

Sustainability Guidelines



INTERNATIONAL FEDERATION OF SPORT CLIMBING



INTRODUCTION

Vision Statement:

At the heart of our mission lies an unwavering commitment to sustainability, ensuring that our sport grows and evolves in a way that respects and protects the environment while fostering social responsibility. We recognize that true sustainability goes beyond minimizing our ecological footprint—it encompasses **creating an inclusive, equitable, and thriving sporting community where everyone has the opportunity to participate, grow, and benefit.**

We are dedicated to reducing our environmental impact by maximizing resource efficiency, adopting innovative solutions, and promoting sustainable practices at every level of our sport. Through education and awareness, we seek to empower athletes, organizations, and fans to embrace eco-conscious behaviors, making sustainability an integral part of our shared culture.

Beyond environmental responsibility, we are committed to fostering an inclusive and welcoming sporting environment. We believe that access to sport should be a universal right, regardless of background, ability, or socio-economic status. Our vision is to break down barriers, promote diversity, and ensure that our sport serves as a vehicle for well-being, personal development, and social cohesion. By championing education on both sustainability and inclusivity, we strive to create a future where sport becomes a model for positive change—enhancing physical and mental well-being, building stronger communities, and inspiring future generations to uphold the values of fairness, respect, and environmental stewardship.

Through collaboration, innovation, and engagement with stakeholders at all levels, we aspire to set a global standard for sustainable and inclusive sports practices. Our ultimate goal is to cultivate a sporting culture that not only respects the planet but also uplifts individuals and communities, ensuring that our sport contributes to a healthier, more equitable, and more sustainable world for generations to come.

Review and Update Process:

To ensure continuous improvement and relevance, these guidelines will be reviewed and updated regularly. The sustainability commission will assess progress, incorporate emerging best practices, and respond to feedback from stakeholders. This process will occur annually, with interim adjustments as necessary to reflect technological advancements, regulatory changes, and community insights.



Introduction

With global challenges such as climate change, economic inequality, and social injustice affecting communities worldwide, sustainability has become a critical issue not only for the general public but also for the sporting world. Sport has the unique power to inspire and mobilize large audiences, and as a global sports federation, the IFSC recognizes both the opportunity and the responsibility to actively contribute to sustainability efforts.

In alignment with our strategic vision, we pledge: **“To make the world a better place through sport.”** To fulfill this commitment, the IFSC has developed a set of **Sustainability Guidelines**, designed to provide Member Federations and Event Organizers with simple, practical, and essential tools to implement effective sustainability programs. These guidelines aim to **maximize the positive impact of Sport Climbing in environmental, social, and economic matters**, recognizing that these areas are interconnected and must be approached holistically. Additionally, the Guidelines outline the steps the IFSC is taking to enhance sustainability within its offices and at events.

The IFSC Sustainability Guidelines are **inspired by and aligned with global best practices, including those established by the International Olympic Committee (IOC) and the United Nations (UN)**. We have drawn from the **IOC’s Sustainability Strategy**, which emphasizes the role of sport in driving positive change, as well as the **UN’s Sustainable Development Goals (SDGs)**, which set a global benchmark for sustainability across various sectors. Specifically, our approach is structured around six key UN SDGs and their related focus areas:

- **Good Health and Well-being** (promoting physical and mental well-being through sport)
- **Gender Equality** (ensuring equal opportunities and fair representation in Sport Climbing)
- **Partnerships for the Goals** (collaborating with global and local stakeholders to enhance sustainability efforts)
- **Climate Action** (reducing the carbon footprint of events and operations)
- **Responsible Consumption and Production** (implementing sustainable sourcing, waste management, and resource efficiency)
- **Financial Sustainability** (ensuring the long-term viability of sustainable initiatives)

The first four focus areas apply to the core activities of the sports industry, such as **building and operating venues, acquiring goods and services, managing resources, and organizing events**, while **climate action** remains a key, overarching priority.

To be truly committed to sustainability means constantly evolving, embracing innovative solutions, and challenging outdated ways of thinking. In this spirit, we have adopted a **benchmarking approach**, learning from best practices established by leading organizations such as the **IOC, which has embedded sustainability into the Olympic Movement**, and the **UN, which has provided a framework for responsible development across all industries, including sport**. By aligning with these global standards and drawing from their insights, we strive to ensure that our sustainability efforts are as impactful and forward-thinking as possible.

As sustainability is an ever-evolving challenge, we encourage all stakeholders to actively engage with us—sharing feedback, ideas, and suggestions—to help us **continuously refine and improve our Sustainability Guidelines**. By

working together, we can ensure that Sport Climbing not only minimizes its environmental footprint but also becomes a **leader in sustainable and socially responsible sports practices worldwide**.

Sustainability Focus	Corporate Sustainability	Sustainability at IFSC Events	Athletes	National Federations
Climate Action	Implement sustainable office policies (carbon neutrality, energy efficiency, paperless operations)	Reduce event carbon footprint (sustainable logistics, green energy venues, waste reduction)	Promote eco-friendly travel and lifestyle choices	Support national sustainability initiatives, encourage low-impact event planning
Good Health & Well-being	Ensure a sustainable and healthy work environment for staff	Promote well-being initiatives at competitions (mental health support, injury prevention)	Encourage sustainable training environments and personal well-being	Implement programs for grassroots sport development and community well-being
Gender Equality	Internal policies ensuring equal opportunities and representation	Gender-inclusive event policies, equal prize money, and accessibility	Support female athletes and diversity in climbing	Advocate for equal participation in national teams and leadership roles
Responsible Consumption & Production	Sustainable procurement practices (office supplies, digitalization, ethical sourcing)	Minimize waste at events (reusable materials, no single-use plastics)	Promote ethical sportswear and sustainable gear choices	Guide federations on sustainable venue construction and resource management
Financial Sustainability	Ensure responsible budgeting for sustainability projects	Green sponsorships and partnerships with sustainable brands	Financial support for sustainable training programs	Funding opportunities for federations to develop sustainability initiatives
Partnerships for the Goals	Collaborate with IOC, UN, and sustainability-focused organizations	Work with host cities, local businesses, and NGOs for greener events	Engage athletes in sustainability advocacy and education	Create a global sustainability network among federations

SECTION 1: CORPORATE SUSTAINABILITY

Corporate Sustainability at IFSC

The International Federation of Sport Climbing (IFSC) is committed to fostering a sustainable future by aligning its practices and initiatives with six key United Nations Sustainable Development Goals (SDGs). This chapter outlines the IFSC's strategic approach to embedding sustainability within its operations and events, ensuring that sport climbing contributes positively to global sustainability efforts.

1. Good Health and Well-Being

Sport climbing is inherently aligned with promoting physical and mental health. As a federation, the IFSC strives to maximize these benefits by creating accessible, inclusive, and safe opportunities for climbing at all levels.

Physical Health Promotion: Climbing is a full-body workout that enhances strength, flexibility, and endurance. Through partnerships with national federations and climbing gyms, the IFSC supports grassroots programs that encourage individuals of all ages to take up climbing as a means of staying active.

Mental Health Awareness: Recognizing the mental health challenges faced by athletes and participants, the IFSC has implemented initiatives such as mental health workshops, stress management resources, and counseling support at events. These efforts aim to normalize conversations around mental health within the sport climbing community. (add the medical commission research study)

Safety Standards: The IFSC prioritizes the well-being of participants by developing and enforcing rigorous safety guidelines. Collaboration with equipment manufacturers, Event organizers and Sport Commission members, ensures that climbing gear meets high safety standards, further protecting athletes and recreational climbers.

2. Gender Equality

The IFSC is committed to achieving gender equality within sport climbing, both on and off the wall. This commitment is reflected in policies, representation, and programmatic initiatives designed to dismantle barriers and promote inclusivity.

Equitable Competition: All IFSC competitions maintain gender equity in terms of prize money, media representation, and competition formats. These measures ensure that male and female climbers are recognized equally for their achievements.

Leadership Representation: Efforts are underway to increase the representation of women in leadership roles within the IFSC, from board positions to coaching and officiating roles. Training programs and mentorship opportunities are provided to support women aspiring to leadership within the sport.



3. Partnerships for the Goals

Achieving sustainability goals requires collaboration. The IFSC recognizes the importance of strategic partnerships to drive innovation, expand reach, and maximize impact.

Global Collaboration: The IFSC works closely with international organizations, including the International Olympic Committee (IOC) and the United Nations, to align its sustainability strategies with broader global efforts. These partnerships ensure that sport climbing contributes to the global agenda for sustainable development.

Local Partnerships: At the local level, the IFSC partners with communities, LOCs, and governments to host events that leave a positive legacy. For example, climbing competitions are used as platforms to promote local sustainability initiatives, such as waste reduction campaigns and environmental education programs.

Private Sector Engagement: Partnerships with environmentally conscious brands and sponsors enable the IFSC to fund sustainability projects and integrate green technologies into events. Sponsorship agreements prioritize companies with strong environmental and social governance (ESG) credentials.

4. Climate Action

The IFSC acknowledges the urgency of climate action and strives to reduce the environmental footprint of its activities while advocating for a greener future.

Event Sustainability: A key focus is reducing the carbon footprint of IFSC events. Measures include minimizing single-use plastics, using renewable energy sources, and promoting sustainable transportation options for athletes and spectators. Event organizers are provided with a “Green Climbing Event” toolkit to implement eco-friendly practices.

Carbon Offsetting: To address unavoidable emissions, the IFSC invests in certified carbon offset programs. These programs support reforestation, renewable energy, and community-based climate solutions, contributing to a net positive impact.

Climate Advocacy: Beyond internal measures, the IFSC uses its platform to advocate for climate action. Campaigns such as “Climbers for Climate” engage the climbing community in tree planting, conservation projects, and education on sustainable practices.

5. Responsible Consumption and Production

Sport climbing, like any sport, has an environmental impact through the production of equipment, event operations, and infrastructure. The IFSC is committed to promoting responsible consumption and production across all facets of the sport.

Sustainable Equipment: Collaboration with manufacturers is key to driving innovation in sustainable climbing gear. The IFSC encourages the use of recycled materials, ethical sourcing, and eco-friendly production processes in climbing equipment and apparel.

Event Waste Management: Waste reduction strategies are integral to IFSC events. These include the elimination of single-use plastics, composting organic waste, and ensuring recycling facilities are available at all venues. Partnerships with waste management companies could help divert waste from landfills and promote circular economy principles at IFSC events.



Education and Awareness: The IFSC educates athletes, fans, and event organizers about responsible consumption. Campaigns highlight the importance of reducing waste, reusing gear, and recycling materials within the climbing community.

6. Financial Sustainability

To ensure the long-term viability of its sustainability efforts, the IFSC prioritizes financial sustainability through diversified funding streams, efficient resource management, and transparent financial practices.

Diversified Revenue: The IFSC leverages a mix of revenue sources, including sponsorships, event revenue, and grants, to fund its operations and sustainability initiatives. A focus on attracting sponsors with aligned values ensures that financial growth supports sustainability goals.

Cost-Effective Practices: Streamlining operations and adopting cost-effective technologies enable the IFSC to reduce expenses while maintaining high standards. Digital tools are used to minimize travel and administrative costs, further enhancing financial efficiency.

Transparency and Accountability: Regular financial reporting and audits ensure that resources are allocated responsibly. The IFSC's commitment to transparency builds trust among stakeholders and reinforces its reputation as a responsible organization.

SECTION 2: SUSTAINABILITY OF IFSC EVENTS

The International Federation of Sport Climbing (IFSC) is committed to organizing events that exemplify sustainability. This chapter details the IFSC's approach to embedding sustainability principles into its events, ensuring that each competition leaves a positive impact on participants, communities, and the planet. As part of our broader commitment to inclusivity and ethical responsibility, we recognize the importance of ensuring safe and welcoming environments for all participants. With this in mind, careful consideration will be given to the selection of event locations, particularly in contexts where fundamental human rights may be at risk. Our approach will prioritize settings that align with our values of fairness, respect, and the well-being of all individuals involved.

By fostering a culture of sustainability, we empower everyone in our sporting community to be an active participant in creating a greener, more resilient future. Together, we can drive meaningful change and ensure our sport continues to flourish while respecting and preserving our planet.

1. Good Health and Well-Being

IFSC events prioritize the physical and mental well-being of all participants, from athletes to spectators.

Promoting Physical Activity: By showcasing the sport's physical benefits, IFSC events inspire attendees to engage in climbing and adopt active lifestyles. Interactive zones, such as beginner climbing walls at event venues, provide opportunities for spectators to try climbing firsthand, promoting physical fitness across all ages and skill levels.

Mental Health Support: The high-pressure environment of competitive climbing can impact mental health. To address this, the IFSC integrates mental health resources into its events, such as on-site counseling for athletes and workshops focused on stress management and mental resilience. These resources create a supportive environment that promotes overall well-being.

Safety Measures: Ensuring the safety of athletes, volunteers, and spectators is paramount. IFSC events adhere to strict safety standards, from venue inspections to equipment certification. Training programs for event staff further ensure that safety protocols are understood and consistently implemented.

2. Gender Equality

The IFSC is dedicated to ensuring gender equality is reflected in all aspects of its events, from competition structures to organizational practices.

Equal Representation: IFSC events guarantee gender equity in participation, prize money, and media coverage. Men's and women's competitions are given equal prominence in scheduling and broadcasting to ensure balanced representation. The IFSC is committed to gender equality both on and off the wall. At each event, we emphasize the inclusion of women in key roles, such as judges, coaches, and event organizers. We provide training and mentorship opportunities to support women in pursuing leadership positions within the climbing community. Additionally, equal prize money for athletes at IFSC events reflects our broader dedication to fairness and inclusivity in the sport.



3. Partnerships for the Goals

IFSC events are platforms for collaboration, bringing together diverse stakeholders to achieve shared sustainability goals.

Collaborating with Stakeholders: Partnerships with local governments, NGOs, and community organizations ensure that IFSC events contribute to the host community's sustainability objectives. These collaborations address issues such as waste management, community engagement, and education.

Corporate Engagement: The IFSC partners with sponsors and suppliers who share its commitment to sustainability. These partnerships result in eco-friendly innovations, such as biodegradable wristbands and sustainably sourced merchandise for event participants.

Knowledge Sharing: IFSC events serve as hubs for exchanging ideas and best practices on sustainability. Workshops and panels held during events provide opportunities for athletes, organizers, and partners to collaborate on advancing sustainable development in sport.

4. Climate Action

The IFSC is committed to reducing the environmental footprint of its events and actively promoting climate awareness.

Reducing Event Emissions: A key focus of IFSC events is minimizing carbon emissions. Strategies include using renewable energy sources at venues, optimizing calendar of world series, optimizing transportation logistics for Athletes, IFSC Officials and spectators, and promoting carpooling or public transport. Hybrid and virtual event (like meetings) options also help reduce travel-related emissions.

Offsetting Carbon Footprints: For emissions that cannot be eliminated, the IFSC invests in carbon offset programs. These programs fund projects like renewable energy installations, reforestation, and biodiversity conservation, ensuring that events achieve carbon neutrality.

Engaging the Community: IFSC events encourage participants and fans to take climate action. Tree planting initiatives, waste reduction challenges, and climate education booths are regular features at event venues, fostering a culture of environmental stewardship.

5. Responsible Consumption and Production

Sustainable resource management is a cornerstone of IFSC events, ensuring that they minimize waste and promote circular practices.

Eco-Friendly Materials: IFSC events prioritize the use of sustainable materials in all aspects of event production. From reusable signage to compostable food packaging, every effort is made to reduce waste and promote responsible consumption.

Waste Management Systems: Comprehensive waste management plans have to be implemented at all event venues. These include recycling stations, composting facilities, and initiatives to reduce single-use plastics. Partnerships with local waste management companies ensure that waste is processed sustainably.

Promoting Reuse and Recycling: Spectators and participants are encouraged to adopt sustainable habits through awareness campaigns at events. Initiatives such as gear swap stations, where climbers can exchange or donate used equipment, promote a culture of reuse and reduce the demand for new products.

6. Financial Sustainability

Ensuring the financial viability of sustainability initiatives is critical to their long-term success. IFSC events are designed to balance environmental and social goals with financial prudence.

Cost-Efficient Practices: By leveraging digital technologies, such as online ticketing and, the operational costs will be reduced while enhancing accessibility. Energy-efficient equipment and resource-sharing practices further contribute to cost savings.

Diversified Revenue Streams: The IFSC secures funding from multiple sources, including sponsorships, ticket sales, and grants. Sponsorship agreements prioritize companies with strong environmental and social governance (ESG) practices, aligning financial growth with sustainability values.

Transparent Financial Management: Regular audits and transparent reporting ensure that financial resources are allocated effectively. This accountability builds trust among stakeholders and demonstrates the IFSC's commitment to responsible financial stewardship.

Practical Actions for Event Organizers at IFSC Events

GDS Area	Practical Actions
Good Health and Well-Being	Set up beginner climbing zones for spectators to try the sport.- Provide on-site mental health support and stress management workshops.- Ensure strict safety standards, venue inspections, and staff training.
Gender Equality	The IFSC guarantee equal prize money for male and female athletes.
Partnerships for the Goals	Collaborate with local governments and NGOs to support sustainability initiatives. Partner with eco-friendly sponsors to promote sustainable event materials. Organize sustainability workshops to share best practices with stakeholders.

Climate Action	Use renewable energy sources at event venues. Optimize travel logistics to reduce emissions and encourage public transport. Implement carbon offset programs through reforestation and clean energy projects.
Responsible Consumption and Production	Utilize sustainable materials like compostable packaging and reusable signage. Implement waste management systems with recycling stations and composting. Encourage sustainable habits through awareness campaigns and gear swap stations.
Financial Sustainability	Reduce costs with digital technologies like online ticketing. Secure sponsorships with environmentally responsible companies. Maintain transparent financial reporting and conduct regular audits.

Local Community and National Federation Involvement

IFSC events serve as a catalyst for sustainability at the local and national levels. Event organizers are encouraged to actively involve local communities and National Federations to ensure a lasting positive impact. By engaging with local stakeholders, events can promote sustainability beyond the competition itself, fostering environmental awareness and social responsibility in the host region.

- **Community Engagement:** IFSC events should integrate local communities into sustainability efforts by partnering with regional businesses, schools, and environmental organizations. Initiatives such as waste reduction programs, tree-planting activities, and climate education booths provide long-term benefits to the area.
- **National Federation Collaboration:** National federations play a crucial role in promoting sustainability within the sport. By aligning event planning with sustainability goals, they help ensure that IFSC events leave a legacy of environmental consciousness and responsible event management. Federations can support local sustainability projects, encourage participation in eco-friendly initiatives, and advocate for sustainable practices at all levels of sport climbing.

Through these efforts, IFSC events not only uphold sustainability principles during competitions but also create lasting, positive changes in the regions that host them.

SECTION 3: ATHLETES

Goal: To empower athletes to take proactive and responsible actions that promote sustainability, equality, and financial stability within their athletic careers and beyond, while encouraging positive change through conscious decision-making in their personal and professional lives.

GOOD HEALTH

Target: To support the holistic well-being of athletes by promoting sustainable training practices, mental health awareness, and long-term health strategies, ensuring athletes can perform at their best while safeguarding their future health and career transitions.

Recommendations:

- Prioritize physical and mental well-being: incorporate recovery routines, maintain balanced nutrition, and seek mental health support when needed.
- Avoid overtraining: strive for a sustainable approach to training that minimizes the risk of injury or burnout.
- Balance athletic career with long-term health and post-career planning.
- Plan for transitions after retirement, including education and career development.
- Add recommendation from med comm - (Reds - mental health)

Implementation:

- Maintain regular health check-ups to monitor physical and mental health.
- Collaborate with coaches and health professionals to create individualized, sustainable training plans.
- Participate in workshops/webinars promoting balanced nutrition, rest, exercise, and mental health.
- Advocate for national federations (NFs) to provide psychological support and clear guidance for managing para-athlete classification challenges, including mental health strategies when facing non-eligibility.

The IFSC has implemented the IFSC Relative Energy Deficiency in Sport (REDs) Screening Rules to enhance REDs awareness, provide REDs education and protect athletes from the short- and long-term physical and mental health effects of REDs. These Rules were developed by the IFSC Medical & Anti-doping Commission and are based on the International Olympic Committee's Consensus Statement on REDs. Detailed requirements for athletes, National Federations, and the IFSC are included in the REDs Screening Rules on IFSC web site.

The wellbeing of athletes has always been at the centre of the debate at the IFSC. Athletes are most visible in moments of victory where feelings of joy and hope prevail, but they may also find themselves in need of mental health support. With the very rapid growth of the sport in the past few years, the Federation is mindful that elite athletes are people first, and that their mental health is just as important as their physical health. It is with this understanding and knowledge that the IFSC Athletes' and Medical & Anti-Doping Commissions are supporting an important study focusing on mental health and burnout among professional climbers aimed to raise awareness about the intricate relationship between mental wellbeing and athletic performance in Climbing. As a sporting community, it is important to create a supportive environment for athletes' mental wellbeing and mental health. This research study is another step the IFSC is taking in that journey.

GENDER EQUALITY

Target: To foster a more inclusive and equitable sports environment by challenging gender biases, promoting equal opportunities, and advocating for systemic changes that support athletes of all genders throughout their careers.

Recommendations:

- **Be a positive role model:** Actively support and encourage athletes of all genders, demonstrating respect and inclusivity in both training and competition settings.
- **Challenge stereotypes in sport:** Speak out publicly or privately against comments or practices that reinforce outdated gender roles or biases.
- **Use your platform to promote equality:** Share stories and content that highlight gender equity in sports, and celebrate achievements of athletes from all genders equally.
- **Be mindful of your influence in media:** Work with media outlets to ensure respectful representation of yourself and your peers, avoiding objectifying narratives.
- **Advocate for change:** Encourage governing bodies and event organizers to implement policies that support maternity leave, equitable prize money, and equal opportunities for all genders.
- **Foster inclusivity in training:** Promote and participate in mixed-gender training sessions or events to create a more inclusive sporting environment.
- **Support peers during transitions:** Be a supportive teammate when peers navigate significant life changes, such as maternity leave or other transitions, advocating for their inclusion and fair treatment.

Implementation:

- **Use your platform responsibly:** Ensure your social media posts and comments promote equality, avoid stereotypes, and celebrate achievements fairly regardless of gender.
- **Support peers:** Speak out publicly or privately against bias or discrimination in competitions or training environments.
- **Collaborate with the media:** Share your own story or perspective in a way that fosters understanding and challenges objectifying narratives.
- **Be an advocate in action:** Participate in or lead workshops and initiatives that address gender equality in sport.
- **Call for transparency:** Encourage event organizers and federations to create inclusive policies, such as maternity leave accommodations and equitable prize distributions.
- **Lead by example:** Train and compete in mixed-gender environments when possible, showing that all genders can thrive equally in sport.

PARTNERSHIP FOR GOALS

Target: To empower athletes by fostering strong, value-driven partnerships, building supportive networks, and leveraging influence to promote sustainability, inclusivity, and long-term professional success.

Recommendations:

- **Understand your partnerships:** Be aware of the sponsorships and partnerships you accept, ensuring they align with your values and promote sustainability or positive social change.
- **Collaborate with peers:** Work with other athletes to share resources, ideas, and initiatives that benefit your community and sport.
- **Seek mentorship opportunities:** Look for guidance from experienced athletes or professionals to navigate challenges, such as managing sponsorships, finding managers, or balancing career transitions.
- **Leverage your influence:** Use your voice to encourage sponsors and partners to adopt sustainable and inclusive practices.
- **Create a support network:** Build links with managers, athlete representatives, and professionals to ensure you receive the guidance and advocacy needed for long-term success.

Implementation:

- **Evaluate sponsorship offers:** Before accepting sponsorships, research the company's values and practices to ensure they align with sustainability and inclusivity goals.
- **Form alliances with peers:** Cooperate with other athletes on initiatives, such as organizing joint community events or advocating for shared causes.
- **Participate in mentorship programs:** Seek or join NF/IF-organized mentorship initiatives to build skills, knowledge, and connections.
- **Share experiences:** Actively discuss challenges and successes with fellow athletes to foster collective learning and innovation.
- **Advocate for professional support:** Approach federations or athlete unions to request resources on finding managers or other professional support.
- **Strengthen relationships with sponsors:** Actively engage with sponsors to co-create impactful projects that benefit both the sporting world and wider community.

CLIMATE ACTION

Target: To reduce the environmental impact of athletic practices by making conscious, sustainable choices in travel, consumption, and daily habits, while inspiring others to adopt similar behaviours and green practices within the sport.

Recommendations:

- **Make conscious travel choices:** opt for sustainable travel options whenever possible, such as trains or carpooling, and minimize unnecessary trips.
- **Understand your environmental impact:** Reflect on your carbon footprint and explore ways to minimize it through sustainable practices or partnerships.

- Focus on your "handprint": Be mindful of the positive impact of your actions—like inspiring others to adopt sustainable behaviours—rather than solely addressing your carbon footprint when thinking about sustainability.
- Be cautious as an ambassador: If engaging with sustainability topics on social media, share accurate information and guidance to avoid spreading misinformation.
- Incorporate sustainability into daily habits: Make thoughtful decisions about consumption, from the food you eat to the equipment you use, prioritizing eco-friendly and ethical options.

Implementation:

- Travel sustainably: Choose trains or public transport over flights or private cars where feasible. When flying is necessary, aim for direct flights and consider carbon offset programs.
- Minimize waste during competitions: Bring reusable bottles, utensils, and containers to events, and avoid single-use plastics.
- Work with NFs/IFs for education: Participate in workshops or training on sustainability practices provided by your national or international federation.
- Be a role model in daily choices: Use sustainable climbing or training gear and eco-friendly nutrition options.
- Encourage collaboration for green events: Advocate for sustainability practices at competitions, such as recycling programs, reduced waste, or renewable energy use.
- Educate yourself: Stay informed about the latest sustainable practices in sports through resources from NFs/IFs or sustainability organizations.

RESPONSIBLE CONSUMPTION AND PRODUCTION

Target: To minimize the environmental footprint of climbing practices by prioritizing sustainable gear choices and mindful food consumption, promoting eco-friendly habits within the sport community.

Recommendations and implementation:

- Choose sustainable gear: Opt for eco-friendly climbing shoes, ropes, and other equipment, and prioritize repairing or recycling over discarding.
- Be mindful of food choices: Select locally sourced, seasonal, and minimally packaged foods to reduce environmental impact.

FINANCIAL

Target: To secure long-term financial stability by making informed budgeting decisions, investing in personal development, and exploring diverse income sources, ensuring a smooth transition to life after sports.

Recommendations:

- Budget wisely: Create a financial plan that accounts for training, travel, and competition expenses while saving for future needs or career transitions.
- Invest in personal development: Allocate resources toward education, certifications, or skills that can support career opportunities after sports.

- Seek financial guidance: Work with managers, financial advisors, or mentors to maximize sponsorships, prize money, and income opportunities.

Implementation:

- Track expenses: Use a budgeting app or financial tracker to monitor income, expenses, and savings goals.
- Diversify income sources: Explore opportunities like coaching, workshops, or speaking engagements alongside competition earnings and sponsorships.
- Plan for transitions: Set aside a portion of your income to fund education or training for a post-athletic career.
- Engage with resources: Attend financial literacy workshops or seek advice from professionals through programs offered by NFs or IFs.

SECTION 4: NATIONAL FEDERATIONS

Goal: To empower NF to take proactive and responsible actions that promote sustainability, equality, and financial stability within their federation, events, training programmes, encouraging positive change through conscious decision-making in their development and growth.

GOOD HEALTH

Goal: *Good practices to use in their home country.*

Implement health and safeguarding within NF, volunteers and stakeholders. Use it as guidelines through all sectors, including training and education. Implement code of conduct. Put athletes' health above short term success.

Target: To support the holistic well-being of athletes by promoting sustainable training practices, mental health awareness, and long-term health strategies, ensuring athletes can perform at their best while safeguarding their future health and career transitions.

Recommendations:

- Prioritize physical and mental well-being: incorporate recovery routines, maintain balanced nutrition, and seek mental health support when needed.
- Avoid overtraining: strive for a sustainable approach to training that minimizes the risk of injury or burnout.
- Balance athletic career with long-term health and post-career planning.
- Plan for transitions after retirement, including education and career development.
- Add recommendation from med comm - (Reds - mental health)

Implementation:

- Maintain regular health check-ups to monitor physical and mental health.
- Collaborate with coaches and health professionals to create individualized, sustainable training plans.
- Participate in workshops/webinars promoting balanced nutrition, rest, exercise, and mental health.
- Advocate for national federations (NFs) to provide psychological support and clear guidance for managing para-athlete classification challenges, including mental health strategies when facing non-eligibility.

GENDER EQUALITY

Gender equality and diversity in all sectors of NF: board, athletes etc. Promote and support.

Target: To foster a more inclusive and equitable sports environment by challenging gender biases, promoting equal opportunities, and advocating for systemic changes that support athletes of all genders throughout their careers.

Recommendations:

- Be a positive role model: Actively support and encourage athletes of all genders, demonstrating respect and inclusivity in both training and competition settings.
- Challenge stereotypes in sport: Speak out publicly or privately against comments or practices that reinforce outdated gender roles or biases.
- Use your platform to promote equality: Share stories and content that highlight gender equity in sports, and celebrate achievements of athletes from all genders equally.
- Be mindful of your influence in media: Work with media outlets to ensure respectful representation of yourself and your peers, avoiding objectifying narratives.
- Advocate for change: Encourage governing bodies and event organizers to implement policies that support maternity leave, equitable prize money, and equal opportunities for all genders.
- Foster inclusivity in training: Promote and participate in mixed-gender training sessions or events to create a more inclusive sporting environment.
- Support peers during transitions: Be a supportive teammate when peers navigate significant life changes, such as maternity leave or other transitions, advocating for their inclusion and fair treatment.

Implementation:

- Use your platform responsibly: Ensure your social media posts and comments promote equality, avoid stereotypes, and celebrate achievements fairly regardless of gender.
- Support peers: Speak out publicly or privately against bias or discrimination in competitions or training environments.
- Collaborate with the media: Share your own story or perspective in a way that fosters understanding and challenges objectifying narratives.
- Be an advocate in action: Participate in or lead workshops and initiatives that address gender equality in sport.
- Call for transparency: Encourage event organizers and federations to create inclusive policies, such as maternity leave accommodations and equitable prize distributions.
- Lead by example: Train and compete in mixed-gender environments when possible, showing that all genders can thrive equally in sport.

PARTNERSHIP FOR GOALS

Implement guidelines for sponsorship, partners. Awareness. Cooperate with other teams and National Federations, also other sport federations. Build relationships. Share expertise, competencies with others.

Target:

To empower athletes by fostering strong, value-driven partnerships, building supportive networks, and leveraging influence to promote sustainability, inclusivity, and long-term professional success.

Recommendations:

- Understand your partnerships: Be aware of the sponsorships and partnerships you accept, ensuring they align with your values and promote sustainability or positive social change.
- Collaborate with peers: Work with other athletes to share resources, ideas, and initiatives that benefit your community and sport.
- Seek mentorship opportunities: Look for guidance from experienced athletes or professionals to navigate challenges, such as managing sponsorships, finding managers, or balancing career transitions.
- Leverage your influence: Use your voice to encourage sponsors and partners to adopt sustainable and inclusive practices.
- Create a support network: Build links with managers, athlete representatives, and professionals to ensure you receive the guidance and advocacy needed for long-term success.

Implementation:

- Evaluate sponsorship offers: Before accepting sponsorships, research the company's values and practices to ensure they align with sustainability and inclusivity goals.
- Form alliances with peers: Cooperate with other athletes on initiatives, such as organizing joint community events or advocating for shared causes.
- Participate in mentorship programs: Seek or join NF/IF-organized mentorship initiatives to build skills, knowledge, and connections.
- Share experiences: Actively discuss challenges and successes with fellow athletes to foster collective learning and innovation.
- Advocate for professional support: Approach federations or athlete unions to request resources on finding managers or other professional support.
- Strengthen relationships with sponsors: Actively engage with sponsors to co-create impactful projects that benefit both the sporting world and wider community.

CLIMATE ACTION

From raising awareness to practical actions.

Target:

To reduce the environmental impact of athletic practices by making conscious, sustainable choices in travel, consumption, and daily habits, while inspiring others to adopt similar behaviors and green practices within the sport.

Recommendations:

- Make conscious travel choices: Opt for sustainable travel options whenever possible, such as trains or carpooling, and minimize unnecessary trips.
- Understand your environmental impact: Reflect on your carbon footprint and explore ways to minimize it through sustainable practices or partnerships.
- Focus on your "handprint": Be mindful of the positive impact of your actions—like inspiring others to adopt sustainable behaviours—rather than solely addressing your carbon footprint when thinking about sustainability.
- Be cautious as an ambassador: If engaging with sustainability topics on social media, share accurate information and guidance to avoid spreading misinformation.
- Incorporate sustainability into daily habits: Make thoughtful decisions about consumption, from the food you eat to the equipment you use, prioritizing eco-friendly and ethical options.

Implementation:

- Travel sustainably: Choose trains or public transport over flights or private cars where feasible. When flying is necessary, aim for direct flights and consider carbon offset programs.
- Minimize waste during competitions: Bring reusable bottles, utensils, and containers to events, and avoid single-use plastics.
- Work with NFs/IFs for education: Participate in workshops or training on sustainability practices provided by your national or international federation.
- Be a role model in daily choices: Use sustainable climbing or training gear and eco-friendly nutrition options.
- Encourage collaboration for green events: Advocate for sustainability practices at competitions, such as recycling programs, reduced waste, or renewable energy use.
- Educate yourself: Stay informed about the latest sustainable practices in sports through resources from NFs/IFs or sustainability organizations.

RESPONSIBLE CONSUMPTION AND PRODUCTION

Target: To minimize the environmental footprint of climbing practices by prioritizing sustainable gear choices and mindful food consumption, promoting eco-friendly habits within the sport community.

Recommendations and implementation:

- Choose sustainable gear: Opt for eco-friendly climbing shoes, ropes, and other equipment, and prioritize repairing or recycling over discarding.



- Be mindful of food choices: Select locally sourced, seasonal, and minimally packaged foods to reduce environmental impact.

FINANCIAL

Target: To secure long-term financial stability by making informed budgeting decisions, investing in personal development, and exploring diverse income sources, ensuring a smooth transition to life after sports.

Recommendations:

- Budget wisely: Create a financial plan that accounts for training, travel, and competition expenses while saving for future needs or career transitions.
- Invest in personal development: Allocate resources toward education, certifications, or skills that can support career opportunities after sports.
- Seek financial guidance: Work with managers, financial advisors, or mentors to maximize sponsorships, prize money, and income opportunities.

Implementation:

- Track expenses: Use a budgeting app or financial tracker to monitor income, expenses, and savings goals.
- Diversify income sources: Explore opportunities like coaching, workshops, or speaking engagements alongside competition earnings and sponsorships.
- Plan for transitions: Set aside a portion of your income to fund education or training for a post-athletic career.
- Engage with resources: Attend financial literacy workshops or seek advice from professionals through programs offered by NFs or IFs.

CONCLUSION

This document represents a foundational step in our ongoing journey toward a more sustainable and inclusive sporting future. However, we recognize that sustainability is not a fixed destination—it is a dynamic, evolving process that requires constant learning, adaptation, and collaboration. As such, this document will remain a living resource, regularly updated to reflect new insights, innovations, and the ever-changing landscape of environmental and social responsibility.

We are committed to revisiting and refining these principles over time, guided by emerging best practices, stakeholder input, and the evolving needs of our communities. By keeping this document current and responsive, we aim to ensure that our efforts remain relevant, impactful, and aligned with our core vision. Together, we can shape a sport that not only thrives today but also lays the foundation for a better tomorrow.