

Sustainable Travel

Rationale for change

Sustainable travel is good for you and good for the local community. Cars are major contributors to greenhouse gas emissions, contributing to climate change and air pollution. As individuals, we can all improve our personal carbon footprints while also contributing to a cleaner atmosphere and environment, by making more sustainable choices to travel to and from the venue.



Step 1

Make your members aware of the benefits of sustainable travel:

- Reduce your environmental impact by reducing emissions caused by burning of fossil fuels.
- Improve your physical and mental health by walking or cycling, which have a positive impact on your muscles and bones, cardiovascular health, and help to reduce stress, anxiety and depression.
- Make savings on fuel and reducing congestion.
- Feel good about choosing to make a positive action to reduce your impact on the planet.

Step 2

Provide your members with information on local transport links and provide bike racks (or even covered storage) so members can secure their bikes while at the venue.

Step 3

Ask members to walk, cycle or use public transport when travelling to and from the venue, where possible.

Step 4

Single use car occupancy is a major contributor to emissions. If more sustainable travel choices are not available, ask team players to car share when travelling to and from matches and tournaments. Less congestion at peak times plus a reduction in the number of cars being parked will be appreciated by your neighbours!

Volley Winners

Other steps to consider:

- Before implementing this change, conduct a survey asking all members how they travel to and from the venue, and to away matches. Collate and share this information with your members.
- Once the new policy is in place, monitor how people are travelling to and from the venue – ask them to record this when they arrive at the Clubhouse/make a note if they’ve travelled to an away match.
- Create some statistics for members, so that they can see what a cumulative difference venue members can make.

Top Tip

Remember to make your members aware that by making more sustainable choices such as walking or cycling, they’ll be saving money too! You can publish links to local transport on your website, or even set up a car pool (websites like caroster.io/en/home can help).

Big Hitters: Areas in which we believe we can make the highest impact.
Volley Winners: Less obvious actions, which may not have quite so much impact but can still make a difference.



Waste Management

Rationale for change

The planet only has finite resources, so we need to use these sparingly. There are lots of ways to reduce waste, and not just by recycling. When you throw something away, have you ever stopped to think about where 'away' is?!



For all venues to reduce waste associated with tennis balls - have a clear plan in place by 1 May 2025.

Step 1

It's time to vote with your wallet! We need tennis ball manufacturers to realise there is a demand for more sustainable tennis balls and packaging (think tin cans/ recycled and recyclable PET). Before you buy balls for your venue, take some time to do some research to find who's taking steps towards a more sustainable future. You may decide to try out some new balls e.g. [Wilson Triniti](#), [Head Reset](#), [Price of Bath Phoenix](#).

Step 2

Make sure you're buying the most durable balls for the surface you are playing on, so that the balls last longer.

Step 3

Consider buying (or recommending your members buy) a ball pressuriser, so that balls can be kept pressurised after use, to extend their life on court e.g. [PressureBall](#) or [Head Pressurizers](#).

Step 4

Re-evaluate your existing policies on how often new balls are provided for your members to extend tennis ball use as long as possible. Are you wasting balls unnecessarily?

Step 5

After regular use/matches/social play, can the balls be downgraded to coaching balls?

Step 6

Make sure your ball cans and balls are recycled at the end of use. Make sure you only buy balls in cans that can be recycled. Consider recycling options such as partnerships with local schools or vets etc. to donate balls.



Reduce waste, including introducing recycling actions.

Step 1

Ask members to stop bringing single use plastic bottles to the venue and to bring reusable drinks bottles instead.

Step 2

Extend this policy to include all types of single use plastic.



Volley Winners

Other steps to consider:

- Provide recycling bins at the venue, so that your waste can be segregated and recycled where possible.
- Consider building a compost heap for grass cuttings and other organic waste at the venue.



Top Tips

It's useful to remember that where there's waste there's cost. So, if you manage to reduce your waste, you may well be saving money too, so it's a 'win-win' situation!

For larger venues, waste removal can incur considerable costs. Start by measuring your waste; consider and then implement ways to reduce your waste generation.

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Energy

Rationale for change

Greenhouse gases, including emissions from burning fossil fuels, are causing a blanket of pollution which traps the sun's heat, resulting in global warming and climate change. We need to bring emissions to net zero by 2040 to curb temperature rises.



Step 1

Research the renewable energy deals available, and switch to a renewable energy provider. Alternatively, Middlesex Tennis has carried out extensive research on what options are available for venues wishing to switch to sustainable energy and have sought to identify and negotiate a suitable deal with the goal of saving venues time and money and making it easy to switch to an eco-friendly plan. See www.middlesex.tennis/venue-support/green-energy-deal for more details.

Step 2

Make the switch to renewable energy and instantly reduce your venue's carbon footprint.



Volley Winners

Other steps to consider:

- Switch your floodlights to LED lighting (where conventional lamps are still in use), and the lighting in your clubhouse too.
- LED lighting is more energy efficient than conventional lamps, so will cost you less to run. If your floodlights still use conventional lamps, is there a business case to change these to LED?
- Are you able to switch off your floodlights at the end of play? If not, can you set the timers for a shorter period to waste less energy?
- Install solar panels as an alternative source of energy.
 - If you do consider installing solar panels, the [Middlesex Tennis Venue Loans programme](#) offers interest free loans for capital projects. You may also be able to benefit from selling power back to the grid!
 - The [LTA Buying Group](#) is also able to help with this.



Top Tips

To quote Peter Drucker, "If you can't measure it, you can't improve it." So:

- Find out what your annual energy usage is across electricity and gas and create a baseline.
- Monitor annual electricity and gas usage, together with associated costs, and take steps to reduce these levels. Consider what energy saving measures can be taken in your clubhouse, for example, by using a few quick wins below.
 - Automate lighting, where appropriate, e.g. by fitting passive infrared sensors in toilets, changing rooms, corridors and low traffic areas.
 - Encourage members and staff (where relevant) to save energy: (1) switch off lights and equipment when not in use; (2) avoid leaving equipment on standby; (3) install timers on electrical equipment so it is turned off out of hours; (4) enable energy saving features on all office equipment such as laptops and PCs, so that they are dormant when not in use, and switch off at end of use.

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