

INTERNATIONAL WEIGHTLIFTING FEDERATION

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IWFF

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GUIDELINES

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SUSTAINABILITY

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## **PREAMBLE**

Sport presents broad opportunities to promote environmental awareness, capacity building and far-reaching actions for environmental, social and economic development across society.

Environmental governance is a structural part of the Olympic Movement framework and thinking. As part of the Olympic Movement, the IWF also refer to the Olympic Charter which states (Rule 2, Paragraph 13) that the role of the IOC is “to encourage and support a responsible concern for environmental issues, to promote sustainable development in sport and to require that the Olympic Games are held accordingly.” In the same vein, the IWF has decided to also contribute to this effort. Indeed, and even if weightlifting is an indoor sport, the IWF considers that it is also its role to support initiatives for environmental matters and for the promotion of a sustainable development of weightlifting competitions. As such, the IWF provides the current guidelines to its MFs, club and organisers of weightlifting competitions for responsible behaviours when organising events in order to properly consider areas like energy and waste management, preservation of water resources, transport infrastructure and ethical supply chains.

## **1. INTRODUCTION**

In 1999, the Olympic Movement adopted *Agenda 21: Sport for Sustainable Development*. Based on the UNCED (United Nations Conference on Environment and Development) model, it lays down a clear pathway for sustainable development throughout the sporting world. Stakeholders include IFs and MFs, Organising Committees of sporting events, sponsors, government partners, the sporting goods industry, athletes, youth and the media. Indeed the state of the environment remains a major cause for concern. Climate change is real; Overconsumption of natural resources driven by unprecedented economic growth, globalisation and the inexorable rise in world population is clearly not sustainable in the long term. As the IOC has been taking advantage of this global reflection to review how the sporting world has embraced the challenges set out in the Olympic Movement’s *Agenda 21*, the IWF has also decided to affirm its commitment to implement measures that will bring sustainability to the forefront.

Current guidelines summarise what the IWF is expecting from the weightlifting community in order to be part of the joint effort of the Olympic Movement in the broad area of sustainable development.

## 2. MANAGING SUSTAINABILITY

Sport is a positive force in terms of health and recreation, and provides social benefits for billions of participants; however it has a simultaneous impact on the natural world.

Governance limits are a consideration. When, on the one hand, the IOC leads the Olympic Movement, on the other hand, the IWF is willing to set broad guidelines, offers guidance and coordinates the activities of its MFs, Clubs and Organisers of weightlifting competitions. However, as imposing strict standards is not a realistic option (particularly when varying levels of awareness, legislation and capacity across nations), the IWF has decided to make clear its commitment to sustainability and offer advice, guidance and support among the weightlifting community.

Therefore, through current guidelines, the IWF fully adheres to the “Olympic Movement’s Agenda 21” ([www.olympic.org/Documents/Reports/EN/en\\_report\\_300.pdf](http://www.olympic.org/Documents/Reports/EN/en_report_300.pdf)) :

The starting point for *The Olympic Movement’s Agenda 21* is that national approaches and policies on sports and environment should recognise that athletes need a healthy environment in which to train and perform at their optimum, specifically requiring:

- Basic air quality standards to ensure that the air we and our athletes breathe does not impair our health
- Basic water quality standards to ensure that the water we drink does not impair our health
- Basic food and nutrition standards to ensure everyone has access to adequate and healthy food
- Adequate green space and facilities for sports and recreation, especially in densely populated and fast growing urban slums throughout the world.

In addition, the document embraces the three tenets of sustainable development.

### 1. Improving socioeconomic conditions by:

- Promoting values of Olympism and its action on behalf of sustainable development, fostering stronger international cooperation for sustainable development, combating exclusion
- Working to change consumer habits
- Ensuring health protection
- Integrating the concept of sustainable development into sports policies.

### 2. Conservation and management of natural resources by:

- Ensuring all actions of the Olympic Movement respect the environment and encourage sustainable development
- Ensuring the protection of conservation areas, the countryside, the cultural heritage and natural resources as a whole

- Encouraging the best possible use of sports facilities, keeping them in good condition and improving them by increasing safety and reducing their environmental impact
- Sourcing sports equipment which is environment-friendly
- Reducing energy consumption; encouraging the use of renewable energy, sources and energy savings, and encouraging access to renewable and non-polluting energy sources for areas without such power supplies
- Working to make accommodation and catering arrangements for major sports events become exemplars of sustainable development
- Protecting water reserves and preserve the quality of natural waters; minimising activities that could pollute water resources, including waste waters generated by sports activities
- Minimising all forms of pollution, including noise pollution, and promoting community programmes for the management and recycling of wastes
- Opposing any practice – especially any sporting practice – that gives rise to unnecessary or irreversible contamination of air, soil or water; or jeopardises biodiversity or endangers plant or animal species; or contributes to deforestation or is prejudicial to land conservation.

### **3. Strengthening the role of major groups including:**

- Advancing the role of women
- Promoting the role of young people
- Recognising and promoting indigenous people and communities.

## **3. THE THREE LEVELS OF ACTION**

The weightlifting community may act at international, national, local or individual level to promote sustainability

### 3.1. At international level:

It is the responsibility of the IWF to consider and respect sustainable development through the way it operates and the criteria it adopts for the selection of event organisers or sponsors.

### 3.2. At national level:

Adequate activities are primarily the MFs' responsibility; practical projects may be carried out in collaboration with national political authorities or private companies.

### 3.3. At local and individual level:

Clubs or weightlifting competition organisers can play a key role. Their activities should have a practical dimension and their results should be directly visible to the population. Club officials and managers are particularly responsible for setting a good example, while all members must put these principles into practice.

An athlete's attitude, personal desire and activities within his or her club may form the basis for simple and effective initiatives.

#### **4. ATTITUDE & GENERAL PRINCIPLES**

In all societies, whatever the geographical, political, economic, social or religious situation, protection of the environment and sustainable development are deeply positive values. The weightlifting community can, at every level, actively promote the following principles:

- Set a good example;
- Encourage family and friends, teach children to respect the environment;
- Sustain natural resources by encouraging for example water stewardship; sustainable energy and waste management;
- Use electronic documents instead of paper (Regulations, Entry Forms, etc.)
- Recycle paper, packaging, plastic and glass
- Use recycled paper;
- Use both sides of each sheet of paper;
- Use low-energy electric light bulbs;
- Organise reduced general lighting in the venue and special lighting focused on the stage only
- Turn off lights and electrical devices outside working hours;
- Use alternative energy sources;
- Use products that conform to environment and sustainable development criteria;
- Encourage all weightlifting events applicant and cities to work towards minimising the event's footprint on the environment;
- Re-use sport equipment
- Use existing and multifunctional venue;
- Promote modes of transport that produce little pollution and use few resources;
- Choose compact venues: prefer locations with short distances between the competition & training venues and the accommodation sites minimising transport needs;
- Encourage walking for distances of less than 1 km;
- For journeys of more than 1 km, use public transport or organise car-sharing;
- Provide public transport for spectators when organising weightlifting events;
- Take local conditions into account and the need to create sustainable legacies from weightlifting events;
- Volunteer to participate in environment conservation initiatives;
- Promote education on the environment and sustainable development by organising workshops;
- Coordinate and promote joint activities with other sports and bodies, governmental or otherwise, responsible for the protection of the environment and sustainable development

While many of the points above require commitment and action from governments and major sporting bodies, their viability is not solely a concern of institutions. The general principles and plans are relevant to grassroots organisations and individuals. Indeed the participation of informed and involved citizens across the sports community is essential to the successful implementation of the principles established by and for the weightlifting community.

## **5. ROLE OF THE WEIGHTLIFTING STAKEHOLDERS**

### **The Role of Athletes**

- Maximise the effective role of athletes and organisations in education and awareness, by promoting and communicating the importance of sustainability and protection of the environment
- Encourage athletes to act as role models and take part in communicating green messages to the community
- Athletes should actively protect the environment and sustainable development by virtue of their attitude as sportsmen and -women

### **Events Collaboration at Community Level**

- Effective partnerships between organisers and both local and national authorities, and civil society from the outset are essential for the environmental success of any weightlifting event
- Organisers must clearly define and communicate, both internally and externally, their sustainable objectives and priorities. Appropriate guidance and decision-making systems should be put in place to lead all partners (notably suppliers of all products and services) towards a strong performance in these areas

### **Marketing Partnerships for weightlifting and the Environment**

- As sustainability has become a very important element in society, each weightlifting competition can offer a unique opportunity to showcase specific projects and raise sponsors' profiles
- It is critical to ensure service providers and sponsors endorse the IWF's approach and fully support it from early stages of planning to avoid challenges later
- Close communication between the organiser (rights holder) and the sponsors is essential in order to make the most of opportunities to build strong programmes and to profile more sustainable products and services.

## **6. CONCLUSION**

The IWF has taken an important step in deciding to be proactive immediately as from 2013 with an approach that is definitively important and perfectly in line with the IOC. The IWF expects from the entire weightlifting community adequate and effective behaviours towards environment and sustainable development.

Athletes, coaches, leaders, officials, volunteers and organisers will do the right thing in relation with event venue and site selection and construction / venue and office management / community and supply chain involvement / transportation and accommodation / catering, food and beverage.

The IWF remains at disposal of the weightlifting community for any question or to assist its members in implementing the concrete actions presented in these guidelines.

### **USEFUL LINKS:**

#### **International Olympic Committee:**

[http://www.olympic.org/Documents/Commissions\\_PDFfiles/SportAndEnvironment/Sustainability\\_Through\\_Sport.pdf](http://www.olympic.org/Documents/Commissions_PDFfiles/SportAndEnvironment/Sustainability_Through_Sport.pdf)

#### **SportAccord:**

<http://www.sportaccord.com/en/what-we-do/sustainable-sports-events/>

## Annex : Check-lists are a useful tool

### Example : Possible check-list for weightlifting events' organisers

#### 1.Sustainable commitment and strategy

→ Public commitment statement

#### 2.Management

→ Designate a sustainable leader / person in charge

→ Commit to documenting and reporting

#### 3.Site selection and construction

→ Select sites and venues with a minimal ecological footprint

→ Select venues with efficient water / lighting technologies

#### 4.Site, venue and office management

→ Waste management

→ Measure and reduce water usage

→ Read, send and post electronic documents

#### 5.Community and Supply Chain

→ Use local organisations for volunteers and contractors

→ Integrate event with local community stakeholders

#### 6.Transportation and Accommodation

→ Choose compact venues with short distances

→ Offer accessible public transportation services

→ Choose transportation modes with low-emission technologies

#### 7.Catering, Food and Beverages

#### 8.Marketing and Communication

#### 9.Athletes and Public Engagement

→ Engage athletes and the sporting community

→ Provide kits and guides for schools, community groups, etc.