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**SFORAE**  
Sport for All and the Environment

# BEST PRACTICES (SforAE) Project

April 2019



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FUNDACJA NA RZECZ ODZYSKU  
OPAKOWAŃ ALUMINIOWYCH



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## **Introduction**

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 an attempt to inspire people responsible for their course, assuming a smaller impact on the environment.

This "Best Practices" presents the events that showed the best implementation of "Green Guidelines. How to conduct a sustainable sport event" prepared by the SforAE Project team. Those best events were organized in 2018 and the beginning of 2019 in one of the Project's country.

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. Its aim is an environmental education through sport and sport promotion in safe and clean environment. The principal is to share the message that physical activity keeps mankind in a good and healthy shape and extends the individuals lives, when saving the natural resources is key to keep the environment beautiful and in a good condition for the next generations. This parallelism is the base for the SforAE Project. It includes 5 partners from 4 countries:

- Asociácia športu pre všetkých Slovenskej republiky (Slovakia)
- Česká asociace Sport pro všechny, z. s. (Czech Republic)
- Fundacja na rzecz Odzysku Opakowań Aluminiowych RECAL (Poland)
- Magyar Szabadidősport Szövetség (Hungary)
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## VI PRZEMYŚL TEN – POLAND

Event name original (PL)	VI Przemyska Dycha
Organiser	Przemysl Runners Club (PRC)
Date	23 September 2018
Place	streets of Przemyśl
Number of participants	900
Number of supporters	2.000

The Przemyśl Ten is a street run over a distance of 10km and additionally run for kids. The run is also open to people with disabilities. Its aim is popularization of mass runs and running as the simplest form of movement and promotion of healthy lifestyle and integration of generations of city residents.

### Green guide implementation:

**RECYCLING:** Waste segregation containers well marked, placed in the central place of the event and at points designated for eating and issuing a meal. Empty cans collection and organisers handed them over for recycling.

**FOOD WASTING:** The right amount of food for participants. Catering with the calculated amount of food for event participants calculated only for people with paid starter.

**TRANSPORT:** Encourage guests to come to Przemyśl Ten on foot. Encouraging participants to jointly compete and park in designated and prepared places by the organizers.

**SHARING:** Multiple use of advertising materials printed on banners, lounge chairs, tents, which can be used on all running events organized by the PRC.

**ECOLOGICAL ORDERS:** Start pack for runners (technical t-shirt and a start number) given in an eco-friendly bag, which can be used to store shoes, sportswear, or used as a shopping bag. In the package, runners did not receive any paper brochures and advertisements.

**VOLUNTEERING:** Involvement of members of the PRC of their families to work in the competition office, to build a start and finish place, involvement of youth from military classes and scouts to cover the route as volunteers of the field, school youth to secure car parking, help at the finish line and at races for children and youth. Representatives of the SforAE Project were also volunteers during this event.

**ENERGY:** The use of natural lighting.

**WATER:** Rational use of water. Drinking water in appropriate quantities, available to runners from distributors (each runner drinks only the needed amount of water).

**CARBON FOOTPRINT AND EMISSION COMPENSATION:** Use of environmentally friendly sport equipment.

**OTHER:** Introduction of ecological education elements. During the event information provided by the announcer.







## VI PRZEMYSŁ TEN – POLAND





## UP AND DOWN THE RIVER VÁH (THE WORLD WALKING DAY EVENT) – SLOVAKIA

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Event name original (SK)	Hore Váhom, dolu Váhom
Organiser	Leisure – Time Centre
Date	5 October 2018
Place	Liptovský Mikuláš
Number of participants	2.639

The Up and Down the River Váh walking event started in 1996 as Slovakian part of the TAFISA World Walking Day. The participants walk the route and visit six registration points. There are activities for children and young people and various competitions (10 in total) at every point and even between them.

### Green guide implementation:

**RECYCLING:** The participants could take the SforAE cans at the registration site of Olympic Club Liptov in the middle of the walk. In the entire facility, where the start and finish of the run were located, containers for selective waste collection were placed.

**TRANSPORT:** The event is mostly attended by the citizens of Liptovský Mikuláš – organised groups and individuals. They do not need any means of transport and they walk additional meters in addition to the prepared walk.

**GREEN RULES:** The organisers have always prepared the event in line with the Green Guidelines. The path has been time-proven and it has become increasingly popular with the town's citizens as a place to relax and exercise. Organised groups register electronically.

**VOLUNTEERING:** The event has been organised by an experienced and proven team of volunteers working for free. The team consists mainly of senior citizens who perform their duties charitably, with extraordinary enthusiasm and dedication. There were about 45 pensioners among the organisers this year. The volunteers are contacted by the Organising Committee through Senior Clubs, Union of Slovak Pensioners, Slovak Red Cross, the Kardio-club civic association, Secondary Medical School, Liptov Olympic Club and other organisations.

**ENERGY:** The event is organised in the natural environment on the waterfront of two rivers, which energises the participants. The event requires no electricity or other resources.

**WATER:** Organisers do not provide refreshments, the participants bring their own supplies. This year, for the first time, they provided high-quality water also suitable for children.

**NOISE:** The event is held in an urban environment, but there is no excessive noise. The participants are not loud and need no guidance in this respect.

**AIR QUALITY:** There has been no air quality alert for the venue in 22 years. The specific situation on the day of the event may be found on the website of the Slovak Hydrometeorological Institute.







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## UP AND DOWN THE RIVER VÁH (THE WORLD WALKING DAY EVENT) – SLOVAKIA



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Photo 1, 2, 3, 4, 5: Asociácia športu pre všetkých Slovenskej republiky



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## V AND VI EDITION OF SUDETEN ŻYLETA – POLAND

Event name original (PL)	V i VI Maraton Pieszy "Sudecka Żyleta"
Organiser	Friends of Gluszyca Association
Date	24-25 August 2018 and 16-17 February 2019
Place	Central Sudetes
Number of participants	478 (2018) and 675 (2019)
Number of supporters	200 + 300

Despite the long distances and huge height differences (2018: distance 65 km and 3000 m vertically, 2019: 52 km and 3000 m), Sudeten Żyleta is a tourist event. All participants who complete the march are winners – as part of the "Sport for all" message. The growing interest in the event and the six-month cycle of realization allowed for a two-time implementation of "Green guide" at the same event in winter – summer, but also night – day, because the summer edition of Żyleta starts in the evening and the winter starts in the early morning.

### Green guide implementation:

**RECYCLING:** Participants were encouraged to take with them all waste generated during the march and segregation after finishing the march. Empty cans collection and organisers handed them over for recycling.

**WASTE REDUCTION:** The organizers asked all participants to bring their own dishes for nutritional points. Ultimately, the total elimination of plastic dishes and cutlery is planned.

**FOOD WASTING:** The right amount of food for participants.

**TRANSPORT:** In the case of the event that took place in February 2019, the starting line could be reached on foot or by a specially organized collective transport from nearby Gluszyca, where participants who decided to reach the car could leave it on the special car park.

**SHARING:** Multiple use of banners, lounge chairs, tents. Many participants arriving by car from other cities offered places in their cars to other participants. The scale of this phenomenon in the case of Sudeten Żyleta indicates its permanent "rooting".

**VOLUNTEERING:** Sudeten Żyleta is entirely based on volunteers who are responsible for marking the route, start-up service, food points.

**ENERGY:** The use of natural lighting. Conscious abandonment of power generators, energy to illuminate nutritional points at night obtained from the network.







## V AND VI EDITION OF SUDETEN ŻYLETA – POLAND





## NATIONAL ASCENT OF KRIVÁŇ – SLOVAKIA

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Event name original (SK)	Národný výstup na Kriváň
Organiser	Slovak Tourist Club – Liptov Region
Date	18 August 2018
Place	High Tatras Mountains
Number of participants	1.500

The National Ascent of Kriváň is an important tourist event with an incredibly long tradition (started in 1835). The members of the Slovak national movement meet at the top of Kriváň to commemorate their relationship with their homeland and to sing national songs.

### Green guide implementation:

**RECYCLING:** The SforAE cans with mineral water were given to the participants who descended from Kriváň to Tri studničky. All empty cans were collected and organisers handed them over for recycling.

**TRANSPORT:** The participants used special transport from one of the two starting points (railway station in Liptovský Mikuláš and the Račková dolina camping site) to Tri studničky and back.

**NATURE CONSERVATION RULES:** The Slovak Tourist Club and its members adhere to written and unwritten nature conservation rules, they cooperate with nature conservationists, and show how people should behave in the nature. The participants carried a plastic bag for their rubbish from food and drinks and they left no litter on the hiking trails.

**VOLUNTEERING:** The volunteers received no financial reward. Most of them were members of the Slovak Tourist Club. Moreover, the employees of the State Forests of the Tatras National Park (Štátne lesy Tatranského národného parku – TANAP) provided assistance with the project for free. Representatives of the SforAE Project were also volunteers during this event.

**ENERGY:** The event was organised in the open air, in the popular High Tatras National Park. No energy consumption or alternative energy sources were required.

**NOISE:** The event took place in an alpine environment where tourists didn't express their emotions by loud talking or shouting. They wanted to enjoy the precious moments of silence offered by the nature.







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## NATIONAL ASCENT OF KRIVÁŇ – SLOVAKIA



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Photo 1, 2, 3, 4, 5: Asociația sportu pre vsetkyh Slovenskej republiky  
Photo 6, 7: Fundația RECAL



## FESTIVAL OF LEISURE ACTIVITIES – CZECH REPUBLIC

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Event name original (CZ)	LADRONKAFEST
Organizer	MČ Praha 6, Prague 6 Municipality
Date	15th September 2018
Place	Praha
Number of participants	4.000 visitors
Number of supporters	50 exhibitors and workshops

Ladronkafest is the biggest festival of leisure activities in the Central Europe. Its long tradition attracts thousands of young people, families with kids of different ages. The largest park in Prague offers a great recreation area that is all covered with sports and leisure activities during Ladronkafest. On the main stage there are concerts, artistic exhibitions, theatre etc.

### Green guide implementation:

**RECYCLING:** Co-operation with a city recycling company: at each entrance to the park large bins were placed for various packaging, which were then sent for recycling.

**PUBLIC TRANSPORT USE:** There is a great public transport connection, the bus stop is just next to the park, direct connection to tube (metro).

**VOLUNTEERING:** Most of people working on Ladronkafest are volunteers recruited from students. Exhibitors are from non-profit organisations based on volunteers. All together about 200 volunteers are working during this event.

**NOISE:** Prague city uses a noise regulation for all outdoor events, organizers keep it.

**FOOD WASTE:** All food sellers cooperated with safe food organizations and leftover food was picked up for people in need.

**OTHER:** There were the refueling cups available at each drink stalls.







## FESTIVAL OF LEISURE ACTIVITIES – CZECH REPUBLIC





## VII INDEPENDENCE RUN – POLAND

Event name original (PL)	VII Bieg Niepodległości Żagań
Organizers	Pałac Książęcy, H&S Media Consulting
Date	11 November 2018
Place	Żagań
Number of participants	1.020
Number of supporters	2.000

The Independence Run in Żagań is a 10 km street run. There are also runs for kids over distances 60, 200, 300 and 800 m. The goal of the run is to promote sport and recreation among the community and also promotion of patriotic attitudes. In 2018 it is the celebration of the 100th anniversary of Poland's regaining an independence.

### Green guide implementation:

**RECYCLING:** At the finish line the SforAE cans with water were waiting for competitors. In addition, other drinks were served in paper cups, in the amount necessary for the player, so as to eliminate the waste of drinks. All packaging was collected and recycled.

**FOOD WASTING:** The apples issued at the finish line were served straight from the baskets, so as not to create additional packaging.

**TRANSPORT:** We encouraged participants to come to us by public transport, publishing e.g. train timetable. In addition, we have set up a special guarded parking for bicycles and a car park dedicated only to cars, in which there were at least three participants in the run.

**VOLUNTEERING:** The event has also been an excellent volunteer lesson for years. Our entire team works as volunteers, which attracts crowds of people who want to get involved in the event on the basis of volunteering. This year it was about 200 people. Representatives of the SforAE Project were also volunteers during this event.

**ENERGY AND OTHER:** Registration possible only by email. No leaflets placed in start pack. All start pack were packed in paper, not plastic bags. They were also considerably reduced their size compared to previous years. During the event was organized food collection for an animal shelter.







## VII INDEPENDENCE RUN – POLAND



## NATIONAL CHAMPIONSHIP OF TEAMGYM CASPV OPEN – CZECH REPUBLIC

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Event name original (CZ)	Republiková soutěž Teamgym Junior a Senior ČASPV Open
Organizer	Czech Association Sports for All (ČASPV)
Date	10th November 2018
Place	Trutnov
Number of participants	314 competitors
Number of Supporters	50 organizers, 500 visitors

Teamgym belongs to gymnastics sports, its disciplines are floor, trampoline and tumbling. The national championship of Teamgym 2018, organized by ČASPV, hosted 46 teams of children from 7 years old to adults, so called seniors, categories.

### Green guide implementation:

**RECYCLING:** There was a lot of waste segregation containers, very well marked, placed on the corridors. Empty cans collection was organized by volunteers, also children were involved.

**PUBLIC TRANSPORT USE:** All teams use shared busses or trains. Using team busses and minibusses was financially supported from special funds. Parking place was available only for busses. Car parking place is due to pay. Trutnov is small town and visitors are motivated to walk.

**NOISE:** TeamGym disciplines use music. There are special rules for music that must be applied. Also, gymnastic halls are equipped by sound technics on very good level. The noise regulation is an usual equipment. Music loudness is always “ears friendly”.

**VOLUNTEERS:** Any TeamGym competition could be held without volunteers. Judges, technical support, administration support – all of them are volunteers. Plus, refreshments for competitors and drinks support is always covered by parents and friends of competitors.

**OTHER:** Recycling was the main issue of the day – organizers reminded green guidelines many times a day, there was a few recycling sports inside and outside of the gymnastics hall.







## NATIONAL CHAMPIONSHIP OF TEAMGYM CASPV OPEN – CZECH REPUBLIC



## **FAMILY SPORT FESTIVAL – HUNGARY**

Event name original (HU)	Family Sport Festival
Organizer	Hungarian Leisure Sport Association
Date	2 September 2018
Place	Millenáris Park, Budapest
Number of participants	5.000
Number of supporters	300

The Family Sport Festival is a traditional sport for all event which took place at the Millenáris Park in Budapest. The festival is a spectacular mix of almost 100 kinds of sport activities. The main targets of the event are families, but everyone was welcomed regardless of age, fitness level or social background.

### **Green guide implementation:**

**RECYCLING:** Along the lines of promoting “green” thinking, we offered a diverse day of learning through actively, thus consciously, participating in recycling.

**FOOD WASTING:** We experience that our participants come to be active at the event and it is thus not necessary to provide food trucks on the festival territory. Since we organized the event in the city center, participants could simply buy food in the neighborhood. Therefore, we only provided water and salad at the event territory to avoid food wasting.

**VOLUNTEERING:** Plenty of students contributed to the success of the event. Their main task was to help and inform the participants at the sport spots. Representatives of the SforAE Project were also volunteers during this event.

**TRANSPORT:** the event was also promoted among our member organisations outside of Budapest. We supported their travel costs so they could travel together by rented buses.

**OTHER:** Thanks to the SforAE project we had a special tent with a playful educational activity: participants could throw used aluminum beverage cans into dedicated cardboard containers. The most active and precise throwers received promotional gadgets from our project. Furthermore, another possibility was a “green-quiz” at the tent with exciting questions regarding environmental issues. Besides, the Hungarian members of the Every Can Counts project provided creative games and information on the significance of selective waste management.







## FAMILY SPORT FESTIVAL – HUNGARY





## V PARK HEART RUN – POLAND

Event name original (PL)	V Parkowe Hercklekoty
Organizer	MK TEAM
Date	17 February 2019
Place	Katowice
Number of participants	1.178
Number of supporters	250

The V Park Heart Run is a 10 km run. There are also runs for kids over distances 50, 300, 400 and 700 m. The run goes through charming corners of the Valley of Three Ponds, one of the favourite places of active residents of Katowice.

### Green guide implementation:

**RECYCLING:** Segregation of waste to appropriate containers at the event. In cooperation with the RECAL Foundation, an additional container for aluminium cans. All materials were recycled.

**FOOD WASTING:** No food waste – ordered about 10% less meals, because not every participant wants to eat after the run or simply is not coming. However, the rest of food waste was delivered to a shelter for homeless people in Katowice.

**TRANSPORT:** We encouraged participants to arrange a joint ride. According to previous editions of the run, less people were seen in cars and most often cars were filled with participants or fans. Thanks to this we contribute to a smaller emission of exhaust fumes into the air.

**ENERGY:** The event is organized outdoors, in the middle of the day, that's why we use the only natural lighting.

**OTHER:** Registration possible only by email. Introduction of ecological education elements, especially among young people and children. Information about selective waste collection is provided by the announcer throughout the duration of the event. We re-used advertising materials printed on banners and designing the wall we try to do so that it is the most universal, so that you can use it for the next competition. The oldest banners are over 5 years old.







## V PARK HEART RUN – POLAND





## SENIOR SPORT FESTIVAL – HUNGARY

Event name original (HU)	Senior Sport Festival
Organizer	Hungarian Leisure Sport Association
Date	6 June 2018
Place	Cegléd
Number of participants	1.000
Number of supporters	200

The Senior Sport Festival is the biggest senior sport for all events for senior (over 60 years old) citizens in Hungary. The event offers plenty of sports activities for senior participants who are coming from various regions of the country. The main message of the event is to "take part", so every active participant has the chance to win gifts. The whole event is based on a joyful game of point collection. The participants earn points after each completed activity.

### Green guide implementation:

**RECYCLING:** As part of the playful competition, one task was the compression of empty water bottles for recycling. The participants could collect points for this, so they were motivated to visit this spot and compress their own empty bottles and recycle them.

**VOLUNTEERING:** With the great support of HLSA local network, plenty of young volunteers from the local secondary school helped during the event. Through this event, they experienced how to cooperate with senior citizens, which they highly enjoyed. Thanks to the local volunteers, there was no need to transport helping hands from Budapest, thus working with locals also saved transport costs and environment.

**TRANSPORT:** It is always a key element of the event to find a venue which can be easily reached by public transport. Cegléd itself is a relatively easy-to-reach city for everyone since it is located in the middle of the country and the event venue is not far from the local bus and train station. Many participants arrived by train to the event location. Also, we tried to organize most of the needed products, materials and gifts from Cegléd-based firms so there was no need to transport a lot of material.







## SENIOR SPORT FESTIVAL – HUNGARY





## Summary

The examples presented in this “Best Practices” publication are 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 next event. For the next, 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

This publication was prepared jointly by Partners of “Sport for All and Environment” Project (SforAE) co-financed by “Erasmus+ Sport” Small collaborative partnership (reference number: 590833-EPP-1-2017-1-PL-SPO-SSCP). It reflects only the author's view and the Agency and the Commission are not responsible for any use that may be made of the information contains.