



## Environment and Sustainability Policy for all the Active LD Team



The Active LD team are:  
LD Advisors, Directors, Staff and Volunteers



**Environment:** Our environment is the world we live in. It includes air, water and all living things.

**Sustainability** Being sustainable is something that can be carried on for a long time without harming the environment.

**Policy:** A set of rules or guidelines telling the Active LD team how we need to look after the world around us.

	<p>Active LD reduces waste, reuses and recycles.</p> <ul style="list-style-type: none"> <li>• We are careful to only print what we need</li> <li>• We reuse our flags and signs at the Personal Bests</li> <li>• We recycle paper, card and plastic</li> </ul>
	<p>Active LD saves energy and water.</p> <ul style="list-style-type: none"> <li>• We switch off lights and computers when not in use</li> <li>• We don't waste water</li> </ul>
	<p>Active LD chooses eco-friendly supplies.</p> <ul style="list-style-type: none"> <li>• When buying things for activities or the office, we choose environmentally friendly options.</li> </ul>
	<p>Active LD travels in environmentally friendly ways.</p> <ul style="list-style-type: none"> <li>• We use buses, walking or cycling to events, and sharing car journeys to reduce pollution.</li> </ul>
  	<p>Active LD uses less paper and plastic.</p> <ul style="list-style-type: none"> <li>• We prefer to use online forms instead of printing</li> <li>• Double-sided printing when we have printouts.</li> <li>• We use reusable items instead of single-use plastics (such as the water bottles at the Personal Bests).</li> </ul>
	<p>Everyone at Active LD helps protect the planet.</p>

## Environment & Sustainability Policy

Active LD CIC (Active LD) exists to empower people with learning disabilities to take up regular physical activity, unlocking their personal potential to build confidence and promote wellbeing for a healthy, happy life.

As an employer and service provider to the community, Active LD recognises and accepts its responsibility to conserve resources and reduce carbon emissions. This policy will be reviewed on an ongoing basis, every two years.

### **Our policy is:**

- To reduce; re-use and recycle waste to the best of our ability.
- To ensure that power and water are not wasted.
- To understand and consider environmental factors when acquiring office or event supplies, equipment and technology.
- To minimise the environmental impact of transport use.

### **We will implement this policy by:**

#### **Energy**

- Ensure that all electrical equipment is turned off when not in use, e.g. computers, printers and lights (both in any office or home working environment).
- Manage heating controls effectively.
- Using rechargeable batteries for all mobile appliances.
- The Personal Bests are hybrid events (weather permitting) and our outdoor activities have no energy (electricity) consumption.

#### **Waste Minimisation and Recycling**

- Electronic communication wherever possible, using paper and other hard media only where strictly necessary.

- Online sign up at Personal Best events for participants, volunteers and coaches (optional for participants) - this helps reduce printing/paper while still providing an accessible option to those who can't access digital forms.
- Staff are encouraged to print only on an as needed basis and use environmentally friendly paper where possible.
- Double sided copying is encouraged to reduce paper consumption.
- Print materials only if necessary.
- Re-use stationery materials.
- Operate our recycling schemes effectively, e.g. waste paper, plastics, printer cartridges and cardboard.
- Limit the use of plastics, e.g. at the Personal Bests we have replaced disposable plastic cups with multi use water bottles.
- Packed lunches at the Personal Best events - reduces food waste and energy usage for hot food. Added advantage is that it helps manage dietary intolerances.

## **Transport**

- If possible, use public transport or active transport to attend any meetings/events. Car sharing to the Personal Best events is encouraged.
- When travelling by car for business purposes, the team are encouraged to travel together where possible.

## **General**

- We seek to obtain goods and services locally to the point of use, wherever possible to contain the use of energy in the supply chain.
- Ensure that all employees and volunteers know and understand the policy and what is expected of them.

Most importantly, Active LD encourages the entire team to operate in an environmentally friendly way.

**Adopted on:** **29<sup>th</sup> August 2025**

**Next Review:** **August 2027**