



# ELIMINATING SINGLE-USE PLASTICS



# INTRODUCTION

Single-use plastics are one of the most common and visible waste challenges in football Clubs. Items such as plastic bottles, disposable cups, straws and food packaging are often used for convenience but can quickly accumulate, particularly during training sessions, matches and events.

Reducing or eliminating single-use plastics is one of the most effective ways Clubs can reduce waste, lower environmental impact and demonstrate leadership in sustainability.

This resource provides practical guidance to help Clubs take action, whether through small changes or more ambitious initiatives.

## **This resource will support your Club to:**

- Understand the impact of single-use plastics in a Club environment.
- Identify practical ways to reduce or eliminate common plastic items.
- Plan and implement a phased approach or full transition.
- Engage members, volunteers and supporters in behaviour change.
- Support wider waste reduction and circular economy goals.





# SINGLE-USE PLASTICS

## Understanding Single-Use Plastics in Clubs

Single-use plastics are items designed to be used once and then disposed of.

**In a football club setting, the most common examples include:**

- Plastic water bottles.
- Disposable coffee cups.
- Food containers and packaging.
- Straws, sachets and cutlery.

These items are often difficult to recycle and frequently end up in general waste.

Reducing their use is a key step towards preventing waste rather than managing it after it is created.





# ELIMINATING USAGE

## Eliminating Single-Use Plastics

Clubs can choose an approach that best suits their size, facilities and readiness for change.

### Phased Approach

A phased approach allows clubs to gradually reduce single-use plastics over time.

#### **This could include:**

- Starting with one team or age group.
- Focusing on one item, such as plastic bottles or cups.
- Setting targets to reduce usage over a defined period.
- Monitoring progress and sharing results.

This approach allows clubs to test solutions, build awareness and create momentum.

### Complete Transition

Clubs may choose to introduce a complete move away from certain single-use plastic items. **If taking this approach, it is important to:**

- Set a clear start date for the change.
- Communicate expectations to all members.
- Provide suitable alternatives.
- Ensure coaches, volunteers and leaders support and reinforce the change.

Strong leadership and clear communication are key to success.





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# PLASTIC BOTTLES

## Eliminating Plastic Bottles

Plastic bottles are one of the most common waste items in football.

### Clubs can reduce their use by:

- Encouraging players to bring reusable water bottles.
- Having a set of refillable water bottles and carrier per team.
- Installing or promoting access to water refill points.
- Working with teams and coaches to lead by example.

Tracking the number of bottles avoided can be a powerful way to engage members and demonstrate impact.





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# SINGLE-USE CUPS

## Eliminating Single-Use Cups

Disposable cups, particularly those used for hot drinks, are difficult to recycle due to mixed materials.

### Clubs can reduce their use by:

- Encouraging reusable cups among members and supporters.
- Introducing reusable cup systems in clubhouses or cafés.
- Using durable alternatives such as washable cups or mugs.

If considering compostable cups, Clubs should ensure appropriate collection and disposal systems are in place. However, reusable options should always be prioritised.





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# OTHER SINGLE-USE

## Reducing Other Single-Use Plastics

**Clubs should also consider reducing other common items, such as:**

- Plastic straws and stirrers.
- Single-use sachets and packaging.
- Disposable cutlery and food containers.

Simple changes, particularly during events and matchdays, can significantly reduce overall waste.





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# BEHAVIOUR CHANGE

## Communication and Behaviour Change

Effective communication is essential to successfully reducing single-use plastics.

### Clubs should:

- Clearly explain why changes are being made.
- Highlight environmental and cost benefits.
- Use signage, social media and club communications.
- Ensure coaches, volunteers and leaders reinforce key messages.

Creating awareness helps build understanding and encourages long-term behaviour change.





# CULTURE CHANGE

## Creating a Culture of Reduction

Eliminating single-use plastics is not just about removing items; it is about changing habits.

### Clubs should aim to:

- Embed sustainability into club policies and values.
- Empower a Green Team member to lead initiatives.
- Encourage teams and individuals to take ownership.
- Celebrate progress and share success stories.

Over time, reducing single-use plastics can become standard practice across the club.

### Practical Tips for Success

- Encourage reusable bottles and cups across all teams and age groups.
- Set a clear campaign or launch date to introduce changes.
- Share progress with members, for example, “We have avoided X plastic bottles”.
- Provide clear alternatives before removing single-use items.
- Promote recycling as a supporting action during transition periods.
- Use signage at key locations such as changing rooms and clubhouses.
- Engage local businesses to support reusable initiatives through sponsorship.





# FURTHER SUPPORT

Reducing single-use plastics is a practical and visible way for your Club to take action on sustainability. By making simple changes, Clubs can significantly reduce waste, lower costs, and create a more environmentally responsible culture.

You do not need to eliminate all single-use plastics immediately. Start by identifying one or two priority items, such as plastic bottles or cups, and introduce manageable changes that can be built on over time.

## **Use what you have learned in this resource to:**

- Inform one of your Green Goals.
- Reduce single-use plastics across your Club.
- Support your Waste Action Plan.
- Engage players, volunteers and supporters in positive behaviour change.

Even small actions, such as encouraging reusable bottles or cups, can prevent large amounts of waste over a season and contribute to a more sustainable future for football in Wales.

Further information on Waste can be found at [www.faw.cymru/TogetherGreener-waste](http://www.faw.cymru/TogetherGreener-waste)

If you require support with this resource, please contact [sustainability@faw.cymru](mailto:sustainability@faw.cymru)