



HEAT PUMPS

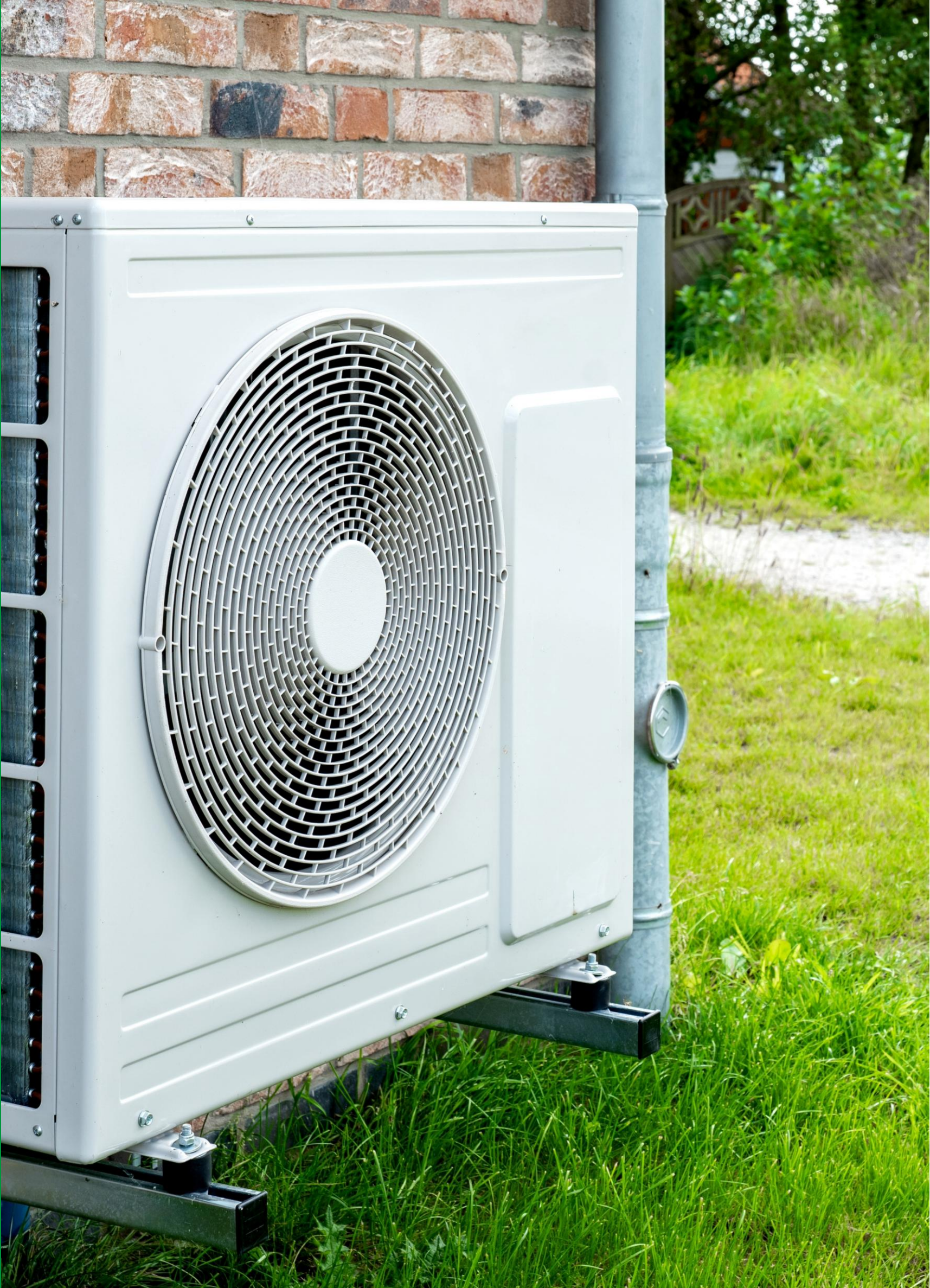


INTRODUCTION

Heating is often one of the biggest sources of energy use and cost for football Clubs. Heat pumps offer an efficient, low-carbon alternative to traditional heating systems such as gas, oil or electric heaters.

This resource provides a simple introduction to heat pumps, helping Clubs understand how they work, when they are suitable and what to consider before installation. It supports Clubs in taking practical steps to reduce emissions and improve energy efficiency as part of the Together Greener Programme.





WHAT IS A HEAT PUMP?

Understanding how heat pumps work is the first step in deciding whether they are suitable for your Club. Unlike traditional heating systems that burn fuel, heat pumps transfer existing heat from the environment into your building, making them a highly efficient, low-carbon option when installed in the right conditions.

A heat pump is a system that captures heat from the outside environment and transfers it into a building to provide heating and hot water.

Heat pumps are powered by electricity but are highly efficient. For every unit of electricity used, they can produce around 3 to 4 units of heat.

This makes them a much more efficient option compared to traditional heating systems.



TYPES OF HEAT PUMPS

There are different types of heat pump systems available, and each has specific suitability depending on your building type, available land and budget.

Understanding these differences will help your Club identify which technology, if any, aligns with your facilities and long-term plans.

There are three main types of heat pumps that Clubs may consider:

Air Source Heat Pumps

- Extract heat from the outside air.
- Most common and typically the easiest to install.
- Lower installation costs compared to other systems.
- Efficiency can be reduced slightly in very cold weather.

Ground Source Heat Pumps

- Extract heat from the ground through buried pipes.
- Very efficient year-round.
- Suitable for Clubs with available land.
- Higher installation cost, often suited to new developments.

Water Source Heat Pumps

- Extract heat from nearby water sources such as lakes or rivers.
- Highly efficient.
- Only suitable where Clubs are located near appropriate water bodies.





WHY A HEAT PUMP?

For Clubs looking to move away from fossil fuels and reduce long term heating costs, heat pumps can be a strong option. When properly designed and installed in an efficient building, they can significantly lower emissions while maintaining comfort for members and visitors.

Heat pumps can support Clubs to:

- Reduce energy costs over time.
- Lower carbon emissions and environmental impact.
- Improve comfort within clubhouses and facilities.
- Future-proof buildings against rising energy costs and regulations.

They are particularly effective in Clubs that are used regularly and require consistent heating.



INSULATION FIRST

Heat pumps perform best in buildings that retain heat effectively. Before considering installation, Clubs should prioritise improving insulation and airtightness to ensure any new heating system operates efficiently and delivers expected savings.

Before installing a heat pump, it is essential to ensure your building is energy efficient.

This is often referred to as a fabric-first approach, meaning:

- Good insulation in walls, roofs and floors.
- Well-sealed doors and windows.
- Minimal draughts and heat loss.

Without this, a heat pump will not operate efficiently and may lead to higher running costs.





YOUR CLUB

Is a Heat Pump Right for Your Club?

Heat pumps are not suitable for every building. Assessing how your Club uses its facilities, the condition of the building and the consistency of heating demand is essential before progressing.

Heat pumps are most suitable where:

- Buildings are well insulated and airtight.
- Heating is needed regularly rather than occasionally.
- Clubs are planning new builds or major refurbishments.
- There is a desire to move away from fossil fuels.

For Clubs with older or poorly insulated buildings, improving insulation should be the first priority before considering a heat pump.



Together Greener Programme

KEY CONSIDERATIONS

Installing a heat pump is a strategic infrastructure decision. Careful evaluation of building performance, heating requirements, system design and funding options will ensure the investment delivers long term value.

Before installing a heat pump, Clubs should:

Assess building efficiency

Review insulation, windows, doors and overall heat loss.

Understand heating demand

Consider how often and when heating is needed.

Seek professional advice

Heat pump systems must be properly designed for your building.

Explore funding opportunities

Grants or funding schemes may be available depending on the location.

Plan alongside other upgrades

Heat pumps work best as part of a wider energy improvement plan.





NEXT STEPS

Transitioning to renewable heating supports broader environmental commitments and demonstrates leadership within the football community. Heat pumps can form part of a long-term decarbonisation pathway for Clubs aiming to embed sustainability into their facilities strategy.

Heat pumps align strongly with the Together Greener approach by:

Supporting long-term, sustainable infrastructure improvements.
Reducing reliance on fossil fuels.
Helping Clubs meet their Green Goals.
Embedding sustainability into future planning and investment.

They are particularly relevant for Clubs looking to invest in long-term facility improvements.

A structured approach will help your Club assess feasibility and reduce risk. Independent advice, energy data analysis and integration with wider building upgrades are critical to making an informed decision.

If your Club is considering a heat pump:

- Review your building's insulation and energy performance.
- Identify opportunities to improve efficiency first.
- Gather information on current heating systems and costs.
- Seek independent expert advice.
- Explore funding and budget options.
- Consider how this fits within your wider energy and sustainability plans.



HEAT PUMPS CHECKLIST

Use this as a simple starting point: This is not an exhaustive list, but a helpful guide to support early decision-making.

CHECKLIST QUESTION	YES/NO	COMMENTS
Our building is well-insulated and airtight.	Yes ☐ No ☐	
We understand our heating needs and usage patterns.	Yes ☐ No ☐	
We have explored improving building efficiency first.	Yes ☐ No ☐	
We have sought professional advice.	Yes ☐ No ☐	
We have considered funding options.	Yes ☐ No ☐	
We have identified potential installers.	Yes ☐ No ☐	
We understand installation requirements and costs.	Yes ☐ No ☐	



Together Greener Programme

FURTHER SUPPORT

Heat pumps can play a key role in helping Clubs transition to low-carbon, energy-efficient heating. While they require careful planning and the right building conditions, they offer long-term benefits for both the environment and Club finances.

As part of Together Greener, investing in efficient heating is about more than reducing energy use. It is about creating sustainable, future-ready facilities that support your Club and community for years to come.

Further information on energy can be found at www.faw.cymru/TogetherGreener-energy

If you require support, please contact sustainability@faw.cymru