



LITTLE PRACTICES FOR A RESPONSIBLE ATHLETE

1.

Use public transport, ride a bike, or walk to the event; alternatively, carpool with others or use sharing services.

2.

Do not litter; use bins or designated areas for recycling.

3.

Reduce single-use plastic: bring a reusable bottle of water or reuse your cup at refreshment stations.

4.

Repair or donate your sports equipment and clothing rather than throwing it away

TAKE ACTION NOW!

WE CAN ALL TAKE SMALL ACTIONS TO MAKE A LEAP TOWARD A BETTER, MORE RESPONSIBLE, AND SUSTAINABLE FUTURE.

HERE ARE A FEW TIPS TO BE A RESPONSIBLE ATHLETE.