



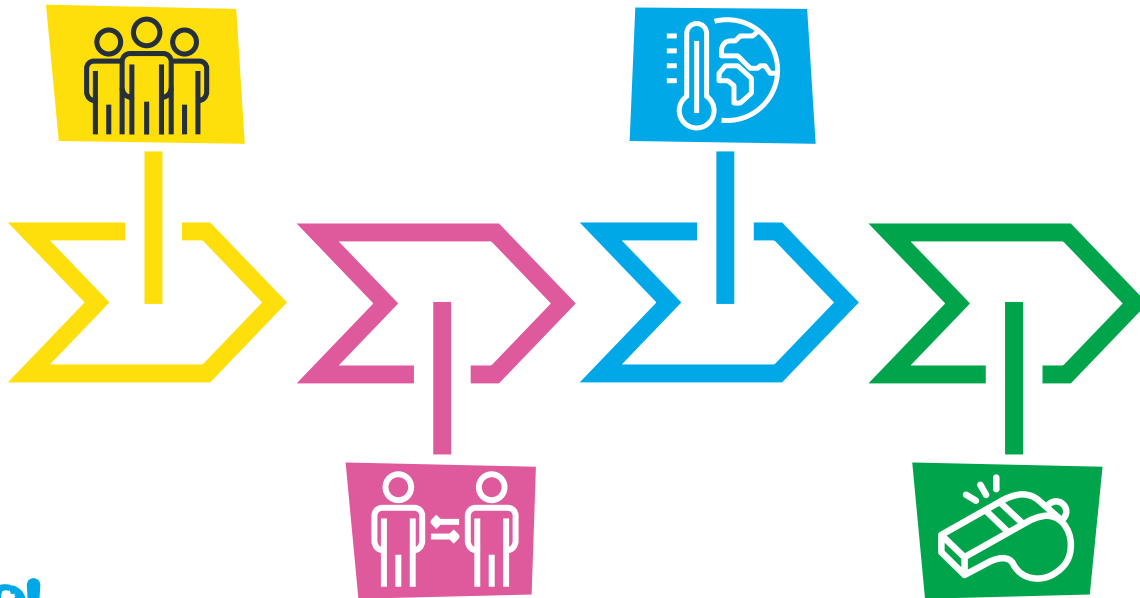
Young Leaders Module Sustainable Sport

#OurEcoEvent



The Journey

By undertaking this module, you will learn to develop the leadership skills and behaviours to bring environmental sustainability to sport and physical activity in your school. As young leaders you will be given the knowledge to drive positive change in your schools and in your communities



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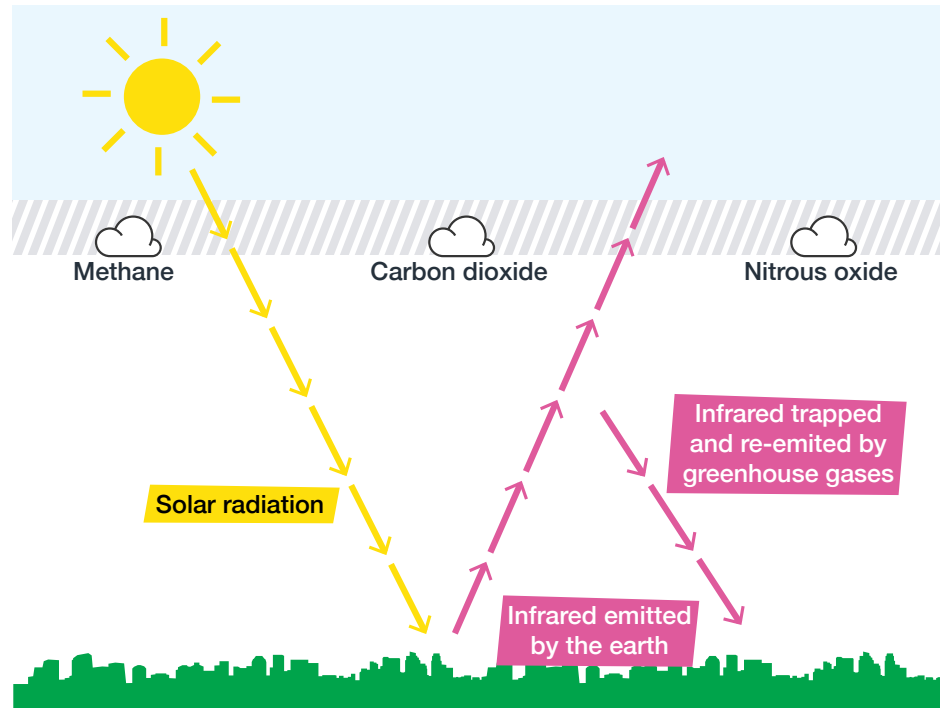
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**UNITED BY
BIRMINGHAM
2022**

Understanding sustainability

“Never before have we had such an awareness of what we are doing to the planet, and never before have we had the power to do something about that... The future of humanity and indeed, all life on earth, now depends on us.”

David Attenborough



What is being done to fight climate change?

Carbon Neutral (or Carbon Zero)

- Carbon neutral was the Oxford Dictionary's word of the year in 2006.
- It's now a popular term across the world.
- It means any that any CO2 emissions sent into the earth's atmosphere are balanced by CO2 emissions being removed.
- It's a term that is used by businesses and other organisations as an environmental goal.



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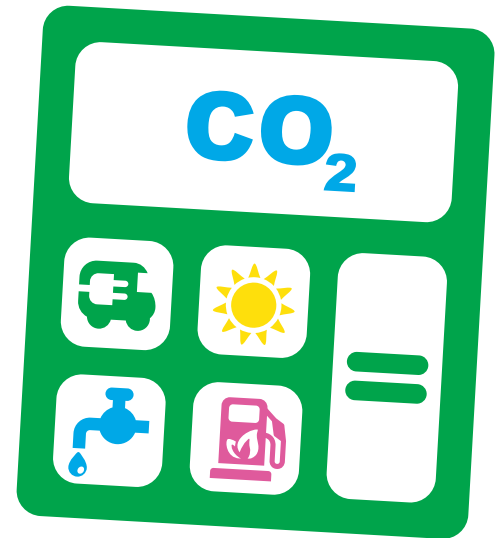
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Carbon reduction

There are different ways in which greenhouse gasses are released into the Earth's atmosphere and different ways in which we can change to reduce the impact on the climate:

- **Travel/transport** – Fuel used in cars, aeroplanes, motorbikes, boats and other forms of transport.
- **Energy/power** – Around 40% of greenhouse gas emissions come from the burning of fossil fuels to generate heat and electricity.
- **Resources** – In other words “stuff”. Any product or items required in workplaces, institutions or households uses natural resources like water and energy to be made. This reduces natural resources, and often relies upon energy generated by burning fossil fuels and creates more waste.
- **Food** – Food production contributes around 37 per cent of global greenhouse gas emissions, showing the huge impact that our diets have on climate change.
Animal-based foods produce have roughly twice the emissions of plant-based ones.
- **Waste** – By creating a lot of waste, it can impact climate change and create air pollution. Plus it directly affects many ecosystems and species. Landfills release methane gasses, a very powerful greenhouse gas linked to climate change.



Can you think of three ways in which people can reduce their carbon emissions?

1

2

3

Now, thinking of your own lives, in school and where you live....can you give three examples of where you see environmental sustainability in action?

1

2

3

Again, thinking of your own lives, can you give three examples where you could make some changes to help the environment?

1

2

3

What about sport's place in sustainability?

“Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does. It speaks to youth in a language they understand. Sport can create hope where once there was only despair.”

Nelson Mandela



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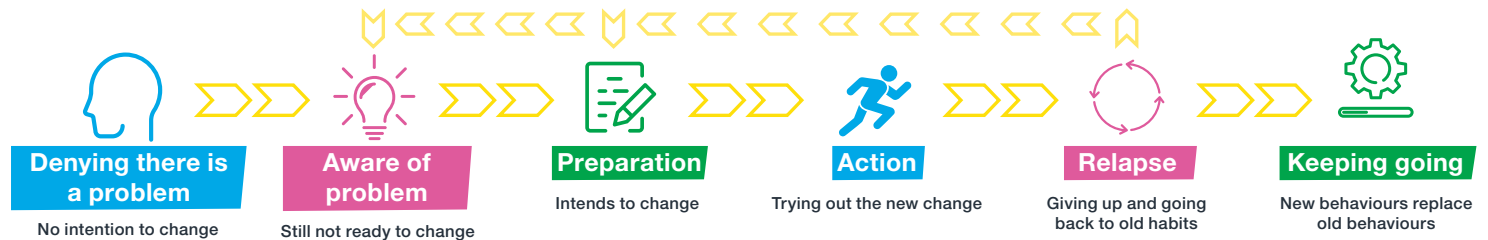


“Climate Change Needs Behaviour Change”

How do we change human behaviour?

Rare.org

Six stages of behaviour change by Prochaska and DiClemente:



Changing behaviour is never easy. People need to be motivated and have the tools to change.



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Nudge theory

Nudge theory suggests people's behaviour can be influenced by small suggestions and positive reinforcements.

Example: Would you like large fries with that?



Positive disruptors

Influential individuals who challenge and question the norm. Within a group they are people who strive for improvement and seek positive alternatives.

Example: Dale Vince, owner of sustainable, vegan football club Forest Green Rovers.



Activism

Groups and organisations who undertake vigorous campaigning to bring about political or social change.

Example: Greta Thunberg inspired School Strikes.



Carrot and the stick

The theory that you can reward good behaviour and punish bad behaviour. It is based on an old story of a donkey, the best way to move him is to put a carrot in front of him and jab him with a stick from behind.

Example: In London cars pay a congestion charge, but electric vehicles are exempt.



Can you think of three athletes or teams that use their profile as a force for good?

1

2

3

Can you tell us when or how a high-profile sports person, team or organisation has influenced you?

Can you think of a situation when someone you know in your family, school or community has taught you something and changed your behaviour in a positive way?

School Games outcomes

The School Games is committed to targeting young people who need the intervention most (particularly but not exclusively those from low social economic backgrounds, minority ethnic groups, SEND, girls) to improve their physical literacy, social, emotional and physical wellbeing.

How can we target those less active into activity?

By delivering an **event** around sustainability to engage more young people into sport and physical activity.

The **Eco-Friendly** value was launched in 2022 as a new School Games value alongside Passion, Self-Belief, Respect, Honesty, Determination and Teamwork. Use it to encourage sustainable behaviours around the School Games.

Visit yourschoolgames.com to find out more about the values.



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Birmingham 2022 has pledged “To Make Birmingham 2022 Commonwealth Games The Most Sustainable Yet”, including:

Carbon and air quality

- The first carbon neutral Commonwealth Games.
- Wherever possible we will reduce carbon, and where that cannot be reduced, we will be offsetting this through credible and predominantly local carbon offsetting programmes, including tree planting.
- Carbon-neutral international travel and accommodation for the Queen’s Baton Relay.
- Low emission travel options and active travel such as cycling or walking.

Circular economy principles to minimise waste

- Dramatically reduce the use of single use plastic by...
 - Minimise single use plastics across the full Games footprint.
 - Install free drinking water refill points wherever possible.
 - Implement waste reduction processes across all operations.
- Hire rather than buy equipment where possible.
- Plan for the end of the Games to ensure assets can be repurposed and reused in the future.

Conservation

- Increase levels of biodiversity and bring improvements to the local environment at new Sandwell Aquatics Centre (swimming) and Alexander Stadium (athletics) developments.
- Clearing 22 miles of canals of waste in partnership with the Canals & Rivers Trust.
- Making conservation and sustainability part of the Games’ regional and international education programmes.
- Creation of 2,022 acres of forest through partnership with Severn Trent.



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Creativity is intelligence having fun

Now it's your turn! What event and activities will you organise to help support the environment as part of the School Games?



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Making a plan

Here are five stages of planning...

1 Your team

Create a team of people. Perhaps teachers, schools staff, students and parents. Discuss and decide what you want to achieve.

2 Clear Goals

WHAT are your goals? Are your goals SMART (Specific, Measurable, Achievable, Realistic and Time-bound) For example, “We are going to eat more plant-based meals,” is not SMART. “25% more school meals will be plant-based in this academic year compared to last year,” is SMART.

3 Who

WHO is going to lead the project and what jobs will everyone in the team make sure they do?

WHO are you trying to reach with your activities?

4 Let's Go!

Make sure you have all your plans and processes in place. Is everyone informed? Does everyone understand what is expected?

5 Reflect and Review

WHAT have we learned?

WHAT did everyone involved think? Can we survey people to find out?

WHAT improvements can we make for next time?

“If you fail to plan, you are planning to fail!”

Benjamin Franklin



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Be Inspired!

The Birmingham 2022 School Games Sustainability Challenge sets you the challenge to make positive changes at school, delivering an event covering three areas of sustainability (see below).

TRANSPORT



Transporting athletes, staff, equipment and materials for events are all sources of carbon emissions. Carbon emissions have a massive impact on the world around us causing rapid climate change through global warming that can cause rising sea levels, threatens habitats, increases the risk of natural disasters like flooding, droughts and wild fires and threatens the biodiversity of the natural world.

WHAT ARE BIRMINGHAM 2022 DOING?

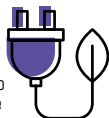
- Encouraging people to come to the Games via public transport, by including the price of public transport in their ticket
- Promoting active travel, such as walking and cycling
- Using electric vehicles in our event organisation
- Teaching people about carbon emissions at events

WHAT COULD YOU DO?

Who's coming to your event and how are they getting there?

- Could you encourage participants to walk or cycle?
- Could they take public transport? Or a school minibus?
- How could you encourage them to leave the car at home? Could people lift share?
- Can you incentivize participants by giving awards to teams or participants based on the lowest carbon footprint?

ENERGY



Energy is used to power lights, the TVs, devices and much more. Using electricity can burn fossil fuels which also emit carbon emissions.

WHAT ARE BIRMINGHAM 2022 DOING?

- Being really careful with the amount of energy we use
- Using renewable energy like solar panels
- Encouraging people to turn off lights etc when not needed

WHAT COULD YOU DO?

Think about what uses energy across your event and do you need it all the time?

- Can you switch things off when they are not in use? How can you help other people to switch things off when not in use?
- Is the heating left on longer than needed?
- Is your electric mains power from renewable sources?

WASTE



Running an event can use lots of new materials and produce lots of waste. Waste can harm the environment and those who have to live in it, and it often ends up being disposed in landfills.

WHAT ARE BIRMINGHAM 2022 DOING?

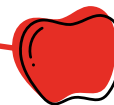
- Renting rather than buying where we can
- Making all our tickets digital
- Reducing packaging
- Providing free water refills
- Encouraging people to put things in the right bin
- Working with charities to give them things we don't need after the Games

WHAT COULD YOU DO?

How can you reduce the amount of waste your event creates?

- What bins do you have? Do people know what to put in what bin?
- Can you borrow/rent instead of buy?
- If you do need to buy something – who can use it afterwards?
- If you need to make signs – could you make signs that are reusable for the future?
- Can documents be digital rather than printed?

FOOD



Food is a large source of carbon emissions – its production, processing, packaging, transportation and waste all combine to generate the carbon emissions of the things we eat. There are lots of things we can do to reduce this!

WHAT ARE BIRMINGHAM 2022 DOING?

- Making sure most of the food we buy is from local suppliers
- Looking at biodegradable food packaging and appropriate waste streams
- Encouraging people to try a new food – plant based
- Reducing food waste

WHAT COULD YOU DO?

Where is your food coming from? Could someone local provide it?

- What choices of food are you providing? Can you encourage more vegetarian or plant-based meals?
- Will you have any food left over after your event? Who could use it?
- Can you create a compost heap for leftover food? Or use compostable food packaging?

CONSERVATION



Conservation takes the natural environment that we have and makes sure we look after it and make it better. We need to look after nature – it's good for us – it keeps us healthy physically and mentally.

WHAT ARE BIRMINGHAM 2022 DOING?

- Planting 2022 acres of new forest so everyone so everyone can enjoy the forest for years
- Planting 72 tiny forests so lots of people get involved and learn about nature
- Clearing 22 miles of canal to remove plastics and prevent it from entering waterways

WHAT COULD YOU DO?

Is your event near any nice green places/nature?

- Could you organise a litter pick?
- Could you plant some wildflowers or trees?
- How could you encourage people to look after nature?
- Could you leave any areas unmowed?
- Do you have any space for a bee/bat box?
- Are there any charities you could volunteer with?

Complete your plan

Your team

Who is in the group?

Your three goals

What will you try to achieve?

Who is doing what?

Who is responsible for each job?

Who are you trying to engage?

Young people you are targetting with this activity.

Actions

What needs to happen to reach the goals.

Results

What happened? What was achieved? What was learned?

How will you share your success?

Use the hashtag [#OurEcoEvent](#) and tag Your School Games into event communications. Use the media guides on the dashboards at yourschoolgames.com