

TASK: Adel will create an online diagnostic test, in which sports clubs and schools can find out whether or not they are carrying out good or bad sports practice, in terms of environmental impact, and it will be sent to our website so that can improve these practices in case the test is of high impact.

1. **Do you bring your trash back with you when doing sports outdoors (hiking, jogging, cycling...?)**
never, rarely, sometimes, , often, always
0,1,2,3,4,
2. **Do you have recycling bins in your sportclub/ school/ property?**
no, yes but we don't use them, very few, ,yes but usually the trash is mixes in, yes
0,1,2,3,4,
3. **Do you have any instructions about the energy savings or water use at the premises ?**
no, no we do not need it, very few , yes but usually we do not see people to apply it, yes,
0,1,2,3,4,
4. **Do you have any motivational system/ reward for those who come to the premises by bike or walking (if possible)?**
no, no we do not need it, we had in past, yes but it is not well presented, yes
0,1,2,3,4,
5. **When planning a sports event at your club/ school do you think about how to decrease the environmental impact?**
no, rarely, sometimes, often, always,
0,1,2,3,4,
6. **Have you ever included environmental activities in your sport club/ school connected with sport?**
no, rarely, sometimes, often, always,
0,1,2,3,4,
7. **Have you ever taken some steps to change the internal functioning, organization and administration to be more eco-friendly?**
no, rarely, sometimes, often, always,
0,1,2,3,4
8. **Do you think it is important to educate youth/ young people/ pupils / children about the environmental problems even in sports ?**
no, maybe, sometimes, it is not topic for sport club,yes absolutely,
0,1,2,3,4,

9. Do you think players in your club/ school are led to ecological behavior ?

no, maybe, sometimes, , yes but not correct, yes absolutely

0,1,2,3,4

10. Would you be willing to make small changes to bring a more eco attitude to your sport club/ school?

no, maybe, sometimes,, yes but not so many, yes absolutely

0,1,2,3,4

11. Is the implementation of an ecological approach to sports considered challenging, unmanageable, and stressful?

no, maybe, sometimes, , yes but we would try it, yes absolutely

0,1,2,3,4

NO 0- 8 points

It is right time for a change, here are some valuable tips that you can implement

It is time to bring some small changes into your club/ school. Print out an enticing flyer showing how to recycle and place it above the recycling bins, explain why it is important not to waste water and energy, and motivate kids/ youth to come to the club/ school by bike. Include a few fun and interactive activities focused on ecology. Hang on the wall educational signs to every training room/to the bathroom, everywhere possible. This way children/ youth will not only know that they should switch off the lights or not waste water but they will also know a reason. Organize a small event where you will introduce everyone with the new implemented rules, explain the reason, educate them and also do some fun ecological activities in the end. The sport club or school is a community - your colleagues, the players, people who are regularly coming will see the change and once they know the reasons and they are motivated to do something for the environment from someone who is important in their life they might change their behavior not only at the club/school but they can bring the acquire habits to home and spread awareness their own way. Streamline the running of your office, whatever is possible do online, try to avoid printing - only print when necessary.

Climate change threatens the future of all of us. The change is up to us.

Rarely/ maybe/ we do not need them, we do not use them 9- 18 points

Embrace ecological responsibility: lead your sports Club/School sustainable way

There is still a lot of work you need to do. Start right away and engage ecology into your activities. It is not too hard to organize events with the thought about the environment. You already did take some steps towards a greener future, so strengthen the thought and keep your team motivated to separate the trash, saving the sources (water, energy...) and introducing them to small ecological changes. There are many way you can do it, talk to your sponsors/ partners and figure out a more

sustainable way of support from their side. Create a contest for the youth to come up with some changes that you can implement to become a more sustainable sport club/ school. Streamline the running of your office, whatever is possible do online, try to avoid printing - only print when necessary. You are on the right path towards a better and greener future. Take measures to minimize water usage in your sports facilities. Install water-efficient fixtures, promote responsible water usage among staff and participants, and consider implementing rainwater harvesting systems to reduce reliance on municipal water sources. Consider environmental volunteering when you can organize regular volunteering events where your club members can participate in local environmental initiatives. By incorporating these additional activities into your club's operations, you can amplify your environmental efforts and create a more sustainable sports organization. Remember, the journey towards ecological excellence is an ongoing process, and each step taken contributes to a greener and more environmentally conscious future

Sometimes/ very few 18 - 28 points

There is still lot you can do but you are on a good way towards greener future

You already have some basics of the ecological steps included in your club/ school. Work on them, expand them and give them importance. Care more, make visible the already existing piece of ecological thinking in your club/school. Pay more attention to the involvement of activities with the topic of ecology and encourage your team to think ecologically even outside the club/school. Your dedication to the cause can have a bigger impact than you think. Sometimes these things seem to be exhausting and useless, but every individual change can lead to our better future and you have the power to change the point of view for your community. Teach the youth and students to approach the environment with respect, and become their role model. Implement activities that can teach them correct separation, explain their impact on the Earth, and most importantly tell them what they can change in their life to become more sustainable and live in a balance with our planet.

Often/ yes, but 29-35 points

You are already walking in the green direction, you do not know what else you could do, here is a little advice.

In conclusion, as a sports club / school committed to the environment, you are already on the right path. Remember, the collective effort of sports organizations around the world can lead to significant positive change for the environment. Furthermore, consider exploring additional ecological activities to integrate into your club's /school's operations. Consider participating in carbon offset programs to neutralize the greenhouse gas emissions associated with your organization's activities. This can involve investing in projects that reduce emissions or promote sustainable practices, such as renewable energy initiatives or reforestation projects. Get connected with ecological organization and connect youth activities with the ecology- also connect participants so they can share knowledge and skills among them. You can create a long term cooperation or one event where you will connect the goals of the organization within sports activities, you will spread ecological thinking. By implementing the aforementioned recommendations, you can further enhance your ecological practices and inspire others to adopt sustainable initiatives

Yes 36+ points

Your sport club/ school is a good example on how sustainability should be the sustainability implemented, keep on doing a great job.

Good job, your club/school has already mastered how to include ecology into the sports area. You are already carrying out good practices in terms of environmental impact. We appreciate your dedication and willingness to bring the younger generation towards sustainable living and this way ensures that the next generation will have a green future. You understand the importance of implementing all possible steps to be a green sport club from the basics like office job to more complete tasks such as organizing a sport event. All your activities are led to be in balance with the environment and you are teaching your community to live the most sustainable and conscious way. Engage also your sponsors and partners to promote sustainable practices throughout your events. Encourage them to align their products or services with ecological values and collaborate on eco-friendly initiatives, such as eco-packaging or responsible supply chain management. Regularly evaluate and update your ecological practices based on emerging technologies, research, and best practices. Stay informed about advancements in sustainable sports management and seek out opportunities to implement innovative solutions that reduce your environmental impact further.
