



## Eliminating Single Use Plastic Bottles

Options to eliminate plastic bottles in your club are two-fold - you can consider a 'complete ban' or a 'phased introduction', whichever you think fits your club best.

### Phased Introduction

Identify a team or teams who will lead the challenge in your clubs. Set a 'plastic savings' challenge for the team to monitor progress.

### Complete Ban

If you are banning plastic bottles completely you need to ensure that this message is communicated to your entire club, setting dates on when plastic bottles are no longer accepted and outlining alternatives. It is particularly important that club executives, team trainers, coaches and managers etc. all communicate this message to their teams and wider club membership, and indeed lead by example.



## Communication

Ensure all relevant club members are aware of the work you are doing. This is an opportunity to communicate the rationale behind the activity in addition to the approach.



## Inspire

Keep spreading your message as education and awareness is the key to success!

## Practical advice on reducing plastic bottles

As your club is making changes to improve overall environmental performance, it's important to note that different actions and activities will work better in varying settings. Outlined in this guidance document are various tips, some of which will be more relevant than others depending on situations and circumstances.

TIP! Encourage the use of reusable water bottles (always ensuring EU standard is adhered to).

TIP! If you are not going for a complete ban on single use plastic bottles initially, you should also promote recycling, which is also an important environmental activity.

By placing information posters and signage at waste stations throughout your facility, you will assist improve waste segregation. It is also important to provide adequate receptacles for recycling to ensure all plastics and other recyclable materials are captured. Downloadable assets are available from [mywaste.ie/clubs](http://mywaste.ie/clubs).

TIP! Communicate 'good practice' messages within the club and work towards this being the norm.

**Make a start with our Single Use Plastics Elimination Checklist on the next page...**

# TIPS!

### Identify a Green Team member

who will co-ordinate and liaise with members and teams, particularly in identifying and addressing any issues that arise.

### Create awareness

of the prevention activity by communication to club members and community, through the use of signage for your facilities and through social media.

### Outline that your club is working hard

to reduce the quantity of plastics used by club members, whilst also ensuring in the interim, that all recyclables are captured in the recycling stream. This will not only highlight what you are doing but may encourage further participation and ideas from others.

### Set your plastic campaign launch date

and ensure everyone you are targeting knows about it.

Positive commentary and acceptance will encourage and inspire other club members to participate. It's important to encourage this and show how everyone can participate and be involved. Having 'We have saved X Plastic Bottles' social media content and posters which are updated as required will further encourage participation.

## Some other ideas to consider

### Think sponsorship!

Source sponsorship for team reusable bottles - local business often support local clubs.

### Think commitment!

Ensure that your club policy and charter includes your commitment to eliminating single use.

### Think Reduce!

Other common plastic items include straws and sachets - which could also be eliminated.

Single use plastic bottles are a common waste item in sport club waste and can be eliminated by some simple planning and management decisions. The following checklist will help you address the elimination of single use bottles – whether on a phased basis or by undertaking a complete ban.

CHECKLIST	DETAILS
Who is involved - teams, whole club etc.?	
How many members have their own reusable bottle? (estimate % or figure?)	
Is there a dedicated volunteer to monitor progress?	
Have members team trainers, coaches etc been briefed?	
Have alternatives been promoted?	
Have you set dates for the complete ban to commence?	
Have you identified green leaders to inspire other?	
Have you a plan for non-compliance?	
Who is communicating message to entire club community?	
Have you a notice board to update club members?	
Have you considered a visual to share current situation with wider club?	
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### Quantifying Single Use Plastic Bottles - Desktop Exercise

This exercise will allow clubs to quantify the amount of single use plastic bottles that can be potentially eliminated – calculations can be based on individuals, teams, by age etc.

Please type calculations into boxes below.

Number of club members / players	How many training sessions/matches (engagements)	Assumption of 1 bottle per person per engagement	Total amount of waste plastic bottles
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