

**SPORT** #WithoutWaste

# Guide for School-Based Sport Events #WithoutWaste



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## **Purpose of This Guide**

This guide has been created to provide information, inspiration and examples of initiatives that work to grassroots sport organisations, showing them how to organise sport without waste school based sporting events. It focuses on the HOW with a step-by-step approach, while giving tips and tricks on establishing partnerships, communication and working with volunteers.

It is not intended to prescribe a one-size-fits-all information or examples of school-based sport and leisure events without waste, as every country has a unique set of challenges and circumstance in terms of waste management and organising sports events at schools. We're mindful that activation examples in one city or country might not necessarily work in another country setting. However, we believe that they will inspire you to find your own way of organising and implementing activities.

# What is Sport #WithoutWaste?

The concept stems from BG Be Active's experience in supporting the cultural and grassroots sport events during the Plovdiv – European Capital of Culture in 2019. BG Be Active aspires to transfer, adapt and scale tested national practices from Bulgaria to the partnering countries with a focus on the involving the grassroots sports sector (event organisers, sport clubs, schools etc.).

The overarching ambition is to start the #WithoutWaste movement in leisure and grassroots sport sectors by coordinating waste-free grassroots sporting events and building capacities of relevant stakeholders to coordinate waste-free events.



## Background: Quantitative Research in 6 Countries

The partnership of 7 European countries within the EU supported SWW project conducted quantitative research on without waste grassroots sport events in 6 countries (Albania, Bulgaria, Hungary, Romania, Serbia, and Türkiye) between July and December 2022.

The quantitative study targeted two important project stakeholders: those who participate in Sport #WithoutWaste events, and those who organise them, as this target group holds essential information that can support the implementation of the project. 370 valid responses were collected from 6 partner countries on key trends and challenges.



D2.1  
Research Document  
on #WithoutWaste  
Grassroots Sport  
Events

SPORT #WithoutWaste

The research led to the [Sport #WithoutWaste report](#)<sup>1</sup> that provides answers to how to define a #Without Waste grassroots sport event including school-based sport and leisure activities, the context and needs of these 6 countries' grassroots sport organisations in relation to organising #SWW events.

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<sup>1</sup> <https://sportwithoutwaste.org/more-innovative-efforts-are-needed-to-make-grassroots-sport-events-sustainable/>



## What is a School-Based Sport Event #WithoutWaste?

School-based events #WithoutWaste include local and small-scale sport events that are organised by small organisations, NGOs, schools with a specific focus on school settings. These are often established in a bottom-up manner and include the needs and contexts of the schools and the local communities.

In a school setup, a #WithoutWaste sport event includes also green educational and training activities for children and students around sports and leisure activities.

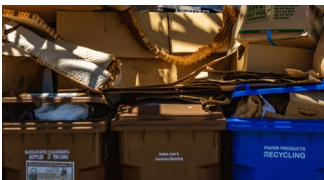
The main aim is to reduce and reuse waste at events. We are talking about a #WithoutWaste event when there is action taken to:



Try to reduce disposable cutlery and plates and use their sustainable alternatives;



Separate waste collection bins are available and easily accessible on spot so that people can throw their waste separately;



Drastically reduce the amount of waste generated and organise safe disposal of reusable waste.



## What Did We Learn From the Research in 6 European Countries?

According to the report based on the findings of our qualitative research, we decided to extend the definitions of grassroots sports events that implement the #WithoutWaste concept.

### Here are some key characteristics that are relevant to school-based events:

Organisations implementing the #WithoutWaste concept at school-based events, should pay attention to:

- **Providing** opportunities for children to actively participate, infrastructure during sports events (such as clearly visible recycling bins at the event venue), displays of information related to recycling during events
- **Training** school staff and children to react and prevent littering and organisations to implement placemaking methods to increase ownership
- **Communicating** the responsibility to recycle for participants, and the efforts made by organisations
- **Collaborating** with media to reach out to communities and communicate efforts and with other organisations to efficiently share resources
- **Creating** funding opportunities and more experiences of waste-free strategies (such as reusable plates, cutlery, cups, etc.)

In the following sections of this guide, you will find useful tips and ideas for your school-based sports and leisure activities based on the key characteristics above, such as setting up your venue, providing green education to children/students, and communicating before, during and after your sport event #WithoutWaste.

## But before you start planning...

It's time to consider whether the things we find essential for our event are really essential.

Much of what we use at sport events is used simply because that's what we've always done. We can avoid producing as much merchandise/products as possible, since they cannot be reused.

**Stop and think outside the box** – what can we do differently to generate a positive outcome from a sustainability perspective? Perhaps there's a more sustainable solution just around the corner? If it's not possible to give up a product for your event, then why not consider the ones made of recycled materials or more sustainable material?



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Before start planning your sport event, use these [6 Rs<sup>2</sup>](#) to find your waste management strategy.

1

### **REFUSE**

Do I really need this product/merchandise for my event?

2

### **REDUCE**

How can I reduce the usage of non-sustainable products/solutions?

3

### **REUSE**

Try as much as possible to use recyclables products.

4

### **REPLACE**

Search for more sustainable alternatives to existing traditional solutions.

5

### **RECYCLE**

Make sure that what is not used can be recycled.

6

### **REMIND**

Inspire colleagues and stakeholders to think in sustainable terms and alternatives.

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2 [https://www.dif.dk/media/ntynlcsq/b%C3%A6redygtighedsguide\\_pulje.pdf](https://www.dif.dk/media/ntynlcsq/b%C3%A6redygtighedsguide_pulje.pdf)



# Planning School-Based Sport Events #WithoutWaste



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The amount of waste generated at school sports events can be significant.



## **IDENTIFY YOUR NEEDS AND MINIMISE WASTE IN THE FIRST PLACE**

While recycling, reusing and composting are important ways to divert waste, it's even better to refuse, reduce, reuse, replace, recycle and remind to avoid creating waste in the first place, so prioritise the 6 Rs whenever possible in order to identify your needs for your event.



## BEFORE THE EVENT

### Check recycling possibilities at the school:

- + Get information on what school as your event host can recycle and/or compost. Request recycling and compost containers (if applicable) from the school staff and discuss the logistics of set-up and take-down.
- + Create signs for your sorting station bins so that the participants know what goes where.

### Catering:

If you plan to serve food at your event, consider serving foods that do not require utensils. Have a look at this [food waste reduction calculator](#)<sup>3</sup> if needed.

- + Tip: Partner with the local authority to handle organic waste, waste sorting and waste containers if the school doesn't have the relevant infrastructure.
- + Tip: Ask participants to bring their own water bottles, reusable plates and utensils to the event.
- + If reusable utensils are not possible, consider to order items that are recyclable, compostable, and/or contain recycled materials.
- + Remind: You are welcome to make demands on potential partners/suppliers. Ensure that suppliers support your own objectives.

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<sup>3</sup> [savethefood.com/guestimator](https://savethefood.com/guestimator)



### **Decorations:**

- + **Replace:** Ask first if it is genuinely necessary. You can decide whether each element should be replaced by an alternative solution, or whether to produce an equivalent product/solution out of sustainable and environmentally friendly material – or perhaps a mix of both options.
- + **Avoid** disposable decorations, such as balloons. Instead, purchase reusable decorations and signs, which can be reused at future school events.

#### **IDEAS<sup>4</sup>**

If you have a starting line and finish line of your event: Could an existing item at the school venue mark the start and the end? Is it possible to cut down the production of new materials or ensure that what is produced is reusable and sustainable?

## **DURING THE EVENT**

- + Ensure showing separate waste collection at least twice throughout the event.
- + Make sure someone is always at the waste sorting station to help participants sort properly.
- + Take photos of the sorting station(s) and other #withoutwaste practices in action.

## **AFTER THE EVENT**

- + Check the waste: Measure and follow up on the amount of waste generated and the proportion of waste that is unsorted
- + Training and education

*Read more about training and education related to waste on the following section Green education and waste.*

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<sup>4</sup> [www.dif.dk/raadgivning-og-stoette/idraetsudvikling/baeredygtige-events](http://www.dif.dk/raadgivning-og-stoette/idraetsudvikling/baeredygtige-events)

# Working With Children / Students

**Involvement and responsibility:** Make sure that students have adequate involvement and responsibility in designing and joining the events.

## BEFORE THE EVENT

- + Talk to students about their responsibilities and the principles of separate waste collection.
- + Provide training before the event about separate waste collection.
- + Provide educational materials on recycling good practices and waste management.



© BG Be Active



- + In order to increase the ownership, consider co-creating the event with students. If it's not possible, make sure that there is space for them to provide ideas and suggestions.

## **DURING THE EVENT**

Allow them to enjoy and learn from the event.

## **AFTER THE EVENT**

Ask feedback from attended students/children. Evaluate the event by including them and give them space to share their genuine opinion.

- + **Student advocacy:** Students can help to identify the changes needed for a better waste reduction and recycling strategy and be advocator for the change at the school, district, city or event at national level.

### **IDEAS:**

- + *Allow and encourage children to establish school groups, clubs or committees for #withoutwaste activities and events.*
  - + *Encourage students to communicate about their expectations and learnings with school staff and care givers/parents.*
- + **Celebrate with students:** Celebrating and communicating about achievements are critical components of a successful #WithoutWaste school event.



# Communication of the Event

Here are some ideas on how to communicate about your school-based sport #WithoutWaste event

- + Prioritise digital communication rather than with physical invitations or flyers. Promoting the event digitally is a great way to reduce waste.
- + **Communicate before, during and after the event.** Refer to your without waste policy in all communication.
- + Inform the public that you have made sustainable choices when it comes to the selection, sourcing and transport of food.
- + Organise competitions with pictures shared on social media, for example of the funniest piece of rubbish found, or of artwork created out of the rubbish.
- + Offer a virtual prize
- + Post pictures and advertisement on social media using #WithoutWaste, encourage participants to use the same hashtag and tag your organisation.

## **AFTER THE EVENT:**

- + Announce winners on social media, and if you have sponsored prizes, make sure to advertise these.
- + Provide concrete examples of results and impacts in follow-up communication.

# Green Education and Waste

Education and awareness activities are at the heart of driving a change of attitude toward waste. Incorporating the reduce, reuse, recycle message within lessons is key to encouraging children to think differently about waste, and to think about how they can incorporate waste minimisation activities into their own school and home environments<sup>5</sup>. Green education brings together formal and non-formal education, awareness raising and communication tools in areas such as environmental protection, conservation of biodiversity and climate change<sup>6</sup>.



© BG Be Active

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5 [Best Practices Guide for Schools - Green Schools Program - King County Solid Waste Division](#)

6 [www.essd.eu/wp-content/uploads/2022/09/ESSD\\_2022\\_GoingGreen\\_tool-kit\\_ENG.pdf](http://www.essd.eu/wp-content/uploads/2022/09/ESSD_2022_GoingGreen_tool-kit_ENG.pdf)



Education and outreach are keys to improving waste reduction and recycling practices. Students at every grade level can learn about sustainability and conservation of natural resources, gain volunteer and leadership experience, and take action in their schools, districts, homes, and communities.

- + **Integrate Greening into the Curriculum:** Schools can integrate environmental education into their curricula. This approach – known as using the ‘environment as an integrating context’ for learning – uses the local environment as a framework for teaching national and regional education standards<sup>7</sup>. There is no need for a special course in order to teach sustainability, climate change, waste management and similar subjects at school. These can be included in all subjects.

#### **IDEAS:**

- + *Create posters about the impacts of climate change, recycling, waste, bio diversity, toxic pollution etc.*
- + *Teach and practice the communication skills they need to speak about environmental issues affecting their lives in language classes.*
- + *Have students write journals documenting how they feel about taking part in a green, without waste or a climate action projects.*
- + *Teach separate waste collection by using art classes (ask students to make different coloured bins for metal and plastic, paper and glass).*

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<sup>7</sup> [www.greenschools.net/article.php-id=70.html](http://www.greenschools.net/article.php-id=70.html)

- + **Make connection between climate change and waste:** Educate students and staff about the connections between waste reduction and climate change. When we reduce waste and recycle, fewer greenhouse gas emissions are produced.
- + **Get help from experts:** Invite guest educators, speakers, place makers etc. experienced in the topic.

**IDEAS:**

*Schedule guest educators or speakers, or plan a tour or field trip related to waste reduction and recycling.*



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- + **Build partnership:** Build partnership with local authorities that can provide expertise, financial and material resources.



# Activation

## Ideas for Event Organisers and Teachers

# Rubbish Challenge



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**Description:** Large floor based game for the whole class or smaller groups played in teams. The game is set out on the floor and played in a similar way to monopoly with dice being thrown and markers (pupils) being moved around the board where challenges are given out along the way. Pupils need wits and imagination to win!

**Message:** The concepts of reduce, reuse and recycle can be applied to everyday life

**Curriculum strands:** Language, Health and Wellbeing, Sciences, Mathematics, Health & Wellbeing, Social Studies, Technologies

**Age suitability:** P5 upwards

**No of participants:** 12 – 20 children

**Activity duration:** 45 minutes

**Room requirements:** Gym or dining hall

# Recycling Bean Bag Game



**Description:** Pupils select a bean bag which corresponds to a waste item. They have to decide how to dispose of the item and then try their hand at throwing the bean bag through the correct hole in the display stand.

**Message:** Many common household items can be reduced, reuse or recycled

**Curriculum strands:** Language, Health and Wellbeing, Sciences, Mathematics, Health & Wellbeing, Social Studies, Technologies

**Age Suitability:** P4 upwards

**No of participants:** Small groups –up to 30 individual or team game

**Activity duration:** Can be tailored to suit any time from 15 minutes up to 1 hour

**Room requirements:** Classroom or hall

**Materials required:** Smart Board or projector and screen, extension lead.



# Get Caught Green-Handed



© Sarah Chai on Pexels

**Description:** A team of spotters will watch and recognize people “caught” in the act of using a reusable water bottle, bag, or recycling, etc. A green team or sustainability club could station itself in a school cafeteria or at a sports game/other organised event, or an R.A. could go door-to-door in a dorm and reward people with recyclables in their bins.

**Age suitability:** High school or college students

**No. of participants:** Limitless

**Activity duration:** Sports game/other organised event’s duration.

**Room requirements:** This activity can be conducted anywhere at school/on campus.



# Inspirations from Other School-Based Sport Events



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## **Brunswick Valley Small Schools Cross Country Carnival 2010**

It is an annual interschool sports event organised and hosted by Durrumbul Primary School. Over 500 students, staff and parents from 6 other local primary schools participated. The Carnival involved races around the school grounds and beyond with a low waste lunch and an award ceremony for involved students.



### **Quick facts about the Carnival**

- + All participating school students were requested to bring low waste snacks/lunch and a refillable drink bottle
- + A flyer, newsletter article and Low Waste Lunch fact-sheet was sent out to the schools to inform them of the waste wise objectives and how they could help achieve them
- + Promotion to the whole community via a media story in the local paper
- + Recycle bins: plastic, glass and metal containers, cardboard & paper
- + Reminder to everyone at the start of event, to encourage correct use of the bins stations
- + Monitoring of bins to encourage correct separation & minimise contamination.

### **Outcomes**

- + 78% of total waste generated at the Carnival was diverted from landfill and sent for recycling or composting;
- + More than 70% of the organic waste (food & compostable paper) generated was collected for school composting or taken home for chooks
- + Increased capacity of event organisers to conduct waste wise school events in the future
- + Increased awareness and understanding by all the schools involved, regarding the importance of minimising waste and how to make it part of school life



© Sébastien Borda/Agence Parisienne du Climat

## Raising Awareness Through A Blue Workshop For Students<sup>8</sup>

Paris 13 Table Tennis welcomes every week 10 primary school classes in blue workshops, which offer fun moments for children after school to learn both the basics of table tennis and reduction of plastic use for an hour.

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<sup>8</sup> <https://www.sportzeroplastique.fr/actualites/quand-le-paris-13-tennis-de-table-fait-bouger-300-eleves-pour-la-reduction-du-pla>



### **Quick facts about the blue workshop**

- + The club use table tennis lessons to raise awareness among all schoolchildren to reduce plastic, and they combine the workshops with big events such as Olympic and Paralympic Week
- + This year´s theme is “sport for the environment and the climate” and workshops are organised around the Olympic values with a view to the Paris 2024 Olympic and Paralympic Games. The club considers these events as an opportunity to carry out an awareness campaign among the children.
- + Fun activities and games such as a quiz on plastic and a competition to promote the use of water bottles have been organised.
- + The club also wanted to stop the use of disposable tableware. It provided 150 eco-cups and 100 reusable plates and they are used on many occasions, for post-game snacks, club meetings, internal tournaments and the club house.

### **Outcomes**

- + Children were made aware of reuse, and reduction of waste in sport through games, quizzes and small competitions.
- + The club calculated that before switching to reusable cups, 3,355 plastic cups were thrown away per year at their events. With only 150 ecocups, Paris 13 Table Tennis has managed to avoid the equivalent of 1.3 times the height of the Eiffel Tower in plastic cups!
- + Gathered nice testimonials from children: “I always wanted to stop plastic pollution when I grew up. My parents are not interested in it, but I am really into it, I would like to help an association that fights against pollution and the intervention really motivated me. “



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# Partners

Lead Partner:

**BG BE ACTIVE**

Financial Support:



Implementing Organisations:



Expert Partners:



**CONTACTS:**

BG Be Active Association Bulgaria  
[www.bgbeactive.org](http://www.bgbeactive.org)  
[beactive@bgbeactive.org](mailto:beactive@bgbeactive.org)

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