

# RIDING TOWARDS A MORE SUSTAINABLE FUTURE



**Welcome to the Scottish Cycling Club Sustainability Guide: Your go-to resource for tips and ideas to foster environmental sustainability within your club.**



# PROGRESS SO FAR



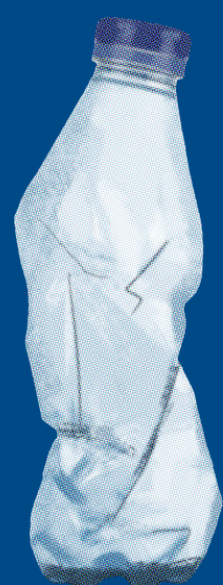
In the spring of 2023 Scottish Cycling launched its new strategy, Developing A Nation of Cyclists 2.0. The strategy contained a clear commitment to increase our sustainability efforts, highlighting this pillar as a ‘golden thread’ that runs through everything we do. We recognise the work done by the UCI in its Sustainability Guidelines issued in June 2021 and support its vision to “make cycling one of the world’s most sustainable sports and promote the bicycle as a key transport mode in combating climate change, improving population health and building a more sustainable future for all”.



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people living in Scotland agreed that for the sake of the environment it would be better if more people cycled.

We have launched our environmental policy and strategy which sets out our approach to environmental issues for the organisation, directors, staff and members.

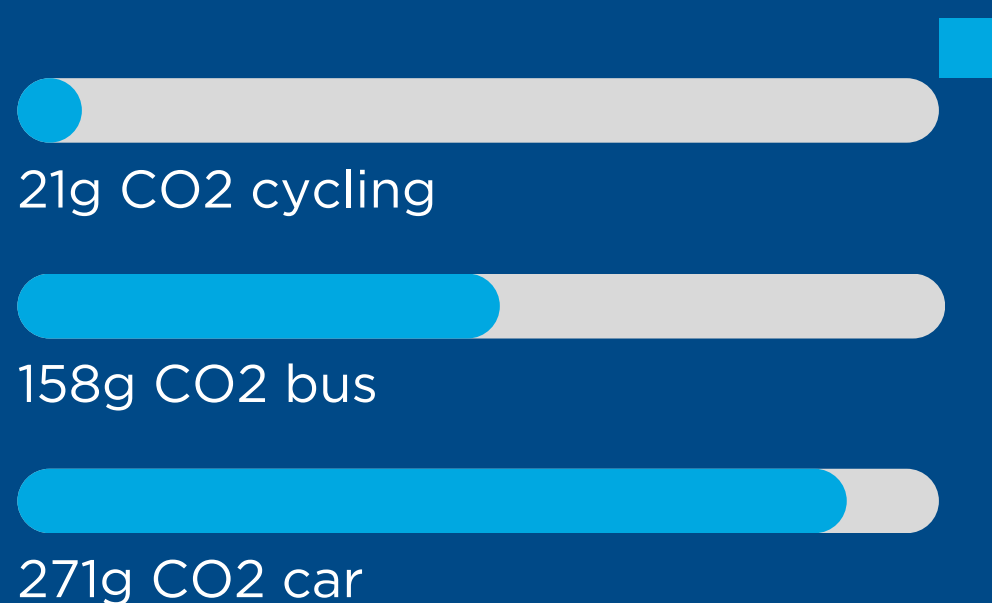


**9.1 million**★

items of Single-Use Pollution on UK trails.

\*estimated by Trash Free Trails

This guide offers some specific actions that promote environmental sustainability so that we can collectively minimize our impact and contribute to the preservation of the outdoor spaces where our sport takes place.



According to the European Cyclists' Federation, cycling emits only 21 grams of CO2 per passenger per kilometre, compared to 158 grams for buses and 271 grams for cars. Cycling is not only beneficial for health, but it is an environmentally friendly mode of transport that can help reduce carbon emissions and combat climate change.

## REFERENCES

● Cycling Scotland 2019

★ Trash Free Trails

■ European Cyclists Federation

# 5 SMALL ACTS WITH BIG ENVIRONMENTAL IMPACTS

## COMMIT TO CHANGE

Start the conversation and make a commitment to prioritising positive sustainability practices within your club.

1



2



## REDUCE, REUSE & RECYCLE

Adopt a circular economy approach, looking at how the club can reduce, reuse and recycle.

3



## CREATE SUSTAINABLE EVENTS

Organise cycling events with a strong commitment to sustainability, incorporating eco-friendly practices.

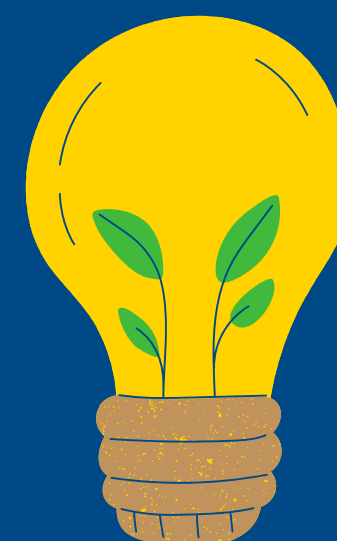
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## PHASE OUT SINGLE PLASTIC USE

Work to minimise the use of single-use plastics by adopting sustainable alternatives and encouraging responsible plastic use.

5



## INSPIRE POSITIVE CHANGE

Share your success stories and sustainable initiatives your club is implementing to motivate the wider cycling community.

# COMMITMENT TO CHANGE

Prioritising sustainability within your cycling club enhances its environmental impact by contributing to conservation efforts and mitigating climate change. It also establishes a positive image within the community, aligns with social responsibility, and ensures the club's long-term viability by embracing eco-friendly practices.



1

## FIND THE PASSION

Even if you are unsure what you can do to help, making a commitment to change is the first important step. It often takes someone with passion, interest and perseverance to start the conversation and get others on board.



2

## EVALUATE PRACTICE

Get started by conducting a thorough assessment of the club's current activities, events, and infrastructure to identify areas where sustainable changes can be implemented.



3

## SET GOALS

Establish clear and achievable sustainability goals for the club. This may include reducing waste, promoting eco-friendly transportation, or adopting sustainable event practices.



4



## ENGAGE

Share your passion with other people in your club and community. The more people you reach, the better.



5

## READY?



Use the checklists to help plan your action. Regularly collect feedback from members to gauge the effectiveness of implemented changes and update your plan if needed.

# REDUCE, REUSE & RECYCLE

A circular economy for a cycling club involves adopting practices that prioritise sustainability, resource efficiency, and waste reduction. This includes initiatives such as bike recycling, kit exchanges, and minimising waste where resources are used efficiently, and environmental impact is minimised throughout the lifecycle of cycling-related products and activities.

## RECYCLE KIT AND BIKES

Bikes might be good for the environment, but disposing of them often isn't. There are lots of ways that we can recycle our bikes and kit. Organise a second hand sale within your club or donate to your local bike recycling scheme. Remember the most sustainable product is the product that you already own.

## HOLD BIKE MAINTENANCE WORKSHOPS

Host regular workshops within the club or in partnership with your local bike shop to educate members on basic bike repairs and maintenance. Encourage the reuse of components and extend the lifespan of bikes rather than discarding them.

## DEVELOP A BIKE LIBRARY

Create a bike library where members can borrow bikes for specific events or periods, reducing the need for people to own bikes. Consider if this can be done in partnership with other local clubs or organisations.

## PICK RESPONSIBLE SUPPLIERS

If second hand isn't an option then ensure you are buying from sustainable brands. Research which brands are working to eliminate their environmental impact. An example of things they might be doing is increasing the use of recycled fabrics which can help reduce the amounts of these materials that are sent to landfill.

For further ideas get in touch with [clubdevelopment@scottishcycling.org.uk](mailto:clubdevelopment@scottishcycling.org.uk)

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# SUSTAINABLE EVENTS

Organising sustainable cycling events is a great way to promote eco-friendly practices and reduce the environmental impact associated with large-scale events. Here are some ideas to make your cycling event more sustainable.

## GREEN TRANSPORTATION

Encourage participants to cycle to the event and provide secure bike parking facilities. Arrange for bike-sharing or collaborate with local bike rental services. Promote the use of public transportation or car sharing for participants and spectators who cannot cycle to the event. Provide a platform (such as your membership management tool) for those that want to car share to communicate with other interested people.

## REDUCE, REUSE & RECYCLE

Use eco-friendly and recycled materials for event signage, banners, and promotional materials and if possible don't make them unique to the event so they can be used again (e.g. don't put a date on them). Provide digital event maps and information to reduce the need for printed materials. Consider sustainable alternatives for participant numbers and medals. Minimise waste by providing recycling and composting bins. Join Scottish Cycling in collecting inner tubes as part of the [Schwalbe Recycling](#) project. Look out for collection points at Scottish National Championships.

## LOCAL SUSTAINABLE FOOD AND DRINK

Choose local food vendors to reduce the carbon footprint associated with food transportation. Minimise food waste by accurately estimating quantities needed and donating excess to local charities. Instead of single-use plastic bottles, offer refill stations and ask people to bring reusable water bottles. Educate participants on the environmental impact of plastic waste.

## BIODIVERSITY AND CONSERVATION

Choose event locations that have minimal impact on natural habitats. Collaborate with local trail and environmental organisations to raise awareness about local ecosystems and conservation efforts.

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# REDUCE SINGLE-USE PLASTICS

Reducing single-use plastics is vital to protect the environment by minimising pollution, conserving resources, and preventing harm to wildlife, as well as promoting sustainable alternatives and contributing to global efforts for a healthier planet.

## REUSEABLE WATER BOTTLES AND CUPS

Encourage members to use reusable water bottles instead of single-use plastic bottles during rides and events. If a coffee stop is planned can your members take a reusable coffee cup with them? You can get collapsible ones that can fit in a saddle bag. Some cafes even offer a small discount if you use your own cup.

## PROVIDE REFILL STATIONS

Provide refill stations for water bottles at club meeting points, and events to reduce reliance on pre-packaged beverages. Check your route to see if there are any places you can refill when out on club rides. Instead of individually wrapped snacks, set up refillable snack stations with bulk snacks or items in compostable packaging.

## EVENT AND MEETING PLANNING

Minimise single-use plastics in event and meeting planning by opting for eco-friendly alternatives, such as compostable plates and utensils or asking participants to bring their own. Use digital platforms for club communication and event registration to reduce the need for printed materials.

## RIDE CLEAN INITIATIVES

Organise ride cleanup days to collect and properly dispose of any plastic waste encountered during rides. Join [Trash Free Trials](#) in their mission to (re)connect people with nature through the simple yet meaningful act of removing single-use pollution from wild places.

# INSPIRE YOUR COMMUNITY

In a bid to inspire the cycling community, share your success stories and the sustainable steps you are taking to reduce your clubs impact on the environment.

## ■ EDUCATION AND AWARENESS

Share educational resources on online platforms, offering courses or informative content about sustainability. Encourage individuals to take part in zero-waste challenges, providing tips, guidance, and support throughout the process of reducing waste.

## ■ SOCIAL MEDIA CAMPAIGNS

Share success stories from club members who have embraced sustainable cycling to showcase the positive impact. Collaborate with local newspapers, radio stations, and online publications to feature stories about the club's sustainability efforts, reaching a broader audience.

## ■ LINK WITH LOCAL ORGANISATIONS

Work with local organisations and other sports clubs for whom sustainability is a priority and create joint campaigns, or community-wide sustainability projects.

## ■ VOLUNTEER OPPORTUNITIES

Provide opportunities for club members to engage in volunteer activities related to sustainability, such as collaborating with local trail associations.

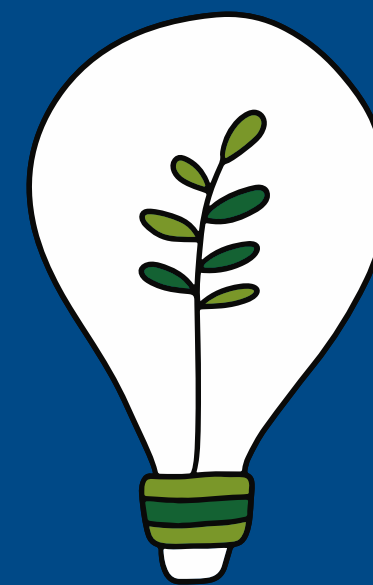
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# FURTHER INFORMATION

There is a wealth of information about sustainability and the environment. Below are links to some resources.



## WHAT IS ENVIRONMENTAL SUSTAINABILITY?

[BBC Bitesize on Sustainability](#)

[United Nations Sustainable Development Goals](#)

## WHAT'S THE LINK TO SPORT & PHYSICAL ACTIVITY?

[British Association for Sustainable Sport](#)

[Sport Scotland](#)

[UCI Sustainability Guidelines](#)

[Sport Environment and Climate Coalition](#)

[UN Sports for Action Framework](#)

## IDEAS FOR ACTION

[Trash Free Trails](#)

[Schwalbe Recycling](#)

[Carbon Trust Green Event Guide](#)

[Outdoor Friendly Pledge](#)



<https://scottishcycling.org.uk/>

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