

Notes for the Chart of Sport and sustainable sporting activities, with particular reference to the lacustrine ecosystem:

Premise:

Throughout the last few years, we have been registering major attention, not only, towards our bodies and physical wellbeing, but also towards the necessity of building a new relationship with nature and the environment surrounding us.

The search for uncontaminated spaces, the need for different and intelligent entertainment, to travel, to move, to experience new emotions, to fill our free time with new content and values, is making more and more people choose unusual places of great environmental value (lakes, rivers, sea, parks, mountains, etc) to practice their sporting activities and spend free time.

Practising sports in contact with nature or in the heart of an essentially undamaged setting, offers an experience of great value to every sporting fan of all ages, cultural background and walk of life, in addition to having the opportunity to add value in an eco compatible way to the environment. Therefore, Sport can become a means of education, information and a way to convey knowledge of nature, environment, sporting and social thematic, and also, to encourage ecotourism and sustainable development of the area.

The “Chart of Sport and Sporting Practice in the Lacustrine System” is meant to promote sports that will conform to the principles of eco sustainable development and engages the subscribers, in order to implement a local strategy in favour of sports and sport practices, that will respect and preserve on a long term the natural, cultural and social resources and that will contribute in a fair and positive way, to the economical development and the complete awareness of the people that practice these sports. Including, those that live, work and stay in the involved territories.

Vouching for and improving the physical, social and mental wellbeing of the population demands that the physical/sporting activities, including those that are practised in an urban, rural or water setting, need to be adapted towards the preservation of the limited resources of the planet and be carried out in harmony, along with, the principle of sustainable development and balanced environmental management. This means that we will have to:

- Protect and valorise the natural and cultural patrimony of the lacustrine area through sustainable sporting practices, protecting the area from invasive and inconsiderate sports.
- Sustain and encourage sporting organisations in the effort to protect and preserve the nature and environment.
- To stimulate the consciousness raising of the population and of the relation between sport and sustainable development, as well as, a better understanding of the natural ecosystems.
- To communicate efficiently to those practising the sporting activities, the knowledge of the natural environment and the sustainability of the sport and sporting activities.
- To promote sustainable sporting activities for the handicapped.
- To account, during the organisation and the management of activities or sporting events, of their impact on the environment with particular attention to; economising the resources and mitigating the ecological impact by the public and users.

- To account for the environment and nature's values when planning and building sporting venues or structures for sporting.
- Encourage sporting practises that respect the specific environmental characteristics, and help to know and discover the local territory and its environmental peculiarities.
- Increase the benefits of the sporting activities in favour of the local economy and monitoring and managing the sporting users, in order to avoid negative impacts.

## SUSTAINABLE SPORTING ACTIVITIES AND NATURAL DISCIPLINES IN THE LACUSTRINE AREAS

The natural environmental quality and the beauty of the landscaping can render the open air sporting practises healthy and pleasant. It serves to encourage those that have the least environmental impact like running, swimming, street cycling or mountain biking, horse riding and orienteering.

To discourage the realisation of Sporting structures for the practice of highly negative impacting agonistic activities like motocross, quad and all motor sporting activities.

Avoiding giving authorisations for the use of jetski in all water basins.

The activities that require close monitoring and control events and manifestation of relevant importance are: canoeing, kayak, sailing, windsurf and especially water skiing.

As per sporting, fishing and hunting, in the case that the territories are not precluded from those activities, the subscribers of the chart will try to adopt, introduce and enforce Rules and Regulations, that will respect the ecosystems and the biological cycles of the wild faunae and the water-faunae.

The chart subscribers engage themselves to adopt, introduce and apply rules and regulations in which, for each sporting typology and discipline, in the lacustrine areas, they are reminded of the fundamental principles, like the protection of the natural ecosystem. Especially the lacustrine one, the maintenance of sporting activities in harmony with nature, the capacity of coping for the ecosystem and respecting the local culture and tradition.

The chart subscribers also engage in the adoption of information and education protocols. For the complex environmental and sporting activities in more sensitive areas like parks and protected areas and Natura 2000 sites.

## PROJECTING SPORTING ACTIVITIES STRUCTURES

During the programming and projecting of the sporting venues and structures, including their annexes (hygienic services, parking, stopping areas, and paths etc.) it is necessary to plan environmentally sustainable projects that will take particular consideration of the landscaping characteristics and the territorial environment. The use of Bio-materials and Bio-construction should be a priority.

During the programming, projecting, and recuperation of structures and services related to sporting activities, the public and private sector should engage themselves in:

1. Energy conservation:  
Improve the efficiency and reduce the use of non-renewable energy and favour the use of Bio-energy and renewable fuels.
2. Integration between planning and transport:

A reduction of the car distance travelled, encouraging the use of public transport or those that are environmentally friendly; like bikes, together with a correct planning of the transports can reduce to a minimum the atmospheric pollution, the noise and the annoyance factors and the use of the terrain.

- Reducing to a minimum, the transport and organising of an efficient system of ecologic public transportation to and from the sporting structures.
- Providing parking areas to facilitate the exchange between private transports and public.
- Building cycling, and walking routes.

3. Low energy consumption projects for the building, structures and services:
- Construction projects that have high solar exposure.
  - Choose areas with increasing and a developing density that is appropriate.
  - Selecting materials for thermal uses.
  - Usage of insulation and natural ventilation.
  - Using, where possible, renewable resources.
  - Adopting highly efficient lighting systems, increasing the use of solar lights.
  - Using efficient electrical equipment.
  - Using recycled or recyclable materials.

4. Water conservation:

In the Sporting venues and during sporting events a high level of water is being used.

- Encouraging healthy water management through a program of education both in the public and the private sector.
- Introduce and apply conservation and recycling water systems.
- Vouching for the quality of the recycled water, reducing the use of pesticides and chemical products.
- Recycling rain waters and those from the discharge pipes.
- Elaborating environmental projects that save, will reduce the need of water in the parks and gardens. Also, by choosing plants that are appropriate for the local climate.
- Using water conservation, such as the toilet double flux system.
- Organising the recuperation of the rainwater and organising the irrigation system.
- Choosing low water consumption equipment.
- Introducing a price policy that will truly reflect the real cost of water consumption.

## SUSTAINABLE TOURISM SUPPORTING SUSTAINABLE SPORT

Sporting activities and free time are tightly related to tourism in all its forms. Therefore, it is obvious that a sport or a sustainable sporting activity has to be tightly linked with the tourism of sustainable places.

Therefore, the chart subscribers engage themselves to promote in their own territory, forms of tourism that respect and preserve on a long term, the natural, cultural and social resources in a fair and positive way, for the development and full realisation of those that live, work or stay in the territory.

They engage, also to reinforce all the positive interaction between the sporting activities, tourism and all the sectors of the territory, thus, provoking and stimulating the economical operators of the territory. Causing them to be accountable and careful for the environment, sustainable development and management of business.

## SUSTAINABLE MANAGEMENT OF SPORTING EVENTS

The Chart Subscribers engage themselves, in the objective of obtaining qualitative improvement of the sporting events and manifestations. That will be organised in the lakes water or their proximity, to promote and apply the environmental certification, the reduction of CO2 and the compensation of it in conformity with the Kyoto protocol for all.

This means, it is obvious to promote the adoption of General Environmental Management Systems that involves all the economical participants of each territory.

In occasion of Sporting manifestations and events, the Chart subscribers engage themselves to keep particular attention to:

- The merchandising needs must conform to the environmental standards of production, use and selling.
- Reducing the production of useless waste created by products of little or no utility. Especially from food packaging, however, still maintaining hygienic standards.
- Educating the athletes, the technical staff, the Media and the spectators in order to participate in correct waste disposal.
- Avoiding the use of materials coming from species or environments under threat.
- Increment and promote the use of recycled and recyclable products.
- Promoting the use of clothing made out of natural fibres.
- Promoting the use of ticketing that integrates the access to sporting venues and events with transport.
- Increasing the efficiency of transport of groups and spectators.
- Using all means to decrease noise pollution also for the population nearby the events.
- Vouching for the equal opportunity principle with access for disabled people to the venues, adopting crowd management reducing stress and damages.