizer (name: original and English)	Stirnu Buks (Roe Buck)
Type of organization	Sport association
Date	24.09.2022
Place	Tukums, Latvia
Number of participants (sportsmen)	2400
Number of supporters (viewers)	200
Number of volunteers	28

#BeActive 2022 Hike with Twilight trail took place with the central spot in the recreational sports centre Zviedru cepure (eng. Swedish Hat) enjoying the enchantment of region Kurzeme and the valley of Abava river in the districts of Talsi and Tukums.

To make it available to everyone, participants were able to choose the most suitable of four different distances during the day – 3 km, 11 km, 16 km and 27 km, and 9 km of twilight trail.

The trails went through hilly grounds, forests, villages, open-air art museums, horse farms and for the finale across the river Abava either by a zip-line or a boat. The twilight trail featured eerie surprises, such as scary folk story creatures, for participants to get goosebumps running through their body.



"Green guide" implementation – category and short description of activities



The organizer has a long cooperation of volunteers who they have trained and who help them in different events, therefore it is crucial while selecting organizers for an event to understand whether their mindset is according to the green guidelines.



As the event was on public municipality grounds with the support of municipality all of the electricity was generating through existing infrastructure, therefore no additional diesel generators were necessary. Participants had to bring their own flashlights for the twilight distance.



Through social media all participants were advised to arrive to the event place with family and friends by sharing the same vehicle to minimise the use of extra vehicles and damaging the environment.

Event place infrastructure as houses were used for organisational purposes to minimise the necessity of extra rental.



Recycling bins were provided for aluminium, plastic and for general waste.



Water supply stations were provided in the event place with the invitation to all participants to bring their own water bottles.



The event used two guitar players avoiding any high powered music systems. The music was only at the event central site, which was located far away from private houses and kept the noise to minimum. Along the hike route no extra noise was produced and participants were hiking at their own time, therefore not causing any high concentration areas with a lot of participants.



The event was outdoors and no diesel generators was used as mentioned before, therefore the air quality was left intact.



The organizer coordinated with municipality and some private properties along the hike route and received a certification to use the grounds for hike and to maintain the grounds intact and clean.





BeActive pārgaijens / BeActive Hike





Bieg przełajowy „Ekologiczna 5-tka” / "Ecological 5" cross-country race

Organizer (name: original and English)	Gminny Ośrodek Kultury Sportu i Rekreacji w Trąbkach Wielkich (Communal Culture, Sport and Recreation Center in Trąbki Wielkie)
Type of organization	Culture, sport and recreation center
Date	16.10.2022
Place	Trąbki Wielkie, Poland
Number of participants (sportsmen)	104
Number of supporters (viewers)	100
Number of volunteers	30

"Ecological 5" cross-country race was one of the 12 runs organized as part of the 5th Running Grand Prix of Kociewie. The goals of the competition are popularization of running as the simplest form of physical activity, recreation and a healthy lifestyle. The 5 km long route was not very demanding, but very picturesque, as it ran along forest paths in the Radunia River Valley.



"Green guide" implementation – category and short description of activities



There was a collection of empty cans, using containers and bags for cans. During the event was provided information about the collection and recycling. The collected cans were sent for recycling in the „Cans for balls" project. Additionally containers for segregation of other waste (paper, glass and plastics) were also available.



Food that was not used by the participants of the Competition was given to refugees from Ukraine living in the Commune.



Each participant received a commemorative medal designed so that they can enjoy it long after the end of the event. It consisted of three elements that, when folded, turn into a stand for a smartphone, a stand for a hot cup or a scraper for frozen car windows. The ribbon made of reflective tape can become a part of clothing or a backpack, improving the visibility of people moving outside.



Volunteers (firefighters from the OSP in Trąbki Wielkie and Ełganów, as well as school youth) helped to secure the route and in other organizational matters.



There were no plastic dishes or cutlery in the event area.



Only natural lighting was used during the event.



Multiple use of banners, advertising roll-ups, as well as tents that can be used for other events.





Bieg przełajowy „Ekologiczna 5-tka” / "Ecological 5" cross-country race





Republiková soutěž ČASPV v TeamGymu / National Championship in Teamgym

Organizer (name: original and English)	Česká asociace Sport pro všechny (Czech Association Sport for All)
Type of organization	National sports federation
Date	12.11.2022
Place	Trutnov, Czech Republic
Number of participants (sportsmen)	263
Number of supporters (viewers)	542
Number of volunteers	46

TeamGym is a team competition being performed in three disciplines: Floor, Tumble and Trampet. All three disciplines require effective teamwork and excellent technique with difficult skills in acrobatic and gymnastic elements. TeamGym competitions are divided into three sections: Women, Men and Mixed Teams in various age categories.

National championship in TeamGym included all three disciplines and all categories - the most favourite for spectacles are Senior Women and Men - they perform elements with unbelievable difficulty. In the time of warming up the visitor have lots of time to walk around the event hall and they were sincere interested in our project SforAE. We were very pleased to see, that everybody thought twice to separate garbage in specific bins, included cans.



"Green guide" implementation – category and short description of activities



We arranged separate collection of generated waste from the participants (aluminium beverage cans, plastics, paper). Containers for cans were placed in the hall and bag racks for sorted waste collection. Information on SforAE project was provided to participants during the event. Collected aluminium beverage cans were transported for the local purchase of secondary raw materials. Other selectively collected fractions were handed over to municipal containers.



Local volunteers helped to organize the event and the local gymnastics club managed all administration. Local people know the local conditions very well and their help was invaluable. We provided food and drinks for them.



There were specific volume limits and recommendations used in music playback. They were strictly kept on the competition. We guarantee a pleasant environment for the audience as well as for competitors.



We promoted the idea of shared rides. Participants shared their cars and buses for shared transportation to the event. Others used public transport.



The lighting in the sports hall was energy efficient. The light was on only to ensure the safe running of the competition. In the areas of the dressing rooms and toilets, our volunteers checked whether there were any unnecessary lights.



We reduced paper consumption. All documents and invitations were sent by e-mail and published on social media. Registration took place electronically without the need for printing.



Catering was provided on site, people bought as much food as they needed and could choose according to their taste. Therefore, no food waste was created.





Republiková soutěž ČASPV v TeamGymu / National Championship in Teamgym



Icons legend



Recycling



Food wasting



Transport



Co-sharing



"Green" orders



Volunteering



Energy



Water



Noise



Air quality



Carbon footprint and offset



Certifications



Other





Water

Other

Certifications
Carbon footprint and offset

Transport

Recycling

Volunteering

Co-sharing

Food waste

Noise

Air quality

"Green" orders

Energy

Co-sh

Other

Summary

The examples presented in this SforAE “Best Practices” publication are intended to be a source of ideas for you to organize an event that will have a smaller negative impact on the environment. You can also find more ideas in publication “Green Guidelines. How to conduct a sustainable sport event” prepared by the SforAE Project team. Please think about elements that are possible to implement during your event. For the next one, improve your “green” activities and expand them with new ones. Gradually, most of our proposals will certainly be implemented. And additionally, by switching to “green” thinking, you will certainly come across other, equally ecological ideas for implementation.



Disclaimers

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