



## Eliminating Single Use Cups

Globally it is estimated that 500 billion single use cups are discarded to landfill or incineration every year. That's one million cups a minute, every hour of every day of every year. These cups are virtually impossible to recycle due to the combination of plastic and paper in their design, and in Ireland we estimate that we dispose of over 22,000 of these non-recyclable cups every hour. When aiming to reduce or eliminate single use cups in your club, you can consider a 'phased introduction' or a 'complete ban', whichever you think fits your club best.



### Phased Introduction

A phased introduction will allow for the elimination of single use cups over a specific time frame, during which you can outline how the introduction of delph and the acceptance of reusable cups will be implemented, and the date from which disposable cups will be eliminated.



### Complete Ban

If you are banning single use cups completely, you need to ensure that this message is communicated to your entire club, outlining the date from which single use cups are no longer accepted and also outlining what alternative options are available.



## Commitment and Communication

Whether you are going for a 'phased introduction' or a 'complete ban' it is important that volunteers or onsite café managers are on board and committed to making the change.

Communicating the changes to all club members is important. When communicating this message, you should also outline the rationale behind eliminating single use cups, in addition to how you intend approach the change. Keep spreading your message as education and awareness is the key to success!



## Keep things in check!

As your club is making changes to improve overall environmental performance, it's important to note that different actions and activities will work better in varying settings. The next page contains a checklist which will help you identify some of the areas you need to consider as you undertake this challenge.

Using a reusable cup will **prevent waste** and have a **positive impact on our environment.**



Some waste service providers may provide a specific collection service for segregated compostable beverage cups. Check with your provider. This option is preferred to the use of disposable cups, however the use of a reusable cup is the best option and should always be promoted.



Single use cups are a common waste item in sports club waste and can be eliminated by some simple planning and management decisions. The following checklist will help you address the elimination of single use cups – whether on a phased basis or by undertaking a complete ban.

CHECKLIST	DETAILS
Who is leading this initiative?	
Are you considering a phased introduction or complete ban?	
How many members use their own reusable cup (estimate % or figure?)	
Is there a dedicated volunteer to monitor progress?	
Who is communicating message?	
Have members, parents, guardians, team trainers, coaches etc. been briefed?	
Have you set date for introduction?	
Have alternatives been promoted?	
Are you considering using delf or reusable cups?	
If you are considering compostable cups, ensure that they meet the EN 13424 standard and that all cups can be disposed within your facility and collected for composting by your waste contractor.	
Have you identified green leaders to inspire other?	
Have you considered a visual to share current situation with wider club?	