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Environmental protection  
and culture of sports clubs



**SNATCH**

SWIMMING AND NUTRITION AS  
TOOLS FOR CONTAINING HEALTH

Partners:

- Primorje-gorski kotar county disability sports association
- CEIPES (Italy)
- IPAK Institute (Slovenia)
- Kinitiko ergastiri (Greece)

# Environmental protection and culture of sports clubs



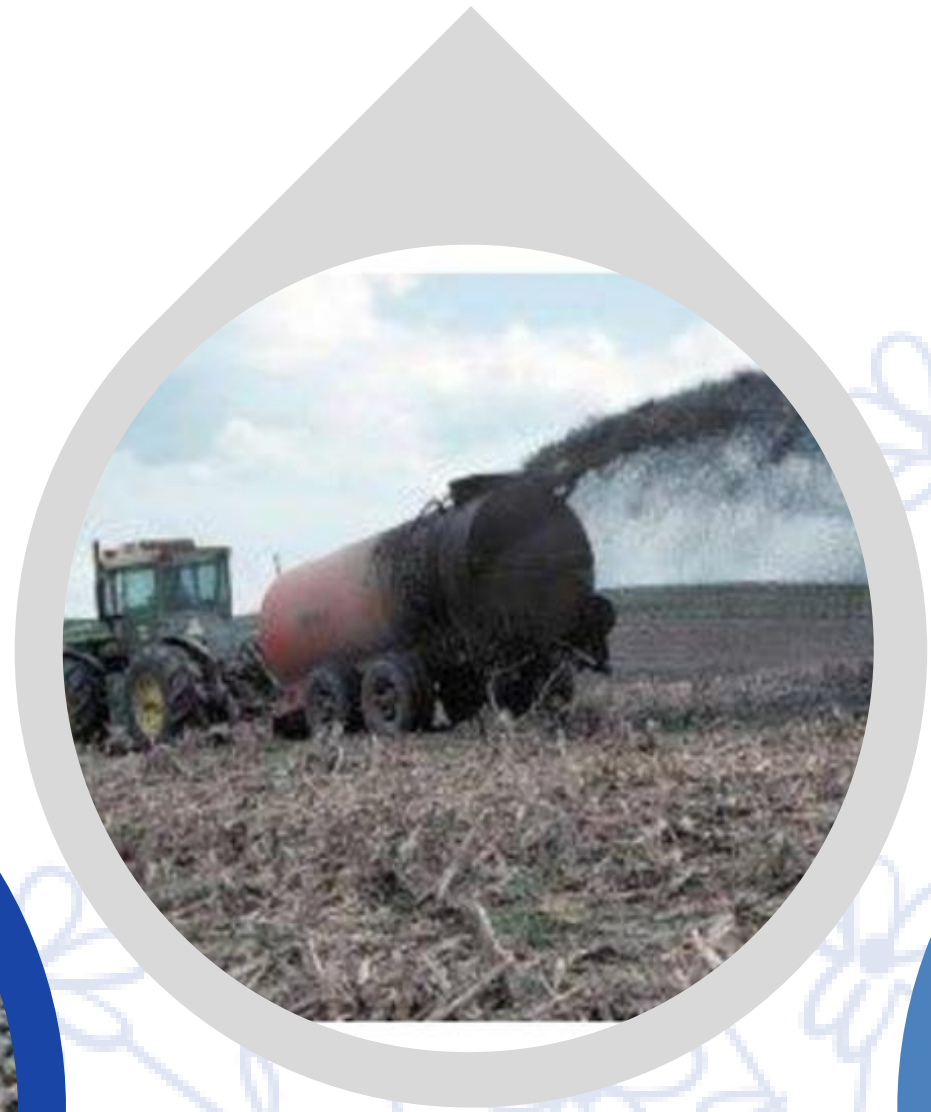
CEIPES

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Institute for Symbols Analysis  
and Development of Information  
Technologies



Kinitiko  
Ergastiri

Waste  
pollution



Agricultural  
pollution

Traffic  
pollution



Industrial  
pollution

Pollution from  
mining



Construction and  
pollution of  
buildings

Oil and gas  
pollution



# **Individuals and environmental protection**

At the end of 1980, thousands of people from the Šaleška Valley participated in a rally protesting against air pollution caused by the fossil-powered thermal power plant in Šoštanj.





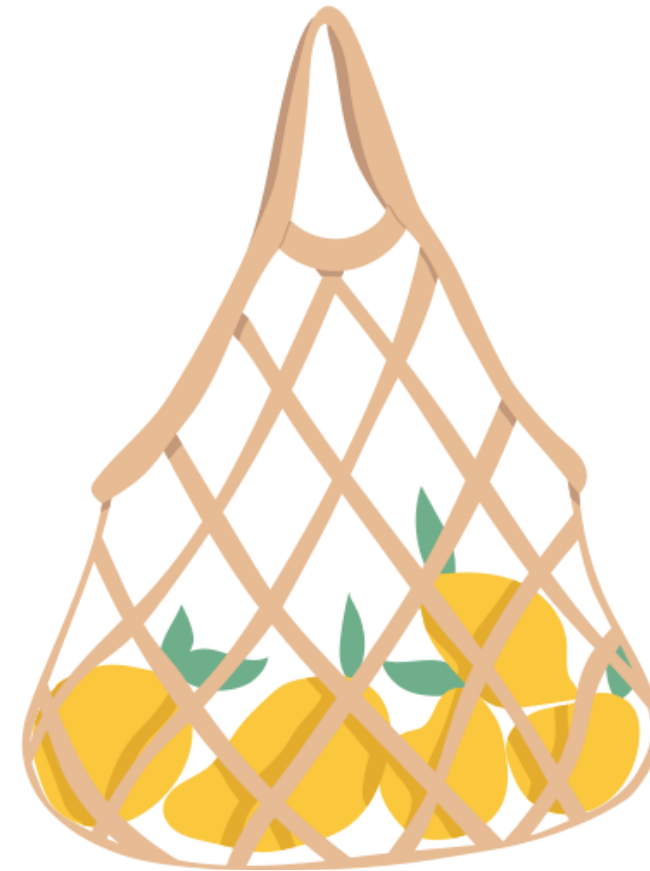
**ZERO**  
waste



The illustration features a central text 'ZERO waste' where 'ZERO' is in a bold, black, uppercase sans-serif font and 'waste' is in a lowercase, black, cursive script. The text is surrounded by various hand-drawn elements: a red cup on the left, two orange flowers (one above and one below the cup), a green leaf on the right, and a small red heart above the cup. Small black decorative marks, including dots and crosses, are scattered around the text.

# 5R principles for waste reduction

- Refuse
- Reduce
- Reuse
- Recycle
- Rot



# Refus



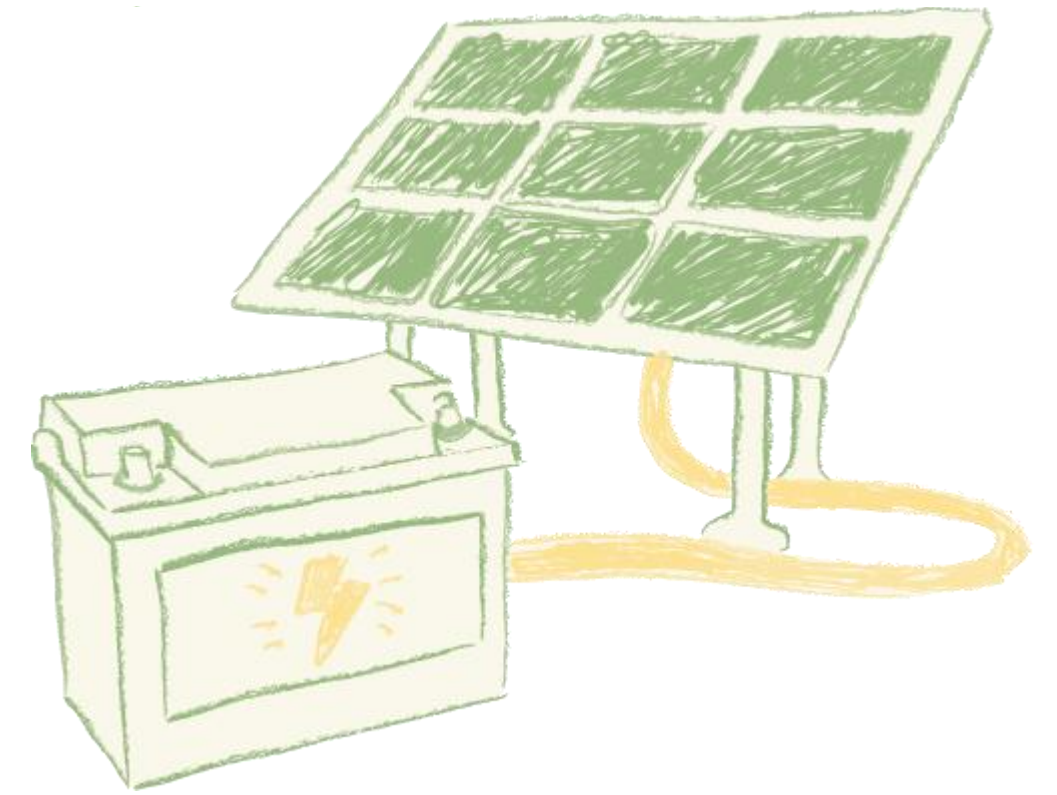
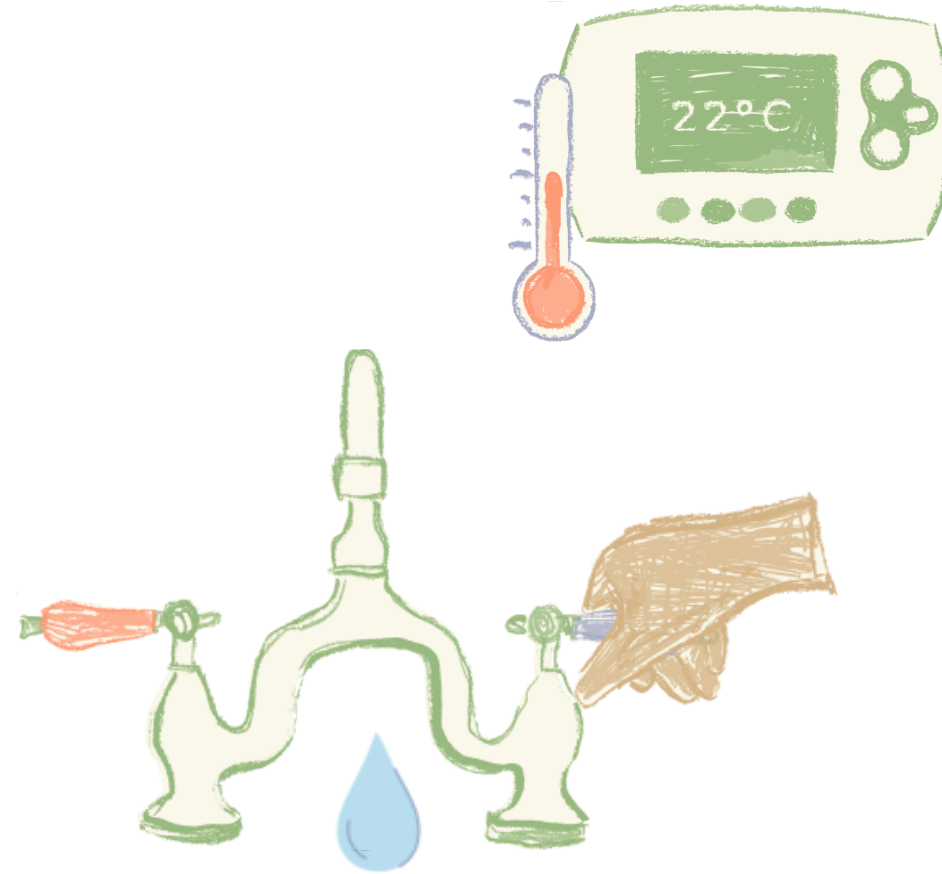
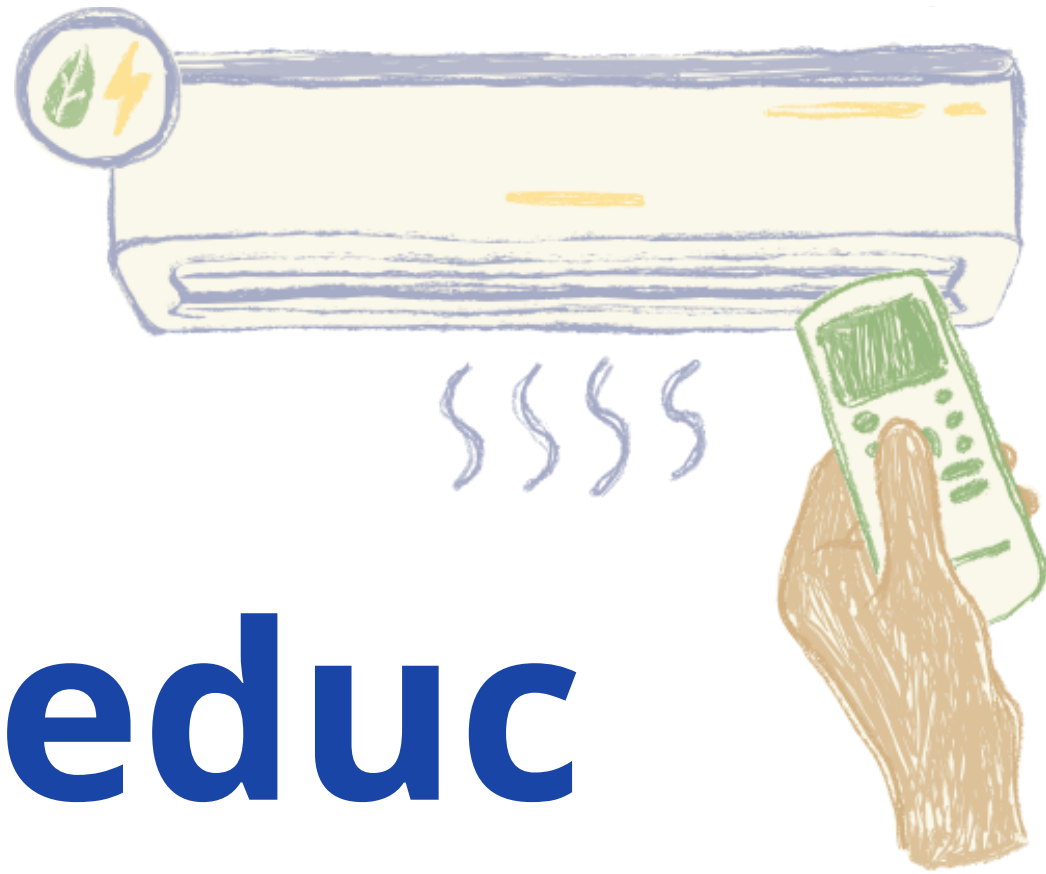
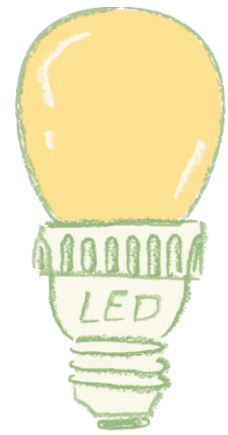
## Disposable plastic packaging

- straws
- bags
- bottles of water or juice
- coffee cups
- packaging with a lot of plastic

Use your own reusable water bottle

Use a cloth bag for shopping  
Buy food from a local farmer





# Reduc

e

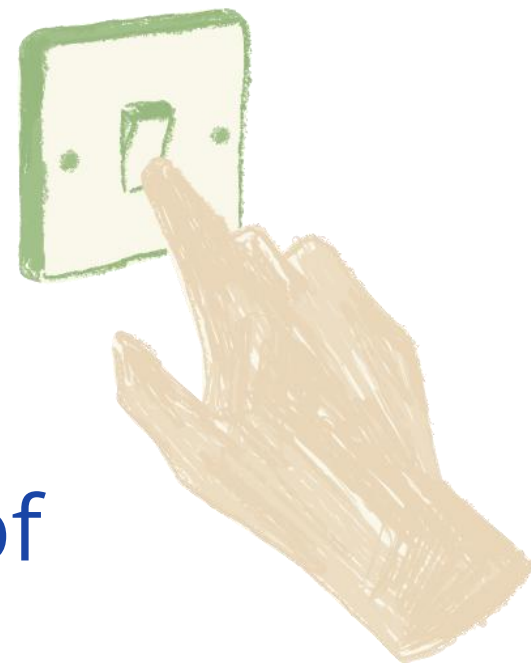
water

electricity

motor vehicles

food from distant locations

foods that require large amounts of energy to grow



- Saving water and energy
- Use of public transport
- Cycling and walking
- Use of renewable energy sources
- Reducing the intake of red meat



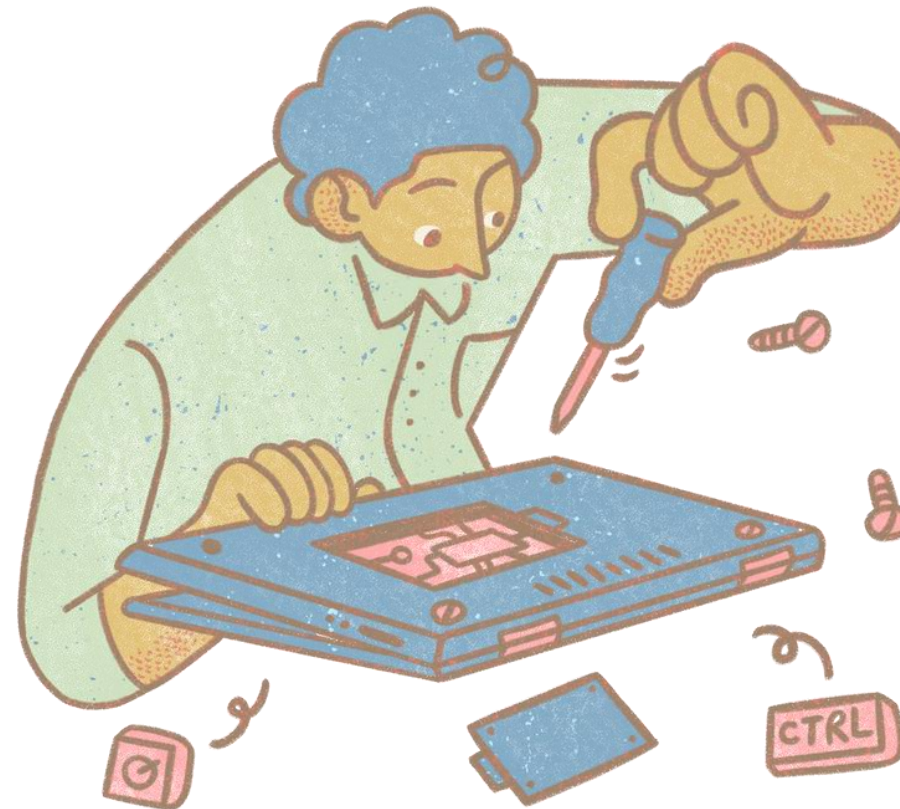
# Reus

# e

- storage jars
- bags
- second hand clothes and shoes
- appliance repair



IN IT FOR THE LONG RUN



REPAIR AND REWEAR



# Recycle

Give new life to old things  
Make useful things out of waste  
waste  
Save money



# Rot

Compost organic  
waste  
Feed the plants  
Enrich the land  
Save money



COOL THE  
CLIMATE.

COMPOST!

**Sustainable nutrition is "protective and respectful of biodiversity and ecosystems, culturally acceptable, accessible, economically fair; nutritionally adequate, safe and healthy while optimizing natural and human resources".**

#### Plant-based nutrition

- 1.1. Reduction of greenhouse gas emissions
- 1.2. Conservation of water resources
- 1.3. Reducing deforestation

#### Sustainable seafood

- 2.1. Choose sustainable species
- 2.2. Avoid overfished species
- 2.3. Support sustainable fishing practices



#### Food of local origin

- 3.1. Reduces food miles
- 3.2. It supports local farmers
- 3.3. It reduces food waste

#### Organic food

- 4.1. Reduction of chemical pollution
- 4.2. Promoting soil health
- 4.3. Support for biological diversity

# The impact of sports on the environment



Waste generation  
Energy  
consumption  
Water usage



# Sustainable sports practices

## "green sport"

Reduce waste  
generation  
Energy efficiency  
Water protection  
Sustainable place design





# The culture of sports clubs

- use public and group transport
- use reusable packaging
  - bottles, backpacks
- save energy and water
- promote outdoor sports
- promote green practices



# Individuals

- Save water
- Use energy efficiently
- Support renewable energy
- Use sustainable products
- Choose foods of local and organic origin
- Educate yourself and your family



Recommendation of the practical part:  
**Interactive waste separation  
workshop**

**and the use of the 5R principles**

5 bins for waste separation are drawn on 5 hammer papers

- mixed waste
- paper
- plastic, metal, tetrapacking
- glass
- biowaste

Various foods are cut from the supermarket catalog

The participants are asked: what did you buy, what packaging is it in and in which bin will they throw it

Participants then stick a specific package onto a hammer with a target bucket

At the end of the workshop, there will be a discussion about which type of waste is the most and how to reduce it





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# Thank you for attention!



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