

Earth-Friendly Sport Practices

March 25, 2024
by Laura Chatham

SUSTAIN ATHLETICS



AGENDA

- A Bit About Me & Sustain Athletics
- What is Sustainability?
- Adopting Earth-Friendly Practices in Endurance Sports
- Questions / Discussion



SUSTAIN ATHLETICS

Trail Run | Hike | Eat Well

Science-Based Endurance Coaching
for Sustainable Health & Performance,
in-tune with Nature.

By Coach **Laura Chatham**

- NCCP Club Coach Trained & Licensed
- 6+ Years Coaching Experience
- BSc Chemistry Honours (UBCO)



A young evergreen tree sapling with vibrant green needles stands prominently in the center of the frame. It is growing out of a thick, textured carpet of green moss. The background is a soft-focus forest scene with more trees and foliage, creating a sense of depth and a natural, serene atmosphere. The lighting is soft and diffused, highlighting the textures of the needles and the moss.

What is sustainability?

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- A definition: **“meeting the needs of the present without compromising the ability of future generations to meet their own needs.”** – UN 1987



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Money → Fear | Greed
→ Instant Gratification
→ Convenience

- eg. single-use plastics, driving single-serve portions, soda pop.

Types of Sustainability

ENVIRONMENTAL

WATER | LAND | AIR

SOCIAL

CULTURAL | POLITICAL | COMMUNICATION

ECONOMIC

FINANCIAL | RESOURCES

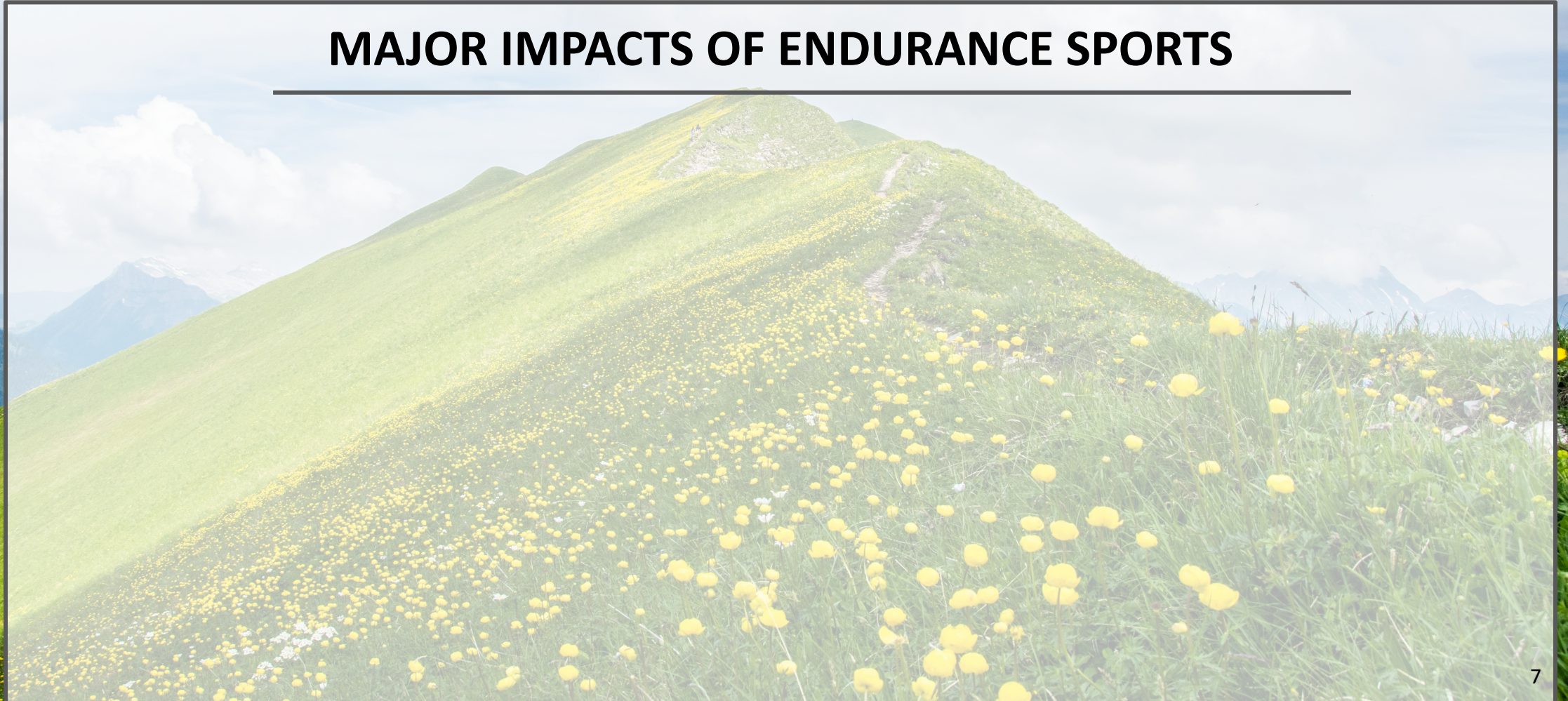
PERSONAL

PHYSICAL | MENTAL | SPIRITUAL

Environmental Sustainability

UN – “meeting the needs of the present without compromising the ability of future generations to meet their own needs.”

MAJOR IMPACTS OF ENDURANCE SPORTS



Environmental Sustainability

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MAJOR IMPACTS OF ENDURANCE SPORTS

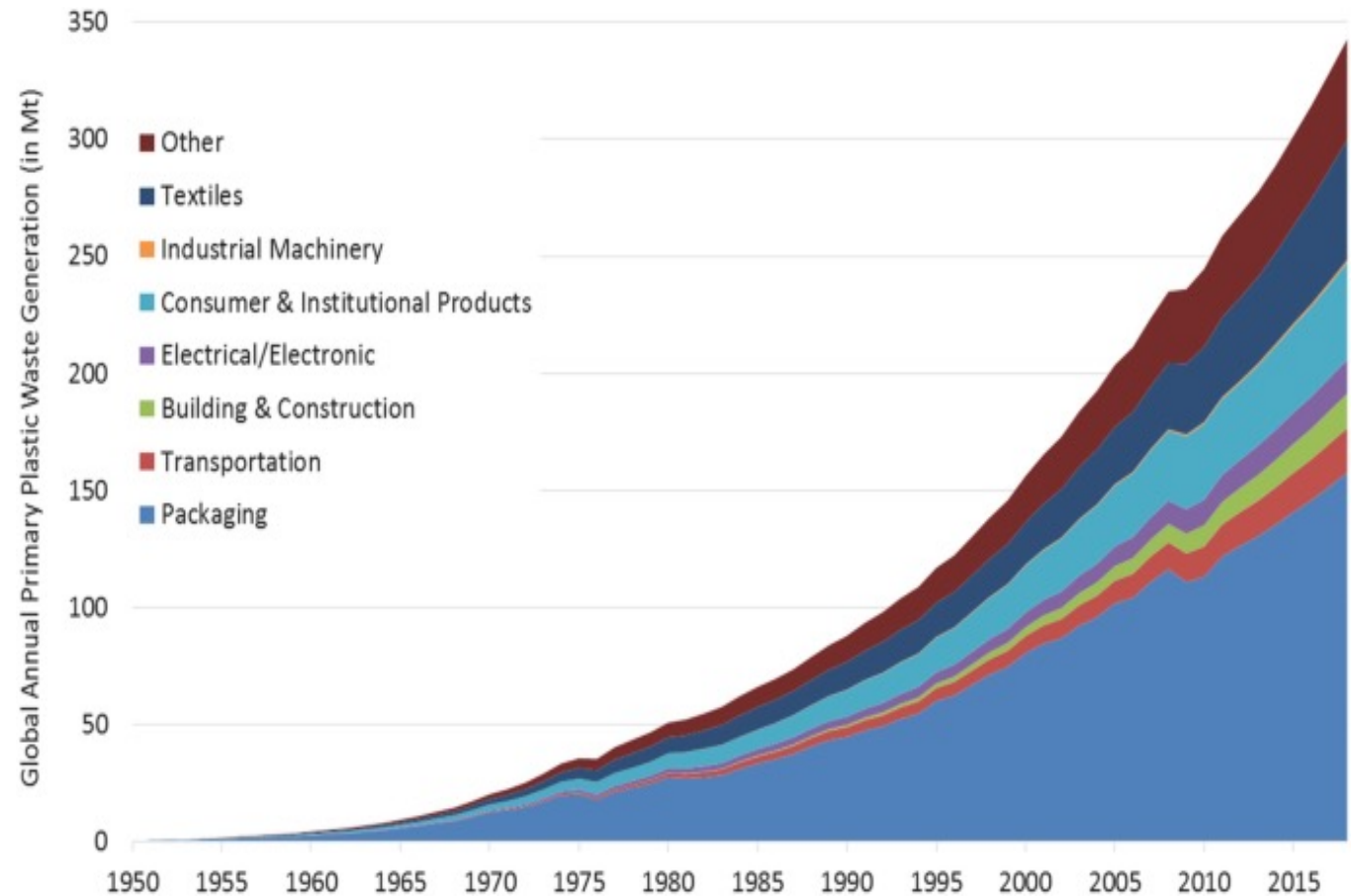
1. **Fuel consumption** – driving to trails / events / races
2. **Plastics in our gear** → long lasting waste, microplastics
3. **Old gear to landfills** – shoes, clothes, electronics
→ thrift stores *do* have a limit
4. **Body Products** – sunscreen, deodorants, bug repellants...etc
5. **Food packaging** – gels, bars, power drinks...etc

Plastics

Definition: Synthetic material made from fossil fuels (eg. natural gas, crude oil) that can be easily molded into shapes & resist deterioration.



- **1907** – first fully synthetic plastic made in Belgium
- **1939** – polyethylene terephthalate (PET) patented
→ 1st polyester



Plastics



The Ocean Cleanup, How Much Plastic Enters the Ocean?



University of Portsmouth (2023). New project highlights damaging impact of plastic pollution on land animals

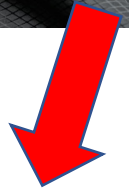
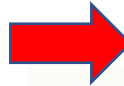
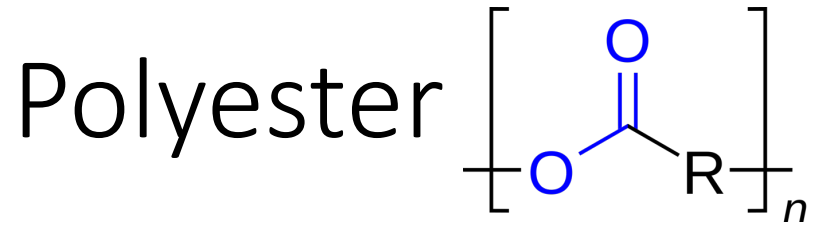


Devlin (2016). Seabirds eat floating plastic debris because it smells like food, study finds, The Guardian.

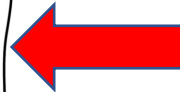
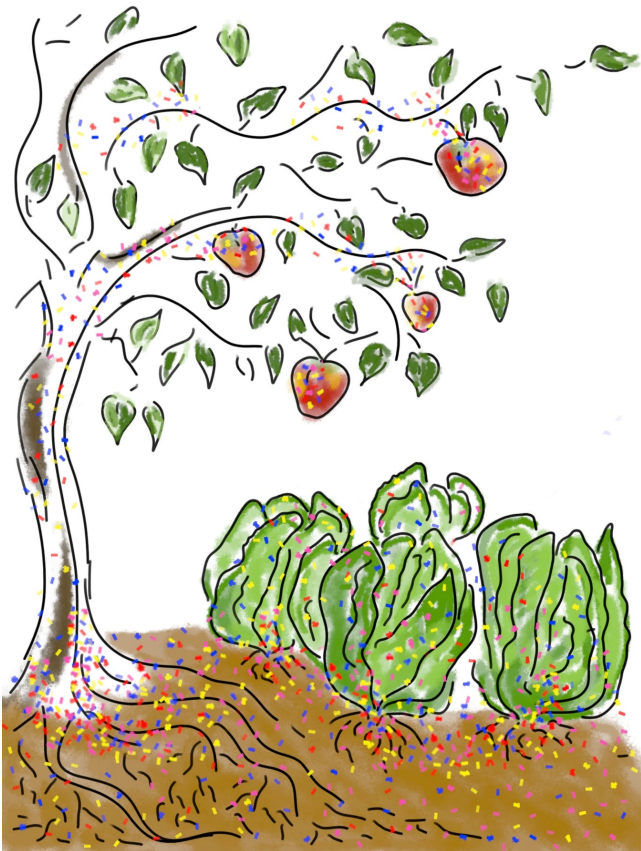


Sanat (2022). Garbage Dump in the Middle of the Ocean

Microplastics



Thousands of fibers per wash
→ waste water treatment
→ 'sludge' → fertilizer!



A young evergreen tree sapling with vibrant green needles stands prominently in the center of the frame. It is growing out of a thick, lush carpet of green moss that covers the forest floor. The background is a soft-focus forest with more trees and foliage, creating a sense of depth and a natural, serene atmosphere. The lighting is soft and diffused, highlighting the textures of the needles and the moss.

Sustainability Solutions

Environmental Sustainability



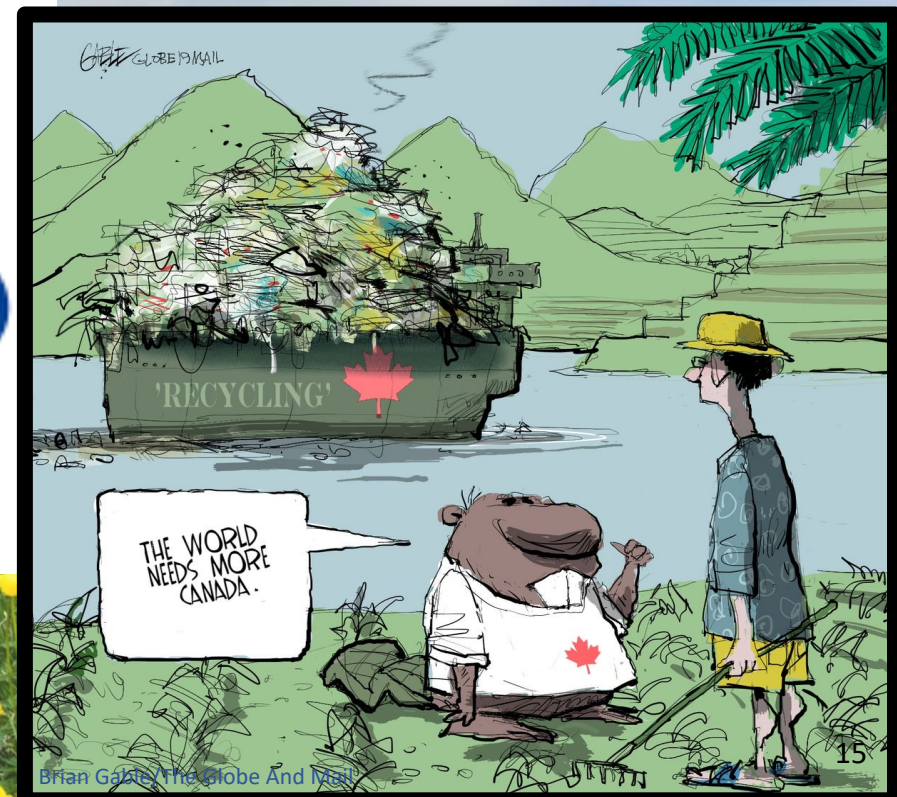
Environmental Sustainability

Meh, it can be recycled.



Environmental Sustainability

Meh, it can be recycled.



Environmental Sustainability



REDUCE

REUSE

RECYCLE

(waste management)

Earth-Friendly Practices

PROBLEMS

1. *Fuel consumption*
2. *Plastics in our gear*
3. *Old gear to landfills*
4. *Body Products*
5. *Food packaging*

SOLUTIONS



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SOLUTIONS

- Do local runs & events to minimize fuel consumption (reduce)
- Source petroleum-free products (reduce)
 - consider materials, how their made, & where they come from.
- Only buy what you need (reduce)



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SOLUTIONS

- EDUCATE yourself on different brands, products, & materials
- Wash clothes only when needed
 - Reduces microplastics into water system
- Avoid plastic packaging at purchase
 - BYOB!



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SOLUTIONS

- Only buy what you need (*reduce*)
- Buy good quality that lasts longer (*reduce*)
- Refill & Reuse products as much as possible (*reuse*)
- Dispose of waste PROPERLY
 - Compost | *Recycle* | Landfill



Be Clean
Naturally

FILL
REFILL STORES

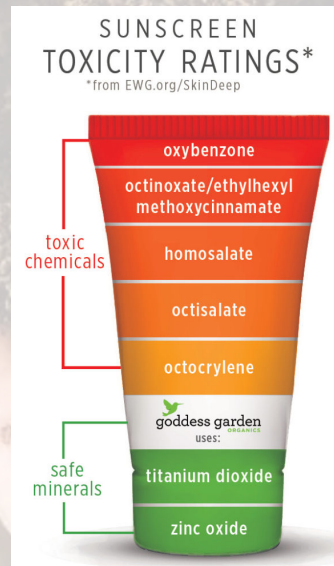
Earth-Friendly Practices

PROBLEMS

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SOLUTIONS

- Only *use* what you need (reduce)
- EDUCATE yourself on different brands, products, & materials



Be Clean
Naturally

<https://www.becleannaturally.ca/>

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SOLUTIONS

- Home-made for less packaging (*reduce/reuse*)
- Use refillable containers
- Dispose of waste PROPERLY
→ Compost | *Recycle* | Landfill



Questions / Discussion

- Questions / Comments?
- What practices have you / would you like to incorporate into your training?
- How do you build the good habits to keep things up?

A young evergreen tree, possibly a spruce or fir, is the central focus, growing from a thick carpet of green moss. The background is a soft-focus forest with more trees and foliage, creating a sense of depth and tranquility. The lighting is natural, highlighting the textures of the needles and the moss.

“The right mindset is the first step
towards the journey.”

– Marion Bekoe