

# ECO BRIEFING



A short briefing at the start of an activity should not only include safety instructions but also what needs to be considered to minimize impacts, boosting appreciation for the landscape and promote nature preservation while practicing outdoor sports.



Topic

10 minutes

Flora

Environmental briefing at the beginning of an activity



Participants

- know the environmental issues facing the practice of the sport activity
  - understand the impact of their actions during the activity
- are able to reduce the impact using the knowledge acquired in the briefing
  - are able to do an eco-briefing themselves (in case of OS multipliers)



Suitable for  
outdoor sport instructors  
(and course participants)



Practical sessions



Outdoor F2F



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## Materials needed

-No

- Some preparation can be done e.g. collect pictures or cards to help visualize some important features (e.g. endangered species, geology etc.)



## Preparation

The preparation for the briefing consists of the collection of key information regarding the following aspects:

- general environmental information specific to the landscape
- impacts associated with the practice of the sport
- consequences of the alteration of nature for sports practice
- good environmental practices to mitigate impacts

## Activity instruction

The briefing must be concise and should focus on practical approaches. It shouldn't last longer than 5/10 minutes. The language must be simple and clear. The setting is one of the most important aspects. The briefing should occur in a carefully chosen spot to augment immersion and stimulate concentration on the subject. The presentation must be focused on landscape related and sport specific topics. It should emphasise the connection between man and nature and the fragility of ecosystems

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## Reflection and discussion

The last 2 minutes should be reserved for questions and informal discussion.



## Potential Variations

The Eco Briefing could partly be done previous to the arrival at the outdoor sport place (ex. on the transfer to the location).



Key words

#ecobriefing



Source

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