



PAWF Sustainable Event Checklist: A Practical Guide to Greener Weightlifting Competitions

Introduction:

The Pan American Weightlifting Federation (PAWF) is committed to minimizing the environmental impact of its events and promoting sustainability within the sport of weightlifting. This checklist provides a framework for National Federations (NF) and Organizing Committees (OC) to plan and deliver greener, more responsible competitions.

We recognize that the culture of recycling, environmental awareness, and available resources vary significantly across the Pan American region. This checklist is designed to be a flexible guide, adaptable to the specific context of each host country. We encourage National Federations to assess their local capabilities and regulations, particularly regarding waste management and recycling, and to communicate this information to the PAWF during the event planning process.

This checklist is structured around two main categories: **Mandatory** and **Recommended**. Within each category, we have implemented a tiered system to reflect the varying levels of feasibility and impact:

- **Mandatory - Baseline:** Fundamental, easily achievable actions that all host countries should be able to implement, regardless of their economic status or event level. These actions represent the minimum standard for sustainability at PAWF events.

- **Mandatory - Intermediate:** Actions that are still considered mandatory but might require slightly more effort or resources. They represent a reasonable expectation for most countries hosting international events.
- **Recommended - Advanced:** Best practices that demonstrate a strong commitment to sustainability. They might involve more investment or planning and are encouraged for countries with greater capacity.
- **Recommended - Aspirational:** Best practices that demonstrate a strong commitment to sustainability. They might involve more investment or planning and are encouraged for countries with greater capacity.

Our goal is to work collaboratively with each host nation to achieve the highest possible standards of sustainability within their specific context. We believe that even small steps can make a significant difference, and we encourage all Organizing Committees to embrace the spirit of this checklist and strive for continuous improvement.

I. Venue Selection & Accessibility

1. Public Transportation & Accessibility:

- **Mandatory - Baseline:**
 - Choose a venue well-served by public transportation (bus, train, metro).
 - Provide clear information on public transportation options to the venue on the event website and in event materials (maps, schedules, etc.).
 - Ensure the venue has designated accessible parking spaces close to the entrance.
- **Mandatory - Intermediate:**
 - Verify that the venue offers barrier-free access for people with disabilities, including ramps, elevators, and accessible restrooms.

2. Venue Infrastructure:

- **Mandatory - Baseline:**
 - Prioritize existing venues over new construction.
 - Inquire about the venue's existing sustainability policies and practices (e.g., energy efficiency, waste management).
- **Recommended - Advanced:**
 - Allocate secure and convenient parking/storage space for bicycles.
- **Recommended - Aspirational:**
 - Provide charging stations for electric vehicles (EVs), if feasible.

II. Venue Operations & Resource Management

1. Energy Management:

- **Mandatory - Baseline:**
 - Turn off lights and equipment when not in use.

- Utilize natural light whenever possible.
- Optimize heating, ventilation, and air conditioning (HVAC) systems. Set appropriate temperature ranges (e.g., 24-26°C for cooling, 18-20°C for heating).
- **Mandatory - Intermediate:**
 - Use energy-efficient lighting (e.g., LED) where feasible.
- **Recommended - Advanced:**
 - Explore the use of renewable energy sources (check for local incentives).

2. Water Management:

- **Mandatory - Baseline:**
 - Promptly repair any leaks.
- **Mandatory - Intermediate:**
 - Ensure the venue has water-efficient fixtures (low-flow toilets, faucets) if possible.
- **Recommended - Advanced:**
 - Use waterless or water-efficient cleaning methods where possible (e.g., microfiber cloths).

3. Waste Management:

- **Mandatory - Baseline:**
 - Provide clearly labeled and conveniently located bins for:
 - Recyclables (paper, plastic, glass, metal - check local guidelines)
 - Landfill waste
 - Eliminate single-use plastics like water bottles. Provide water refill stations instead.
- **Mandatory - Intermediate:**
 - Partner with a waste management company that prioritizes recycling and provides clear guidelines.
- **Recommended - Advanced:**
 - Use compostable food service ware (plates, cups, cutlery) if composting is available in your area.
 - Donate or repurpose leftover materials whenever possible (e.g., banners, signage).
- **Recommended - Aspirational:**
 - Simple Waste Audit: Keep track of the approximate amount of waste generated (in bags or weight) in each category (recyclables, landfill). This helps measure the impact of waste reduction efforts.

4. Air Quality:

- **Mandatory - Baseline:**
 - Ensure proper ventilation in all areas of the venue.
- **Recommended - Advanced:**
 - Choose cleaning products that are environmentally friendly and have low VOC emissions if possible

III. Transportation & Accommodation

1. Sustainable Transportation:

- **Mandatory - Baseline:**
 - Encourage participants and spectators to use public transportation, walk, or cycle to the event.
 - Minimize distances between competition venues, training venues, and accommodation.
- **Recommended - Advanced:**
 - Provide information on low-carbon transportation options (e.g., nearest bus stop, bike share locations).
- **Recommended - Aspirational:**
 - If shuttle services are necessary, prioritize fuel-efficient vehicles.

2. Accommodation:

- **Mandatory - Baseline:**
 - Prioritize hotels located close to the competition and training venues.
- **Recommended - Advanced:**
 - Select hotels that demonstrate basic environmental practices (e.g., towel/linen reuse programs, energy-saving measures).

IV. Procurement & Catering

1. Sustainable Procurement:

- **Mandatory - Baseline:**
 - Prioritize local suppliers to reduce transportation distances and support the local economy.
- **Recommended - Advanced:**
 - Choose environmentally friendly products (e.g., recycled paper, eco-friendly cleaning supplies) where your budget allows.
- **Recommended - Aspirational:**
 - If creating merchandise, choose sustainable options (e.g., organic cotton, recycled materials).

2. Food & Beverage:

- **Mandatory - Baseline:**
 - Minimize food waste through careful planning, portion control.
 - Provide water refill stations instead of single-use plastic bottles.
 - Ensure clear signage for proper disposal into the appropriate bins.
- **Mandatory - Intermediate:**
- Offer at least one vegetarian or vegan meal option at each meal service.
- **Recommended - Advanced:**
 - Source food from local producers as much as possible.
 - Provide reusable or compostable cups, plates, and cutlery (if composting is available).
 - Avoid individually packaged food items to minimize packaging waste.

- Donate leftover edible food to a local food bank or shelter, if health regulations permit.

V. Community Engagement & Legacy

1. Community Involvement:

- **Recommended - Advanced):**
 - Inform the local community about the event and any potential disruptions.
 - Offer opportunities for local residents to volunteer, if applicable.

2. Social Responsibility:

- **Mandatory - Baseline:**
 - Promote diversity and inclusion in all aspects of the event.
- **Mandatory - Intermediate:**
 - Ensure the event is accessible to people with disabilities.

3. Leaving a Positive Legacy:

- **Recommended - Advanced:**
 - Donate reusable materials or equipment to local schools or sports clubs.
- **Recommended - Aspirational:**
 - Consider a simple, achievable legacy project, like planting a tree for each participating nation, if resources allow.

VI. Communication, Marketing & Athlete Engagement

1. Sustainable Event Promotion:

- **Mandatory - Baseline:**
 - Minimize printed materials. Use digital alternatives (website, social media, email).
- **Recommended - Advanced:**
 - If printing, use recycled paper and plant-based inks.
 - Promote the event's sustainability initiatives on the event website and social media.

2. Stakeholder Education:

- **Recommended - Advanced:**
 - Inform athletes, coaches, officials, and volunteers about the event's sustainability practices through emails or announcements.

3. Athlete Engagement:

- **Recommended - Advanced:**
 - Encourage athletes to support the event's sustainability initiatives (e.g., using refillable bottles, promoting public transport).

VII. Monitoring, Evaluation, and Reporting

1. Data Collection:

- **Recommended - Aspirational:**
 - If possible, track very basic metrics like the approximate number of bags of recycling vs. landfill waste.

2. Reporting:

- **Recommended - Advanced:**
 - Briefly document the sustainability efforts undertaken, any challenges faced, and any positive outcomes observed (e.g., in a short post-event report to the PAWF).