

SUSTAINABILITY EVENT GUIDE



INTERNATIONAL
SAMBO
FEDERATION

WHAT?

Sustainability is about more than just being “green”. It is about achieving excellence, doing things more efficiently and creating a positive impact. A sustainable SAMBO event carefully balances its impact on ‘people’, ‘planet’ and ‘profit’ to contribute positively to social equity, environmental integrity and economic efficiency.

HOW?

If sustainability is new to your event, we recommend taking a gradual approach. FIAS recommends that its event organisers who have not considered sustainability before, start with a basic set of sustainability objectives. Organisers that already have experience in sustainability should integrate a full set of relevant objectives from a comprehensive sustainability plan given by FIAS. This document gives concrete guidance to SAMBO event organisers in getting started with sustainability.



WHO?

FIAS will support all organisers of SAMBO events in their sustainability endeavours through education and guidance.

FIAS MISSION

To create a sustainable event format, to reduce environmental impact and show responsible behaviour in social and economic sectors.



REDUCE WASTE AND RECYCLE

Ensure enough waste bins for separation of plastic bottles, paper and organic waste

Place the separate waste and recycling bins in parts of the stadium where the participants will gather

Prepare stickers to aid visibility of the separate waste and recycling bins

Donate any leftover food to local food banks

Promote double-sided printing in black and white

Print only necessary documents and signage

Choose recycled paper when possible



REDUCE USAGE OF ELECTRICITY AND WATER

Be efficient with electricity by planning where most lighting is needed and reducing lights in other areas of the stadium

Reduce energy consumption by switching off unnecessary usage of lights and using energy-saving lightbulbs when possible

Stick reminder notices adjacent to the switchboard

Refill water bottles instead of buying PET bottles. This will save money and reduce usage of PET

Usage of potable tap water in re-usable cups/bottles is best option, when available

Recommend less water usage in restrooms and in showers

PLAN TRANSPORTATION EFFECTIVELY TO REDUCE EMISSIONS

Pre-plan the number of eco-friendly buses to be hired for transport of athletes to and from hotels and venues

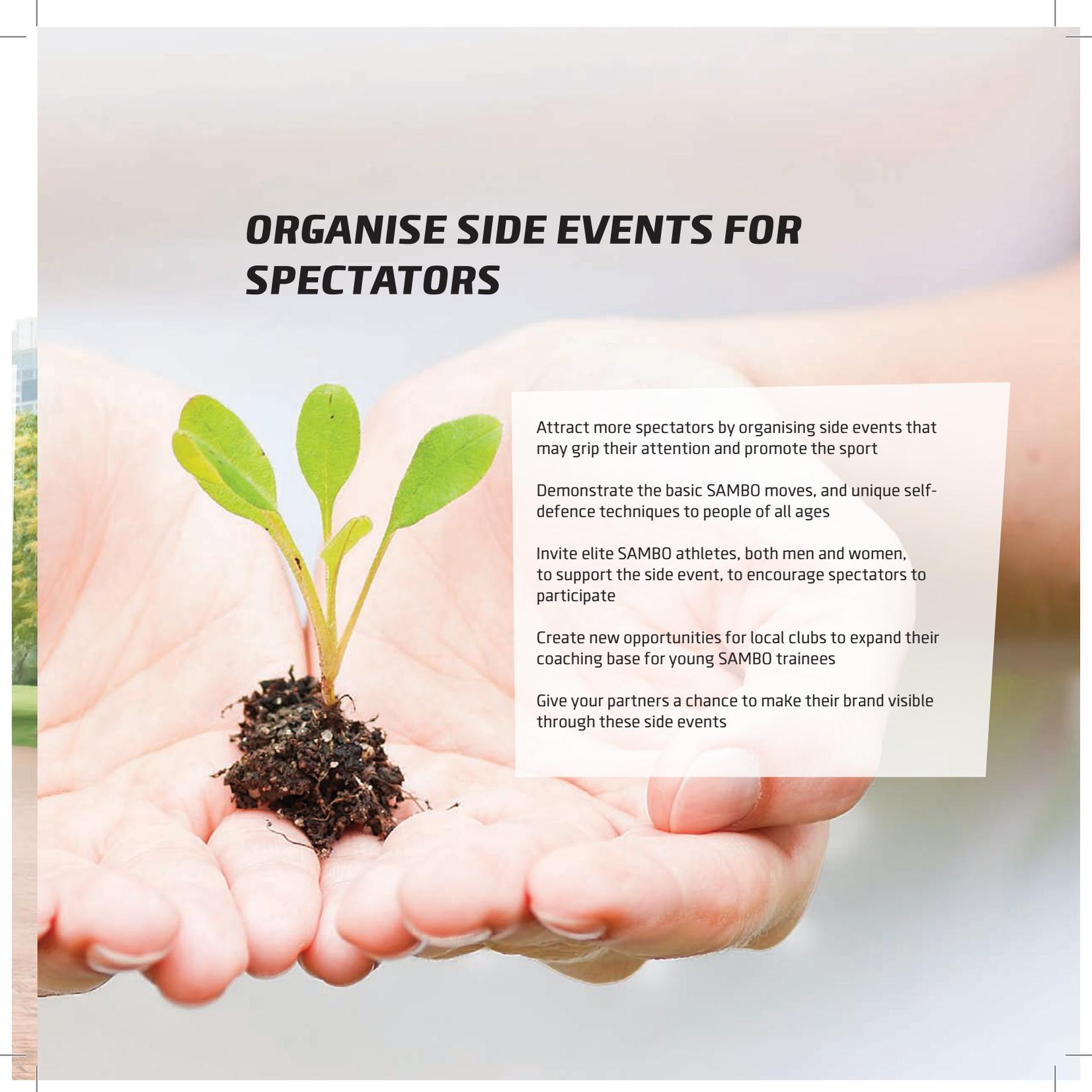
Collect arrival and departure details of teams in advance, in order to organise efficient transport to and from the airport and hotels

Book hotels close to the venue to reduce transport cost

Encourage the public to walk, cycle or use public transport, to reach the stadium

Reduce pollution outside the venue with less buses and cars. Encourage car pooling

Create bus lines if there is more than one hotel

A pair of hands is shown from a top-down perspective, gently cupping a small, vibrant green seedling. The seedling has three leaves and a small amount of dark soil attached to its base. The background is a soft, out-of-focus outdoor setting with a hint of a building and greenery.

ORGANISE SIDE EVENTS FOR SPECTATORS

Attract more spectators by organising side events that may grip their attention and promote the sport

Demonstrate the basic SAMBO moves, and unique self-defence techniques to people of all ages

Invite elite SAMBO athletes, both men and women, to support the side event, to encourage spectators to participate

Create new opportunities for local clubs to expand their coaching base for young SAMBO trainees

Give your partners a chance to make their brand visible through these side events



TRAIN THE VOLUNTEERS

Involve young SAMBO trainees in the organisation of the event through volunteering

Retain the trained volunteers for future events

Contact other SAMBO clubs from the region and involve them in the organisation of your event

Give an opportunity to underprivileged communities to take part in the organisation of the event e.g. orphans, people with disabilities, refugees etc.

A close-up photograph of a hand with fingers spread, gently touching a patch of vibrant green grass. The background is a blurred green field, suggesting an outdoor sports setting. The overall tone is natural and sustainable.

PROMOTE PARTNERSHIP WITH LOCAL STAKEHOLDERS

Collaborate with authorities of host city and try to negotiate the free use of the venue

Partner with service providers who deliver high quality sustainable services to athletes, spectators and staff. Event organisers are more likely to use these service providers for future events

Invite stakeholders of the event to promote their companies/products

Promote the positive impact of stakeholders partnering with organisers of the event and create a legacy for the future

For more information related to FIAS Sustainability activities please visit our website www.sambo-fias.org where the FIAS Sustainability Report 2015 and FIAS Environmental Policy is published

WASTE MANAGEMENT

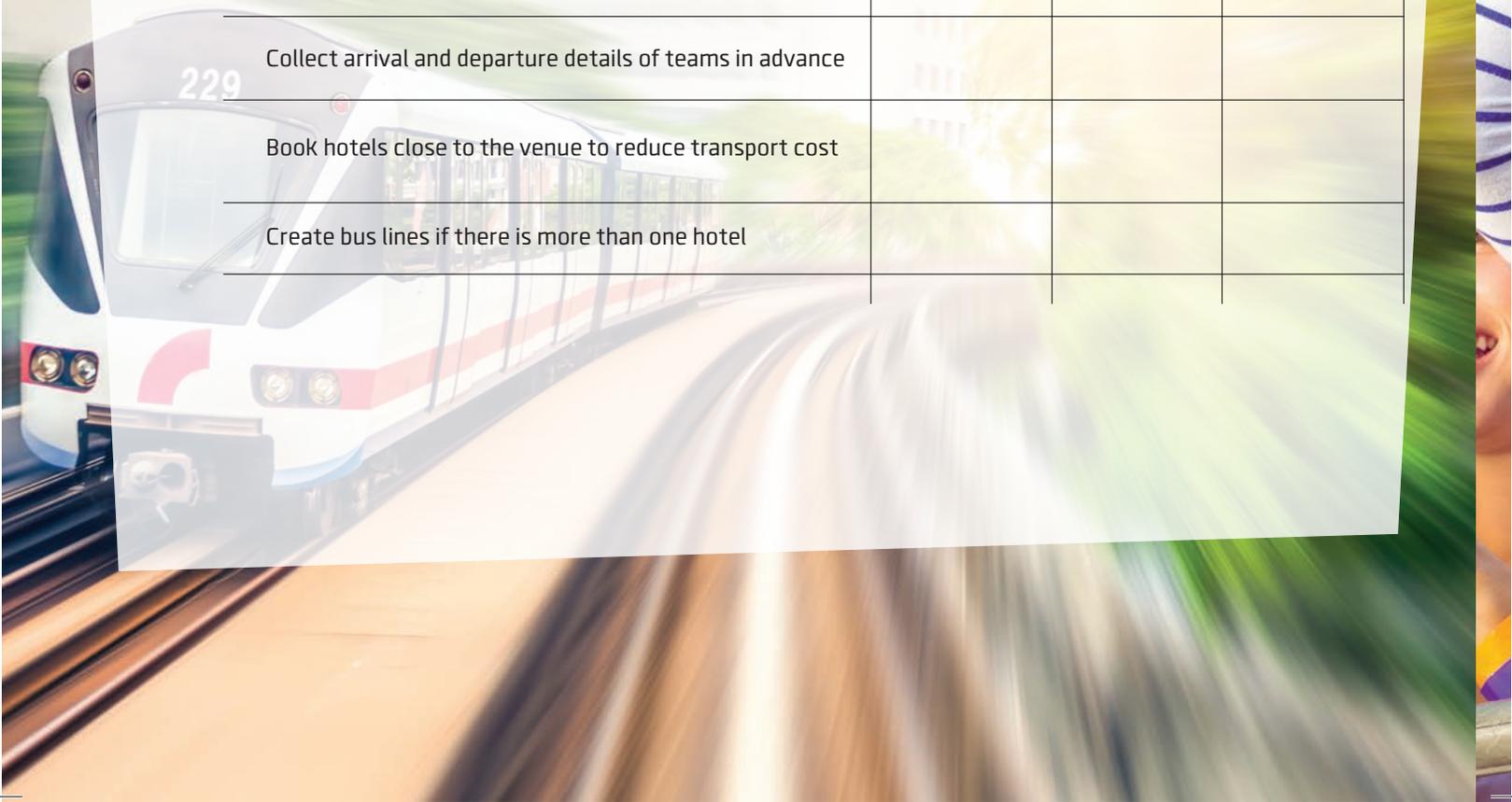
	ACCOMPLISHED	PARTLY ACCOMPLISHED	NOT ACCOMPLISHED
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Place the recycling bins in parts of the stadium where the participants will gather			
Prepare stickers to aid visibility of the separate waste and recycling bins			
Donate any leftover food to local food banks			
Promote double-sided printing in black and white			
Choose recycled paper when possible			

ENERGY EFFICIENCY

	ACCOMPLISHED	PARTLY ACCOMPLISHED	NOT ACCOMPLISHED
Be efficient with electricity by planning where most lighting is needed			
Reduce energy consumption by switching off unnecessary usage of lights			
Stick reminder notices adjacent to the switchboard			
Refill water bottles instead of buying PET bottles			
Usage of potable tap water in re-usable cups/bottles			

TRANSPORT MANAGEMENT

	ACCOMPLISHED	PARTLY ACCOMPLISHED	NOT ACCOMPLISHED
Pre-plan the number of eco-friendly buses			
Collect arrival and departure details of teams in advance			
Book hotels close to the venue to reduce transport cost			
Create bus lines if there is more than one hotel			



ENGAGEMENT OF SPECTATORS

	ACCOMPLISHED	PARTLY ACCOMPLISHED	NOT ACCOMPLISHED
Demonstrate the basic SAMBO moves to people of all ages			
Invite elite SAMBO athletes to support the side event			
Give your partners a chance to make their brand visible through these side events			

VOLUNTEERS TRAINING

	ACCOMPLISHED	PARTLY ACCOMPLISHED	NOT ACCOMPLISHED
Involve young SAMBO trainees in the organisation of the event through volunteering			
Retain the trained volunteers for future events			
Give an opportunity to underprivileged communities to take part in the organisation of the event e.g. orphans, people with disabilities, refugees etc.			

PROMOTION OF PARTNERS

	ACCOMPLISHED	PARTLY ACCOMPLISHED	NOT ACCOMPLISHED
Collaborate with authorities of host city - try to negotiate the free use of the venue			
Invite stakeholders of the event to promote their companies/products			
Promote the positive impact of stakeholders partnering with organisers of the event			



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The Sustainability Event Guide was
created in partnership with AISTS

