

HI THERE!

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Why to reduce our use of plastic?

– Plastic is made of fossil fuels (oil) and if it ends up in nature it stays there for a really long time. Reducing the use of plastic leads to less littering. However, it is important not only to reduce the use of plastic but all sorts of materials to achieve a more sustainable use of the Earth's resources.

Where do we find plastic when it comes to sports?

– Plastic products are used everywhere and in almost all sports, from floorball and hockey to shoes and clothes. The most covered and researched source of micro plastics from sports is artificial grass.

How can disposable items at events be replaced?

– There are many options, such as a mug return system (central washing required), skipping straws, considering the necessity of spoons, etc. And focus doesn't have to be on plastic products only, but also on other types of products. Do we really need them?

How can we replace giveaways (water bottles, keychains, etc) ?

– With non-material gifts, such as charity. Consider if the giveaways have the effect you want them to have (marketing). The first step could be to make giveaways and other kinds of free products optional.

How can associations manage to reduce the use of plastics?

– By starting small. Are there simple things, like straws and single-use cups, that can be easily removed?

Should one ventilate or wash one's sportswear?

– Ventilate if possible!

How fast can a big association become environmentally smart?

– A difficult question because travels have to be considered as well. But to rethink travelling and the use of different materials is relatively easy. For example, organise clothes swaps, sell used equipment, choose team kits that can be handed-down etc.

DID YOU KNOW ...

... that most sportswear is made of materials such as polyester, polyamide and elastane? All of them consist of plastic fibres made from oil – a non-renewable raw material.

... that the production of these fibres requires a lot of energy and chemicals? There is a risk that substances used in the manufacturing are harmful to both humans and the environment.

... that microplastics are released every time you wash synthetic fibres? Some of these particles are not filtered out in the wastewater treatment plants and may therefore end up in nature, where they remain for a very long time.

Source: Swedish Environmental Protection Agency



Tip! Brush off carefully

Football players can make a big difference by brushing off their shoes and clothes after every match and practice. Granules (small pieces of plastic) that are used as infill in artificial grass pitches easily get stuck on shoes and clothes. If you do end up with granules at home, throw them in the garbage – *not* in the toilet!

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How to win the MATCH AGAINST PLASTIC



DID YOU KNOW ...

... that 40 % of all plastic waste generated in Sweden comes from packaging?
... that only 15–20% of it is recycled? The rest is burned.
... that most of our sportswear is made from plastic?

Source: FTI



Photo: Shutterstock

Together we can make a difference

IN 2050, THERE CAN BE more plastic than fish in the oceans. 95 % of the plastic waste that ends up in the oceans stays there, causing major negative environmental impacts on the marine ecosystems.

Globally 280 million tons of plastic is produced every year. In comparison the annual production of cotton is 25 million tons. Only 9 % of all plastic produced is recycled.

PLASTIC IS EVERYWHERE, both visible and invisible. It's in the artificial grass on the football pitch, the single-use cup at the club house, the water bottle and the whistle. It's even in our clothes. And since it is made from fossil fuels to 99 %, it has a direct impact on our climate.

IN OTHER WORDS, IT IS TIME TO ACT! As a positive force in society, sports can be at the forefront of change. If all 3 million members of 250 sports in Sweden come together, it will be possible to make a big difference with small efforts.

HOW TO MAKE A CHANGE

	SPORTS ASSOCIATION	MEMBER (active members, parents, supporters)
NOW	<ul style="list-style-type: none"> • Replace disposable materials with reusable. • Arrange clothes and equipment exchange days. • Develop a good waste sorting system. • Promote car sharing, biking, and the use of public transportation. 	<ul style="list-style-type: none"> • Ventilate clothes instead of washing them. • Bring your own cup/mug. • Skip disposable materials. • Follow recommendations at the facility where you're active. • Choose public transport/bike/ car sharing over your own car.
SHORT TERM	<ul style="list-style-type: none"> • Substitute physical giveaways and prices to digital ones. • Ensure that your team clothes don't contain toxic substances. • Not changing the supplier of clothes too often make team kits usable for a longer time. • Keep all members informed. • Organize cleaning days. • Keep energy consumption low. • Rent instead of owning. 	<ul style="list-style-type: none"> • Swap equipment with other members of your sports club. • Donate to charity. • Wash synthetic sportswear in a laundry bag that gathers microplastics.
LONG TERM	<ul style="list-style-type: none"> • Develop a sustainability policy. • Inform your partners about your sustainability work. • Set environmental requirements on your suppliers. • Participate actively in environmental and sustainability work. 	<ul style="list-style-type: none"> • Participate in clean-up days. • Rent instead of owning.

The journey of a plastic spoon

— from oil well to coffee cup —

