



Outdoor Sports in Nature for Skills Development (OUTSP0)



Co-funded by the  
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# DECALOGUE OF SUSTAINABLE SPORT



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Here are ten simple tips for practicing sport in the name of sustainability, first and foremost respecting the environment around us:

- 1) **Drink:** it is of fundamental importance to rehydrate our body due to the physical effort made in sports, but it is preferable to do so not with plastic water bottles or supplements, rather with a water bottle brought from home, filled with tap water or a tea (warm, sweetened or perhaps with a pinch of salt) or a lemonade. We will still recover the necessary salts, we will save money from an economic point of view and we will reduce the overall quantity of waste to be disposed of
- 2) **Nutrition:** A plate of pasta before and after physical activity is much more convenient and nutritious than an energy bar, as well as polluting less. To recover as best as possible, especially after a rather intense movement, it is better to consume warm, liquid foods or fruit, rather than a pizza or steak. Even in this case the short supply chain helps. The ideal is to choose seasonal foods and drinks
- 3) **Supplements:** Apart from the ethical issue relating to doping, these are products to be avoided as they are chemical compounds, often the result of complex supply chains and with a high environmental impact
- 4) **Personal hygiene:** a bad habit of leaving showers open or spending a lot of time under them: all of this in fact causes a disproportionate consumption of water and energy
- 5) **Clothes:** if you don't sweat a lot or the clothes don't get very dirty, it is preferable to reuse them at least on another occasion, rather than subjecting them to a wash cycle every time
- 6) **Sports facilities:** it would be good to practice sports in infrastructures built, for example, according to the most modern green building and energy efficiency standards
- 7) **Outdoor activities:** it is better to breathe pure air and, for example, run outdoors, rather than on a treadmill inside a gym. Let us remember, however, not to transform the environment around us into open-air dustbins, dirtying or abandoning waste
- 8) **Organization of sporting events:** must take place in the name of sustainability, for example by organizing an ecological transport system for participants and spectators, producing the least possible amount of waste and collecting it in a separate manner, arranging for the correct use of electricity and penalizing competitors for non-eco-sustainable behaviour
- 9) **Materials:** this is the most difficult sustainability game to play and win, given that 90% of overalls, shoes, etc. it comes from such long and complex supply chains that it is practically impossible to reconstruct its environmental and even social footprint. Using sports material from recycled products would be really desirable
- 10) **Do nothing:** Physical activity carried out outdoors constantly improves everyone's energy efficiency, reducing laziness, the possibility of getting sick and the use of external energy for daily activities (travel, home heating, use of specific machinery for small daily operations such as climbing stairs, moving, squeezing, carrying weights...)