



BeActive... BeOutdoors... BeInspiring...

Report into good and
inspiring practice on sustainability
and environmental education
information found in **outdoor
sports federations' websites**



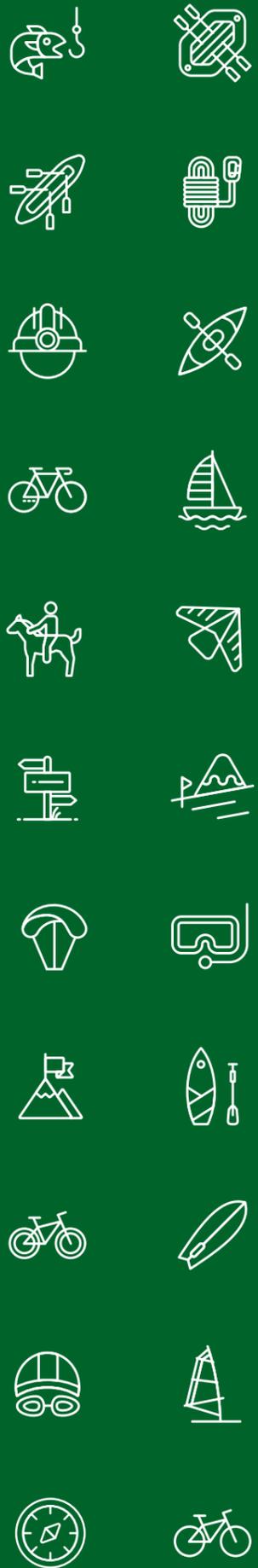
SEE SUSTAINABILITY AND
ENVIRONMENTAL EDUCATION
IN OUTDOOR SPORTS



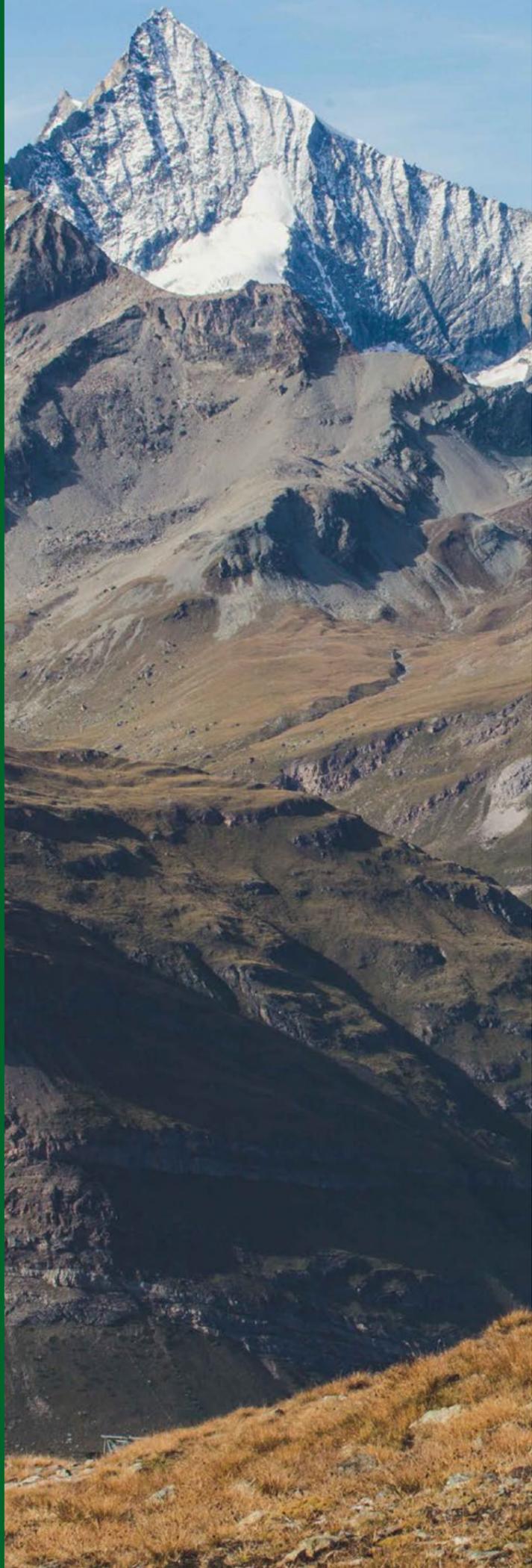
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ENOS
European Network
of Outdoor Sports



Project Partners

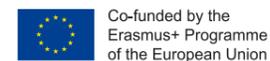


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GLOSSARY OF TERMS

LEADER Someone with competencies, experience and a qualification in a specific outdoor sport whose role is to lead other participants in that sport within set parameters. (Sometimes known as a "Moniteur").

GUIDE Someone with competencies, experience and a qualification in a specific outdoor sport whose role is to guide other participants usually in a specific environment (for example on the sea or high altitude mountains).

INSTRUCTOR Someone with competencies, experience and a qualification in a specific outdoor sport whose role is to help impart specific skills to other participants in that sport.

BASIC AWARDS A low level award that allows the person to lead, guide or instruct others in low risk environments and perhaps at certain times of year or in good weather (e.g. summer). For example, it can relate to grade of river, altitude or technical difficulty.

MODERATE AWARDS A medium level award that allows the person to lead, guide or instruct others in moderate risk environments and perhaps at more times of year (e.g. Spring, Summer and Autumn). For example, it can relate to grade of river, altitude or technical difficulty.

ADVANCED AWARDS A high level award that allows the person to lead, guide or instruct others in high risk environments and perhaps at all times of year. Often works with others who have a high level of competency themselves. For example, it can relate to grade of river, altitude or technical difficulty.

INTRODUCTION





INTRODUCTION

The SEE project — Sustainability and Environmental Education in outdoor sports - will promote education in and through sport with special focus on skills development for outdoor sports professionals such as outdoor sports trainers, guides or instructors.

The project seeks to understand the impacts that outdoor sports can create in natural and protected areas as well as more globally with respect to climate change etc. It also seeks to identify good practice from within the sector and then develop resources and methodologies to share knowledge and develop skills to support greater environmental responsibility by outdoor sports practitioners.

The project has been divided into 4 key work packages as well as the administration of the project (WPO).



WPI involves research into the current situation in sustainability and environmental education in outdoor sport federations in Europe.



WP2 is the development of a toolkit targeted towards those who train outdoor sports leaders, coaches and guides. It will share good practice and include dynamic and inter active methods for education on the environment that have been developed through an exchange programme.



WP3 is the testing of the toolkit using real life projects; based on this knowledge the toolkit will be revised and updated.



WP4 is the dissemination the outputs and share the lessons learned widely across the outdoor sports sector in Europe.



This report outlines some of the initial findings from Work Package 1.

Within WP 1 the partners had undertaken desktop research to see what environmental information was available on the websites of sports federations in both partners' countries, other countries that are known to have a high level of participation in outdoor sports and also the international federations of outdoor sports.

The partners to the project have adopted the ENOS definition for outdoor sports which is as follows:

ENOS have defined outdoor sports as activities:

- that are normally carried out with a (strong) relation to nature and landscape and the core aim is dealing with natural elements rather than with an object
- It may include activities that have their roots in natural places but use artificial structures designed to replicate the natural environment.
- where the natural setting is perceived by users, as at most, only minimally modified by human beings*
- that are perceived as (at least minimally) physically demanding
- that are based on man or natural element power and are not motorized during the sport itself
- that may use some form of tool (for example a surf board, bicycle, skis etc) or just involve the human body

* does not have to be wild, just perceived as natural.

By applying this definition the partners then agreed on a list of sports that would be analysed. Some very clearly sit within the definition (such as rock climbing or sailing) however there are some that are more difficult to agree on such as angling or certain elements of cycling. Also some activities such as triathlon or adventure racing combine a number of sports — but do have their own federations and structures.

This report provides information on how visible environmental and sustainability issues are on federations' websites and also as to how well these are communicated.



The partners agreed to analyse websites and information on the sports and activities that tend to use the natural environment as outlined in Table 1

The partners to the project agreed a list of 26 sports and activities that could be encompassed within the ENOS definition of outdoor sports.

Table 1 List of sports and activities that lie within the ENOS definition of outdoor sports

 Adventure racing	 Open Water swimming
 Angling	 Orienteering
 Canoeing and kayaking	 Rafting
 Canyoning	 Rock Climbing
 Caving	 Rowing
 Coastering	 Sailing
 Cycling including mountain biking	 Snow sports
 Dog sledding	 Stand Up Paddleboarding
 Equestrian	 Sub aqua / diving
 Hang gliding / paragliding	 Surfing
 Hiking	 Survival training/bushcraft
 Kite surfing	 Triathlon
 Mountaineering	 Wind surfing

Information on three of the activities (adventure racing, dog sledding and survival training) was limited so it was not possible to provide detailed data on them.



In the examination of websites both in partners' and other countries, there were two criteria that the partners looked for:

- 1 Was there any information on environmental or sustainability issues or the natural environment and associated impacts of the sport on the website at all?
- 2 If there was information to this effect was it consistent with the SEE project's statement on sustainability and environmental education?

The SEE project statement on sustainability and environmental education was as follows:

This project focuses on how outdoor sports training organisations educate their leaders and instructors on issues of sustainability and the natural environment.

This is not about teaching participants about how the natural environment affects us whereby the focus is safety (e.g. avalanche risk, floods in rivers etc.) Rather it is focused on how our activities affect the environment.

Sustainability for this project is the notion that the activity or consumption of resources in the present does not compromise the ability of future generations to also participate.

The term "Environmental" relates to the local natural setting, protected areas that are highly used for activities and the global issues facing our natural environment and the planet as a whole.





In education we are focusing on processes to increase knowledge and affect behaviour change in relation to:

- 1 Awareness of and connectedness to the natural system and ecology in which the participant is operating;
- 2 The sensitivities associated with that landscape, environment or habitat;
- 3 The negative impact that their activities may have;
- 4 How to minimise or mitigate these impacts in the context of the activity;
- 5 The carbon impact of travel for events or to access other environments;
- 6 The resource impact of consumption and deterioration of goods to support outdoor sports participation;
- 7 The potential to create ambassadors and a wider positive social movement.

In the examination of the websites, it was clear that some sports may not highlight how they are undertaking any educational systems but do actually have some very good quality information, reports, calls to action or mechanisms to share environmental and sustainability issues. Where good information to this effect has been found it has been highlighted in the tables below.



RESULTS — PARTNER COUNTRIES





RESULTS – PARTNER COUNTRIES

The partners' countries are as follows:

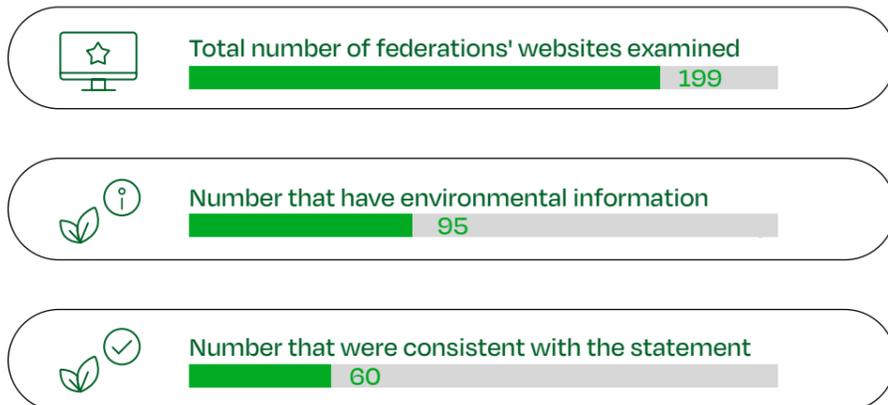
- 1. France
- 2. Germany
- 3. Catalonia / Spain
- 4. Sweden
- 5. Ireland
- 6. UK
- 7. Portugal

Where possible all of the federations for the 26 sports were identified in the 7 partner countries and a total of 199 federations' websites were examined for sustainability and environmental education material. It should be noted that there is more than one federation per sport in certain countries and also that some federations look after more than one sport. The total number of websites examined relates also to the individual sports and so the total includes some federations' websites that were examined more than once but for different sports. (e.g. hiking, climbing and mountain biking).

On examination of the websites — not every single aspect of the statement had to be encompassed to be included but it certainly had to contain elements of how the information is being communicated to or engage with members.

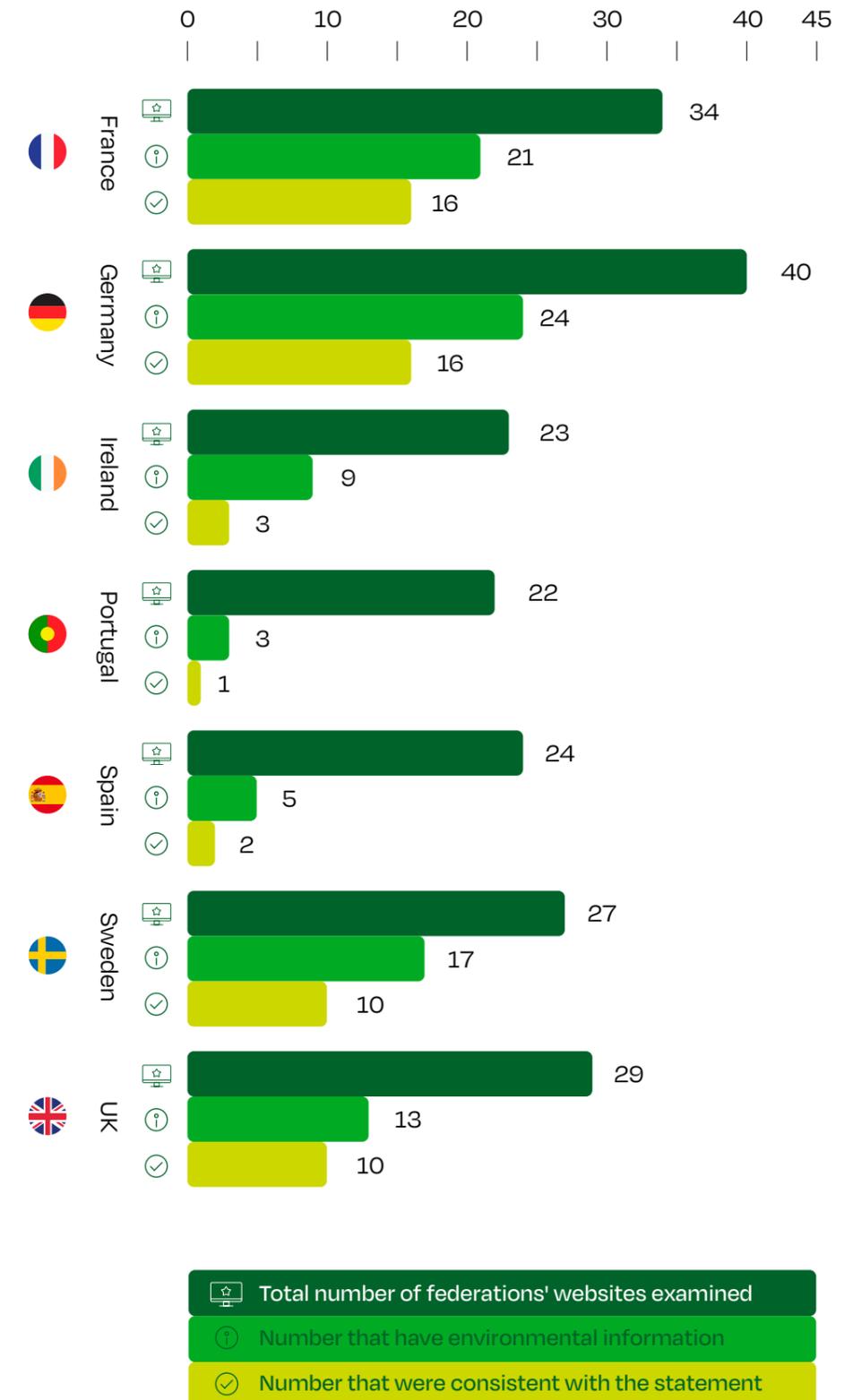
Of the 199 websites examined a total of 95 (48%) federations had any form of sustainability or environmental information and of these 95, there were 60 (31% of all federations' websites) that were consistent with the SEE project statement in terms of the information being about impacts or issues facing the natural environment and also on how this is communicated and included in education.

Chart 1: Overall website information from partner countries



The detail for each country is highlighted in Chart 2 and a table outlining this data is also available in Appendix 1.

Chart 2: Detailed information per partner country



GOOD PRACTICE EXAMPLES — PARTNER COUNTRIES



Report into good and inspiring practice on sustainability and environmental education information found in outdoor sports federations' websites



FRANCE

Angling

✓ Fédération Nationale de la Pêche en France

☰ Clear mechanisms to provide education on the environment especially for young people.

🔗 <https://www.federationpeche.fr/129-nos-actions-pour-l-education-a-l-environnement.htm>

Canoe / kayak and rafting

✓ Fédération Française de Canoë-Kayak (FFCK)

☰ Good information on the importance of the natural environment and guidance for sustainable use of resources and through the "Colour paddles" training scheme is also education leaders.

🔗 <https://www.ffck.org/nos-sites/espaces-sites-et-itineraires/environnement-2/>

Hiking / mountaineering

✓ Fédération Française des clubs alpins de montagne

☰ Information on biodiversity, impacts and connections with large carnivores and also winter wildlife but also charter about the mountain environment.

🔗 <https://ffcam.fr/biodiversite.html>

Caving

✓ Fédération Française de Spéléologie

☰ A quality toolkit provided for members and also detailed information on wildlife.

🔗 <https://www.ffspeleo.fr/espace-scolaire-fiches-174.html>

Equestrian

✓ Fédération Française d'Équitation

☰ Website section dedicated to sustainable development for the equestrian sector.

🔗 <https://www.ffe.com/devdurable>

Hang gliding / paragliding

✓ Fédération Française de Vol Libre

☰ Good information on the environment and includes a charter for the environment by the federation.

🔗 <https://federation.ffvl.fr/pages/environnement-parcs-nationaux>

Surfing and paddle boarding

✓ Fédération Française de Surf

☰ Very good initiative called ECOSURF to educate leaders and also to provide genuine leadership and innovation in sustainability issues.

🔗 <https://www.surfingfrance.com/infos/ecosurf.html>

Rowing

✓ Fédération Française d'Aviron - FFA

☰ Highlights actions carried out by the federation including a charter and guidance on events.

🔗 <https://ffaviron.fr/pratiquer-aviron/programmes-federaux/developpement-durable>



GERMANY

Canoeing / kayaking

✔ Deutscher Kanu Verband (German Canoe federation)

📖 Good system of training and education via online "moodle" platform for paddlers to gain knowledge and understanding. Also very good information on sustainability in dedicated section of website.

🔗 <https://www.kanu.de/AKADEMIE/Ausbildungen/Oekologie-und-Sicherheit-52175.html>

🔗 <https://www.kanu.de/DER-DKV/Bundesverband/Nachhaltigkeit-73844.html>

Watersports

✔ Joint initiative by water sports federations

📖 Website and partnership by watersports federations in Germany focused on clean waters called "Water Rescuers".

📖 Actions and initiatives as well as information.

🔗 <https://www.gewaesserretter.de/#/?filter=found,aktion,cleanups>

Caving

✔ Verband der deutschen Höhlen- und Karstforscher (Federation of German cave and karst researcher/ explorer)

📖 Good information on sustainable cave usage and how the federation has provided a position paper on how their alignment with specific UN Sustainable Development Goals.

🔗 <https://www.vdhk.de/hoehlenschutz>

🔗 https://www.vdhk.de/fileadmin/pdf/Nachhaltigkeit/Agenda_2030_VdhK_Positionspapier_20191113-EN.pdf

Snow sports

✔ Deutscher Skiverband (DSV) (German ski federation)

📖 Strategy for sustainability.

🔗 <https://www.stiftung.ski/nachhaltigkeitsstrategie/nachhaltigkeitsstrategie/>

Hiking and Mountaineering

✔ Deutscher Alpenverein (DAV) (German Alpine Club)

📖 Very good information on sustainability and how they promote nature friendly activities. Clear commitment to being climate neutral by 2030. This website also provides good information for MTB, climbing and skitouring.

🔗 <https://www.alpenverein.de/Natur/>



IRELAND

Caving

✔ Speleological Union of Ireland

📖 Conservation and access policy and also code of practice and other communications on pollution.

🔗 <https://www.caving.ie/publications/conservation-access-policy/>

SWEDEN

Angling

✔ Swedish Anglers Association

📖 Information on environmental issues associated with clean and free flowing waters.

🔗 <https://www.sportfiskarna.se/Milj%C3%B6/V%C3%A5rt-milj%C3%B6arbete>

Hang gliding and paragliding

✔ Swedish Air Sports federation

📖 Information on the policy and sustainability and also an award for sustainability.

🔗 <https://www.flygsport.se/Verksamhet/miljo/>

Mountaineering, hiking and climbing

✔ Mountaineering Ireland

📖 Dedicated section of main website with lots of clear information on sustainability and environmental issues.

🔗 <https://www.mountaineering.ie/accessandenvironment/default.aspx>

Canoeing / kayaking

✔ Swedish Canoe Federation

📖 Clear information about responsibilities and actions including links to the Swedish Environmental Protection Agency publication for paddlers.

🔗 <https://kanotguiden.com/sv/Home/Page/2>

🔗 <https://www.naturvardsverket.se/om-oss/publikationer/8500/allemsratten-paddling>

Snow sports

✔ Swedish Ski Federation

📖 Priority for sustainability with commitments, sustainability goals linked to UN SDG's and reports and strategies.

🔗 <https://www.skidor.com/svenskaskidforbundet/hallbarhet/>



Sailing

✔ Irish Sailing Association

📖 Advice, guidance and support for environmental initiatives and also link to "Sailors for the Sea" website.

🔗 <https://www.sailing.ie/Cruising/Our-Environment>



Equestrian

✔ Swedish Equestrian Federation

📖 Good information on sustainability issues and potential for increasing biodiversity through the equestrian sports.

🔗 <https://www.ridsport.se/Omoss/hallbarridsport/>



SPAIN / CATALONIA



Caving

✓ Federación Catalana de Espeleología

Information and advice for cavers on Ecology and Environmental Protection

<https://www.espeleologia.cat/en/com-missions/ecology-and-environmental-protection/>

Hiking

✓ Federació d'Entitats Excursionistes de Catalunya

Information on collaborations with protected areas, an infographic on good practice in the hills, video and cartoons showcasing examples

<https://www.feec.cat/natura/>

Sub aqua / diving

✓ Federació Catalana d'Activitats Subaquàtiques

Environment department within the federation with some environmental information but a clear call to action with opportunities for divers and clubs to participate in practical environmental activities and also educational opportunities.

<https://fecdas.cat/medi-ambient/>

PORTUGAL



Sub aqua / diving

✓ Federação Portuguesa de Atividades Subaquáticas

The federation has relatively limited information on their website but do have two very practical projects including their "Blue helmets of the sea" project which is a call to action.

They also have a system for marine littering monitoring.

www.fpas.pt/conteudo/839

<https://fpas.pt/conteudo/739>



UNITED KINGDOM



Canoeing / kayaking

✓ British Canoeing

Series of links from a dedicated tab on the home page. Within the link there are some excellent and very clear publications provided as downloads.

<https://www.britishcanoeing.org.uk/go-canoeing/access-and-environment/environment-good-practice>

Caving

✓ British Caving

Excellent guidance and information including work that had been done with Natural England to produce a guide to minimal impact

<https://british-caving.org.uk/our-work/cave-conservation/>

Mountaineering

✓ The British Mountaineering Council

Good series of downloadable guides for distinctive areas but also for groups and events

<https://www.thebmc.co.uk/bmc-green-guides?s=4>

Outdoor swimming

✓ The Outdoor Swimming Society

Very clear article about responsible swimming and minimising impact.

<https://www.outdoorswimmingsociety.com/swimming-responsibly/>

Sailing

✓ Royal Yachting Association

Good information and clear policies on the environment.

Dedicated programme with its own website for responsible boating developed in partnership with the Confederation of British Marine Industries.

<https://www.rya.org.uk/knowledge/environment>

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

RESULTS - OTHER COUNTRIES



RESULTS — OTHER COUNTRIES

The partners then discussed which countries out-with of the partnership countries themselves would be good to look at to see what environmental information is available on their outdoor sports federations' websites. The other countries that were selected were based on likelihood of a partner being able to understand the local language but also where it is recognised that there is a significant level of participation in outdoor sports.

The list of countries selected was as follows:

Americas	Europe	Middle East / Africa	Australasia
Canada	Finland	South Africa	Japan
Chile	Iceland	United Arab Emirates	New Zealand
USA	Norway		
	Poland		

The partners had also initially included South Korea but it became apparent that it was not possible to use translation tools to understand the websites and so this was dropped. Some interesting data was also found from Austria and Switzerland as it was relatively easy for German speaking partners to look into this.

Where possible all of the federations for the 26 sports were identified in the 11 other countries and a total of 231 federations' websites were examined for sustainability and environmental education material.

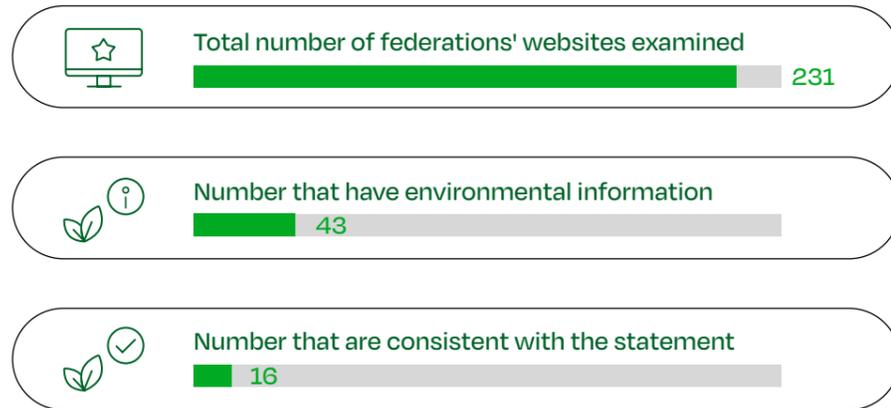
On examination of the websites — not every single aspect of the statement had to be encompassed to be included but it certainly had to contain elements of how the information is being communicated to or engage with members.

Of the 231 websites examined only 43 (19%) had any form of sustainability or environmental education information and of these 43 only 16 (7% of all federations' websites) were consistent with the statement in terms of the information being about impacts or issues facing the natural environment and also on how this is communicated.



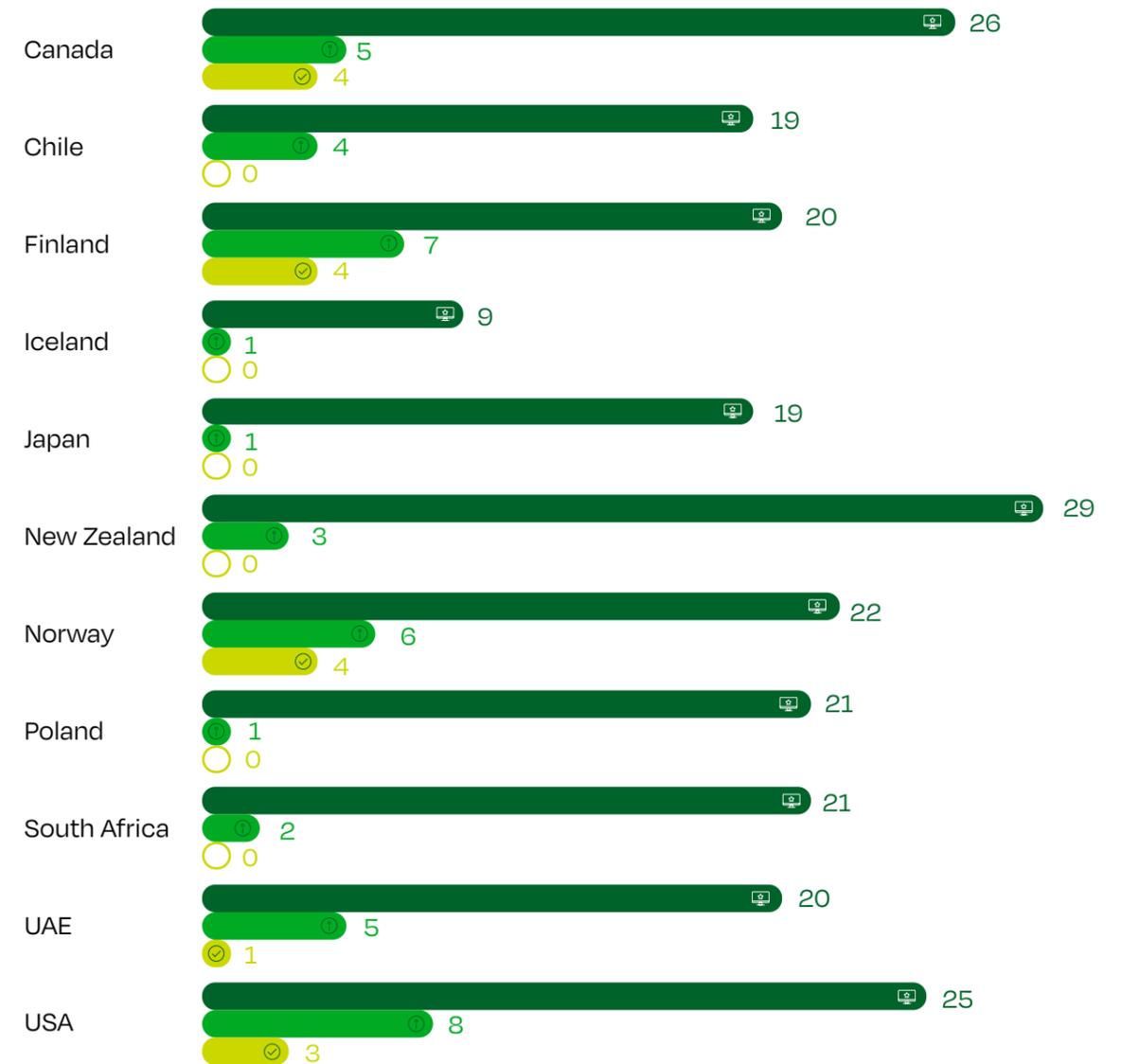
It was interesting to note that there appeared to be much better environmental awareness within the 7 partner countries than other ones. This was a surprise as it was anticipated that there would be much that could be learned from looking at some of these other countries.

Chart 3: Overall website information from other countries examined



The detail for each country is highlighted in chart 4 and a table outlining this data is also available in Appendix 2.

Chart 4: Detailed information per other country





The results proved surprising as it was anticipated that some of these countries' outdoor sports federations would be very au fait with the relevant issues in relation sustainability and environmental education for their members.

The country that had the highest level of information was Finland but some of this was linked to international federations and also provided links to Metsähallitus — the state forestry and environmental agency. Their site does provide good information to users of natural areas.

The country with the lowest level of sustainability or environmental education information on federations' websites was Japan.

Some very good examples of best practice were found among these countries websites and more detail as well as the links to these can be found below in table 2.



GOOD PRACTICE EXAMPLES — OTHER COUNTRIES





GOOD PRACTICE EXAMPLES FROM OTHER COUNTRIES



Norway

✓ Norwegian Trekking Association

7 clear and simple messages on how to limit your impact when hiking.

<https://www.dnt.no/miljvettreglene/>



Norway

✓ The Norwegian Diving Federation

The Norwegian Diving Association has received funding from the Norwegian Environment Agency and the Norwegian Retailers' Environment Fund to contribute to cleaner marine environments. They are supporting their clubs to be involved in clean ups.

<https://ndf.no/Frivillige-ryddeaksjoner-2021>

<https://ryddenorge.no/>



Canada

✓ Canadian Adventure Racing Association

Environmental charter for race organisers. More focused on events but some very good and detailed information within the charter with clear guidance for organisers and participants.

<https://www.canadianadventureracing.com/services>



Canada

✓ Alpine Club of Canada

Very clear information on environmental ethics and strong commitments to action in a set of values and principles.

<https://www.alpineclubofcanada.ca/web/ACCMember/Environment/ACC-Member/Environment/Home.aspx?hkey=-b4e5e621-0e85-479d-8419-7e133b698f6f>



USA

✓ National Speleological Society

A guide to responsible caving — ways not just to ensure safety but a strong focus on environmental ethics.

https://caves.org/brochure/Guide_to_Resp_Caving_2016.pdf



USA

✓ National Outdoor Leadership School (NOLS)

Clear information on issues of stewardship and sustainability within 1 click from home page.

<https://www.nols.edu/en/about/stewardship-sustainability/>



USA

✓ Consortium of organisations

A campaign to improve relationships between users but also to promote issues of sustainability.

<https://trailsarecommonground.org/>



New Zealand

✓ Federated Mountain Clubs (FMC)

Campaign launched regarding a transition towards the zero carbon approach in outdoor recreation aligned to NZ climate act. Limited detail on what is being done.

<https://fmc.org.nz/campaigns/recreation-transition/>

RESULTS – INTERNATIONAL FEDERATIONS



RESULTS – INTERNATIONAL FEDERATIONS

The same process was undertaken with the international federations of the 26 sports and activities. The websites were analysed for any sustainability and environmental education material.

Of the 29 websites examined (four of the sports had more than one international federation) 15 (52%) had any form of sustainability or environmental education information and of these 15 there were 13 (45% of all international federations' websites) met the definition in terms of the information being about impacts or issues facing the natural environment and also on how this is communicated.

The detail for each sport is highlighted in chart 5 and a table outlining this data is also available in Appendix 3.

Again, the results proved interesting as there was a significantly greater level of sustainability and environmental education material on the international federations' websites than the national ones.

It could be that there is a realisation at an international level of the growing importance of this, but it has not yet fully cascaded down to the federations within individual countries.

Some very good examples of best practice were found among these international federations' websites and more detail as well as the links to these can be found in Appendix 4.

Chart 5: Overall website information from international federations examined

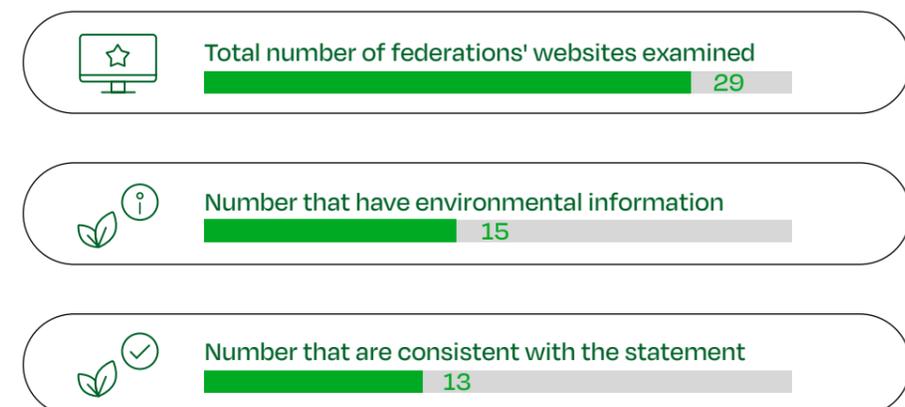
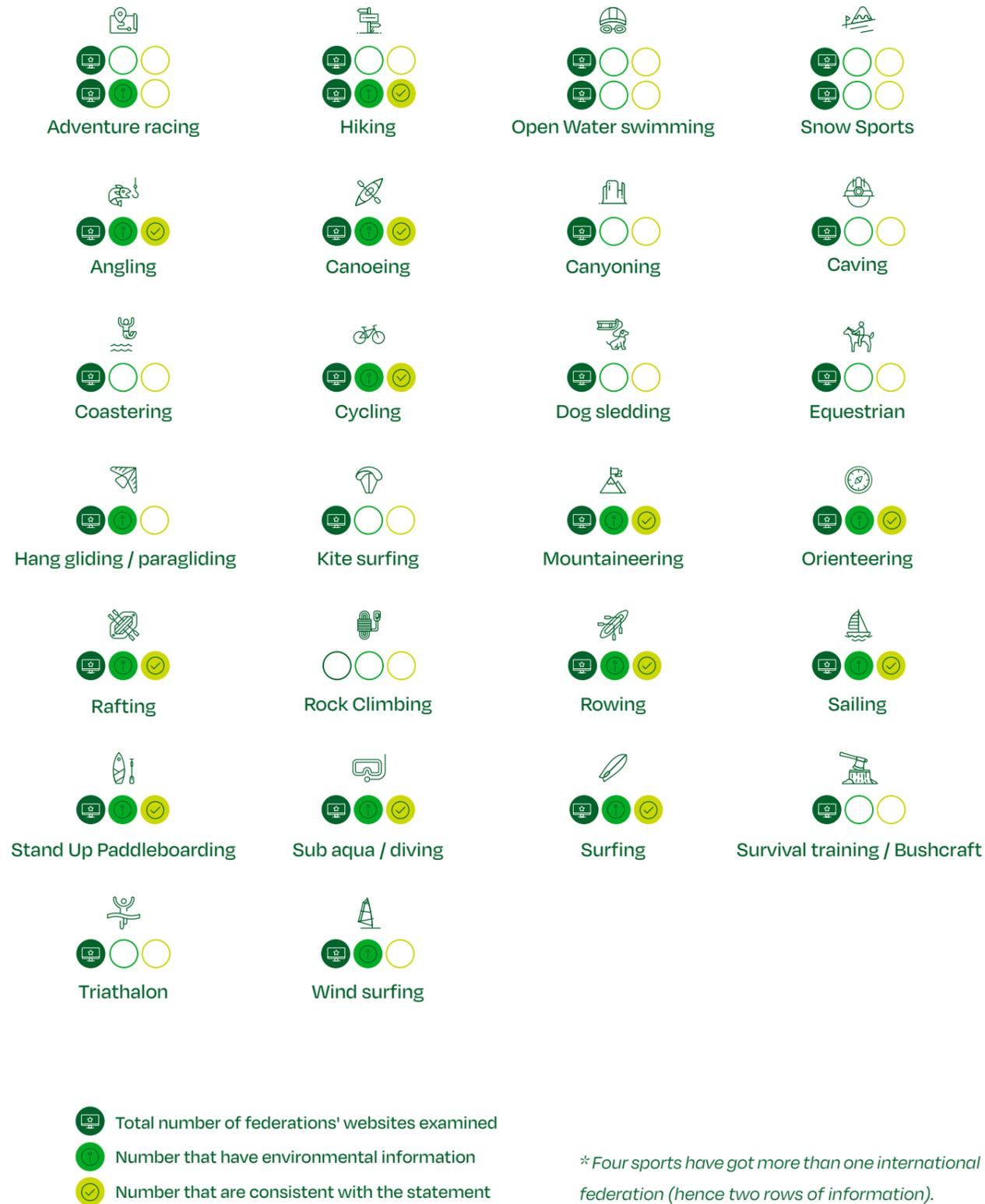




Chart 6: Detailed information from international federations by sport



GOOD PRACTICE EXAMPLES — INTERNATIONAL FEDERATIONS





GOOD PRACTICE EXAMPLES FROM INTERNATIONAL FEDERATIONS



Angling

International Confederation of Sport Fishing (CIPS)

A charter promoting the importance of water environments but also a set of directives for responsible usage by anglers

<https://www.cips-fips.com/cips/download/environmentcharter.pdf>



Canoeing / kayaking

International Canoe Federation

A dedicated section of the ICF website on sustainability with a commitment along with the International Olympic Committee to support the "Clean Seas" campaign (<https://www.cleansas.org/>) and also a toolkit for event organisers.

<https://www.canoeicf.com/sustainability>



Hang gliding and para gliding

World Air Sports Federation

Clear guidance and codes of conduct for air sports enthusiasts. The World body has established an environment commission to continually assess impacts

<https://www.fai.org/environment>



Rafting

International Rafting Federation

This world body has established a sustainability committee with the aim to:

"Promote the conservation and protection of rivers and river environments, and educate the public in sustainable environmental stewardship practices."

<https://www.internationalrafting.com/sustainability/>



Rowing

World Rowing Federation

Focus on clean water and WR has developed a strategic alliance with the World Wide Fund for Nature (WWF) on water quality. They also have produced a detailed environmental policy which can be downloaded

<https://worldrowing.com/responsibility/environment/>



Sailing

World Sailing

World Sailing have released a Sustainability Education Programme for sailing clubs and parents as part of its Agenda 2030 - sailing's commitment to global sustainability.

<https://www.sailing.org/about/Sustainability.php#.YRwp7hKjIU>



Mountain Biking

International Mountain Bicycling Association

The IMBA Ride Vibes are an educational, pro-bike advocacy tool to promote respect, inclusivity, safety and enjoyment on the trails. They are generally more social than environmental but have some environmental tips

<https://www.imba.com/ride/imba-rules-of-the-trail>



Mountaineering and hiking

The International Climbing and Mountaineering Federation (UIAA)

Very good information on Mountain Protection issues but also clear reporting of UIAA's own CO2 emissions in accordance with UNFCCC sports for climate action principles

<https://www.theuiaa.org/mountain-protection/>



Orienteering

International Orienteering Federation

This is mostly a database of research that has been developed by the IOF Environmental Commission but does include some useful publications

<https://orienteering.sport/iof/environment-and-sustainability/>



Sub Aqua / diving

The World Underwater Federation

A dedicated section of the CMAS website on the underwater environment but is more focused on scientific studies and data.

<https://www.cmas.org/science>



Surfing

The International Surfing Association

In 2018, the ISA declared Sustainability as a core value and priority for the organization.

They also have linked with the UN Clean Seas programme.

<https://isasurf.org/sustainability-climate-action/>



Sailing / boating

Sailors for the sea

International body established to focus on restoring ocean health through action and education

<https://www.sailorsforthesea.org/>



APPENDICES



APPENDIX 1 DATA ON PARTNER COUNTRIES

	Nr	Nr	Nr	%	%	%
France	34	21	16	62%	76%	47%
Germany	40	24	16	60%	67%	40%
Ireland	23	9	3	39%	33%	13%
Portugal	22	3	1	14%	33%	5%
Spain	24	5	2	21%	40%	8%
Sweden	27	17	10	63%	59%	37%
UK	29	13	10	45%	77%	34%
Totals	199	92	58	46%	63%	29%



Federations found



Federations' websites where sustainability and environmental information found



Federation's websites that meet the statement

APPENDIX 2 DATA ON OTHER COUNTRIES

	Nr	Nr	Nr	%	%	%
Canada	26	5	4	19%	80%	15%
Chile	19	4	0	21%	0%	0%
Finland	20	7	4	35%	57%	20%
Iceland	9	1	0	11%	0%	0%
Japan	19	1	0	5%	0%	0%
New Zealand	29	3	0	10%	0%	0%
Norway	22	6	4	27%	67%	18%
Poland	21	1	0	5%	0%	0%
South Africa	21	2	0	10%	0%	0%
UAE	20	5	1	25%	20%	5%
USA	25	8	3	32%	38%	12%
Totals	231	43	16	19%	37%	7%



APPENDIX 3 SPORTS AND FEDERATIONS' WEBSITES DATA

	Nr	Nr	Nr	Nr	%	%
Adventure racing	5	2	3	1	60%	20%
Angling	22	10	12	5	55%	29%
Canoeing	19	13	6	3	32%	32%
Canyoning	15	11	4	2	27%	13%
Caving	17	7	10	4	59%	31%
Coasteering	4	3	1	0	25%	0%
Cycling	22	18	4	1	18%	5%
Dog sledding	11	11	0	0	0%	0%
Equestrian	18	15	3	2	17%	17%
Hang gliding / paragliding	16	14	2	2	13%	13%
Hiking	25	10	15	6	60%	28%
Kite surfing	16	13	3	2	19%	13%
Mountaineering	21	9	12	6	57%	29%
Open Water swimming	17	16	1	1	6%	6%
Orienteering	17	13	4	1	24%	12%
Rafting	17	12	5	2	29%	24%
Rock Climbing	8	5	3	1	38%	25%
Rowing	18	15	3	1	17%	6%
Sailing	22	13	9	4	41%	18%
Snow sports	22	15	7	3	32%	23%
Stand Up Paddleboarding	18	12	6	3	33%	25%
Sub aqua / diving	19	9	10	6	53%	32%
Surfing	17	13	4	2	24%	12%
Survival training/Bushcraft	7	4	3	1	43%	14%
Triathlon	18	18	0	0	0%	0%
Wind surfing	20	16	4	2	20%	10%
Totals	431	297	134	61	—	—
	—	69%	31%	14%	—	—

- Federations found
- Federations that DO NOT have environmental information
- Federations that have environmental information
- Federations consistent with statement

APPENDIX 4 SPORTS AND INTERNATIONAL FEDERATIONS' WEBSITES DATA

	Nr	Nr	Nr	Nr	%	%
Adventure racing	2	1	1	0	50%	0%
Angling	1	0	1	1	100%	100%
Canoeing	1	0	1	1	100%	100%
Canyoning	1	1	0	0	0%	0%
Caving	1	1	0	0	0%	0%
Coasteering	1	1	0	0	0%	0%
Cycling	1	0	1	1	100%	100%
Dog sledding	1	1	0	0	0%	0%
Equestrian	1	1	0	0	0%	0%
Hang gliding / paragliding	1	0	1	0	100%	0%
Hiking	2	1	1	1	50%	50%
Kite surfing	1	1	0	0	0%	0%
Mountaineering	1	0	1	1	100%	100%
Open Water swimming	2	2	0	0	0%	0%
Orienteering	1	0	1	1	100%	100%
Rafting	1	0	1	1	100%	100%
Rock Climbing	0	0	0	0	-	-
Rowing	1	0	1	1	100%	100%
Sailing	1	0	1	1	100%	100%
Snow sports	2	2	0	0	0%	0%
Stand Up Paddleboarding	1	0	1	1	100%	100%
Sub aqua / diving	1	0	1	1	100%	100%
Surfing	1	0	1	1	100%	100%
Survival training/Bushcraft	1	1	0	0	0%	0%
Triathlon	1	1	0	0	0%	0%
Wind surfing	1	0	1	1	100%	100%
Totals	29	14	15	13	—	—
	—	48%	52%	45%	—	—

- Federations found
- Federations that DO NOT have environmental information
- Federations that have environmental information
- Federations consistent with statement



SUSTAINABILITY AND
ENVIRONMENTAL EDUCATION
IN OUTDOOR SPORTS



10 Good Principles for Outdoor Sports in Protected Areas

Plan your visit sustainably

When we enter a Protected Area, we all make an impact on the natural environment no matter how small this might be. It is important not just to care for ourselves but the nature around us. Nature is inviting you into her home, be a good guest!



Come on foot, bike or public transport as a priority.



When using private vehicles, try to share the ride.



Circulate with caution and park in the spaces reserved.



SUSTAINABILITY AND ENVIRONMENTAL EDUCATION IN OUTDOOR SPORTS

How to make the most out of your visit and to take care of the Protected Area?

1 You are a privileged guest.
Stay in the trails, respect the natural environment and regulations to guarantee the beauty of the place.

3 If you come with a dog,
take extra care of it. Follow the regulations. Dogs can disturb other species.

5 Everyone wants to enjoy the place.
Give way to other users; anticipate that they often do not feel or see you coming, respect speed limits.

7 Night is for species to be alone.
Avoid going in the night for your safety and let the animals live in peace.

9 Avoid excessive noise.
Enjoy the quietness and calm, animals need quietness as we do.

2 Plan your activity carefully.
Gather the information you need to enjoy your activity and the place; you will appreciate it better.

4 Take care of yourself and others.
and be prepared to help others, regardless their sport.

6 Help us to keep this place clean.
Leave no trace and take with you the waste you make.

8 Keep "secret places" secret!
Use social media and GPS tracks with responsibility and according to official regulations.

10 See it, Say it, Sort it!
If you see something wrong, tell the park. Open your eyes, appreciate nature and enjoy!

Get Out & Get Into Nature

www.outdoor-sports-network.eu
www.europarc.org





SUSTAINABILITY AND
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IN OUTDOOR SPORTS



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Generalitat de Catalunya



TOLLYMORE NATIONAL OUTDOOR CENTRE



www.see-project.eu

