



## **Environmental Guidelines for Triathlon, Duathlon & Aquathlon**

All sports activities and events impact on the environment. Although triathlons may not cause large-scale, high impact environmental degradation, due to the increasing number of events currently taking place in the UK, it is important that we manage their environmental impacts appropriately.

These guidelines have been designed for use by open water triathlon & aquathlon event organisers to encourage the planning of environmentally-sound events, many of these principles will also apply to duathlons as well. Their aim is to raise the awareness of organisers to the potential environmental impacts of their events, to reduce the environmental damage caused by triathlons and to improve and promote the environmental reputation of the sport. Many of the guidelines are also likely to save money.

When applying the guidelines, it is vital that they are considered in the planning process from the very start and involve discussion and collaboration with all interested parties (e.g. local authorities, local environmental organisations and groups, local residents, media, suppliers, local businesses); this will help ensure they are appropriate and effective. Due to the diverse nature of event venue's not all of these guidelines will be applicable to certain situations, however measures can be taken in all instances to reduce the environmental damage an event could potentially cause.

KEY AREA	AIMS	MEASURES
<b>BIODIVERSITY, LANDSCAPE AND CULTURAL HERITAGE</b>	<ul style="list-style-type: none"> <li>• <b>To minimise damage to water banks, shorelines, tracks, paths and roadsides.</b></li> <li>• <b>To minimise disturbance to wildlife.</b></li> <li>• <b>To minimise habitat damage and destruction.</b></li> <li>• <b>To minimise visual intrusion.</b></li> <li>• <b>To minimise traffic congestion.</b></li> </ul>	<ul style="list-style-type: none"> <li>• Ensure selected event location has adequate permanent facilities (including race headquarters, toilets, showering facilities, changing facilities, and catering) in order to minimise use of temporary facilities.</li> <li>• Where temporary facilities are used, ensure they are disassembled immediately after the event.</li> <li>• Consider the choice of event location carefully; avoid sensitive locations which may be more susceptible to environmental damage.</li> <li>• Plan the cycle and run route to stay on pre-existing roads, tracks or paths at all times; routes crossing open areas should be avoided wherever possible.</li> <li>• Ensure any off-road sections of cycle and run route are suitable and appropriate for the event and can accommodate the expected number of competitors; this may include, for example, ensuring the tracks and paths are wide enough and have a suitable surface covering to accommodate competitors.</li> <li>• Locate transition area on a hard surface with suitable access to swim exit and cycle start.</li> <li>• Identify any significant or protected species of plants, animals, reptiles, insects or fish present at event location or in the local area and take measures to work around them; this may include, for example, designing the route to avoid such areas.</li> <li>• Identify any areas designated as protected by national or local authorities in the area and take measures to work around them; this may include, for example, avoiding such areas all together or marking areas with signs or flagging to minimise access.</li> <li>• Consult with local wildlife experts and local authorities to seek out local knowledge, maps and guidebooks to help highlight and understand any environmental concerns in the area.</li> </ul>

		<ul style="list-style-type: none"> <li>• Provide permanent car parks for competitors, spectators and organisers to leave their cars in; avoid use of road sides for parking.</li> <li>• Limit the number of competitors that can enter the event so its size is appropriate for local circumstances.</li> <li>• Where using a wave start, carefully consider the size of each wave.</li> <li>• Ensure sufficient marshals are located around the route.</li> <li>• Hold event at quiet times to alleviate traffic congestion.</li> </ul>
<p><b>PRODUCTION OF POLLUTION</b></p>	<ul style="list-style-type: none"> <li>• <b>To minimise noise pollution.</b></li> <li>• <b>To minimise water contamination.</b></li> <li>• <b>To minimise air pollution.</b></li> <li>• <b>To minimise soil contamination.</b></li> </ul>	<ul style="list-style-type: none"> <li>• Minimise the use of motorised vehicles and consider the use of non-motorised vehicles where possible (e.g. canoes and bicycles).</li> <li>• Where motorised vehicles are used, introduce a no idling policy; display signs in car parks and inform all marshals of policy.</li> <li>• Encourage competitors, spectators, staff and volunteers to travel to and from the event on public transport; this may involve consulting with local transport companies regarding increasing capacity, transport of bikes, timetables and ticketing.</li> <li>• Encourage competitors, spectators, staff and volunteers to share lifts when travelling to the event; this may include setting up a car pool system and publishing a map on the internet showing where competitors are travelling from.</li> <li>• Offer incentives to high occupancy vehicles; this may include, for example, introducing a sliding scale for car parking costs depending on how many people are in the car, or preferential car parking area.</li> <li>• Minimise the use of noise generating equipment, including PA systems, generators, loudspeakers and megaphones.</li> <li>• Carefully consider the positioning of PA systems, generators, loudspeakers and megaphone so they are directed away from areas of local residents.</li> <li>• Avoid use of chemicals of hazardous substances.</li> <li>• Ensure adequate procedures are in place to prevent/ respond to spillages of chemicals and hazardous substances.</li> <li>• Where storage of petrol is required, ensure it is stored in sealed petrol</li> </ul>

		<p>cans, away from sources of ignition and the general public.</p> <ul style="list-style-type: none"> <li>• Avoid the use of spray paint for marking the ground; consider alternatives such as sawdust or the use of removable signage.</li> <li>• Venue lighting should only be used when necessary</li> </ul>
<b>WATER USE</b>	<ul style="list-style-type: none"> <li>• <b>To ensure efficient use of water.</b></li> </ul>	<ul style="list-style-type: none"> <li>• Consider necessity of all uses of water.</li> <li>• Work with site/ venue owners to ensure efficient water use; this could include, for example, assessing appliances and fittings for water efficiency and displaying signs encouraging efficient use of water,</li> <li>• Find out how much water is being used at triathlon and how much it is costing; this may motivate you to reduce consumption.</li> <li>• Ensure that waste water is treated and disposed of in a way which respects the environment.</li> </ul>
<b>WASTE PRODUCTION</b>	<ul style="list-style-type: none"> <li>• <b>To reduce the amount of waste going to landfill.</b></li> </ul>	<ul style="list-style-type: none"> <li>• Ensure sufficient bins are provided for the expected number of people at event.</li> <li>• Display notices at event requesting site to be kept tidy.</li> <li>• Conduct litter-pick after event.</li> <li>• Segregate recyclables from general waste; this could be done, for example, by providing separate bins for recyclables, or by sorting the waste after collection.</li> <li>• Ensure waste is removed from the event by a trusted person.</li> <li>• Ensure that all waste is disposed of in a way which respects the environment; only send waste to landfill where absolutely necessary.</li> </ul>
<b>ENERGY USE</b>	<ul style="list-style-type: none"> <li>• <b>To ensure efficient use of energy.</b></li> </ul>	<ul style="list-style-type: none"> <li>• Consider necessity of all uses of energy.</li> <li>• Work with site/ venue owners to minimise energy use; this could include, for example, turning off appliances when they are not being used, installing energy efficient appliances and displaying signs encouraging efficient use of energy.</li> <li>• Find out how much energy is being used at triathlon and how much it is costing; this may motivate you to reduce consumption.</li> </ul>
<b>PURCHASING</b>	<ul style="list-style-type: none"> <li>• <b>To ensure all purchasing</b></li> </ul>	<ul style="list-style-type: none"> <li>• Do not make purchasing decision based solely on price.</li> <li>• When making purchasing decisions, be sure to consider the durability,</li> </ul>

	<b>decisions are made with consideration to their environmental impact.</b>	potential for reuse, materials used and availability of spare parts for a product; these may make a product more expensive in the short term, but can often produce cost savings in the long term.
<b>CUMULATIVE IMPACTS</b>	<ul style="list-style-type: none"> <li>• <b>To minimise accumulation of environmental impacts.</b></li> </ul>	<ul style="list-style-type: none"> <li>• Identify other events occurring at the same time as your event and consider the cumulative impacts of this clash; work with other event organisers to minimise environmental damage.</li> <li>• Identify other events occurring at the same venue as your event and consider the cumulative impacts of this; work with other event organisers to minimise the accumulation of impacts. This may include, for example, carefully selecting paths and tracks used for routes to ensure none are overused.</li> </ul>

This document has been produced by British Triathlon as a guide to how to be more aware of the environment when organising your event. Whilst every care has been taken in the preparation of this guide and the information contained within, the British Triathlon Federation and its agents cannot accept any responsibility for inaccuracies nor for any loss or negligence arising out of this guide.