



IN IT TO WIN IT: SPORTS AND THE CLIMATE CRISIS ACTIVITY

Step up to the plate by answering the questions below. Keep track of your score to see how you stack up against your teammates. Are you a rookie of the year, a player for the planet, an MVP or sitting on the sidelines?

Instructions: Read the nine questions below and choose the answers that best apply to you. If more than one response applies in each question, add or subtract accordingly until you reach the end, and then tally your points. How did you score?

Getting to Practice – Total: _____

- +3 points** if you carpool to your sports practice
- +4 points** if you take public transportation
- +5 points** if you walk or bike
- 2 points** if you get driven alone and the journey takes under 30 minutes
- 3 points** if you get driven alone and the journey takes over 30 minutes
- +2 points** if you're driven in an electric or hybrid vehicle



Reusable Bottles and Waste-Free Snacks – Total: _____

- 3 points** if you use single-use plastic bottles
- +5 points** if you bring a bottle
- +5 points** if you bring snacks in reusable packaging
- 3 points** if your snacks are individually wrapped
- 2 points** if you forget to recycle or throw out any litter



Taking Care of Your Facility – Total: _____

- +5 points** if you've ever helped clean up your ballpark, field or facility
- 3 points** if you've ever left a mess
- 3 points** if you've ever watched your teammates help but then chose to walk away
- +4 points** if you've ever spoken up about "green" ideas with coaches or teammates



Sporting Equipment – Total: _____

- +5 points** if you donate or give away sports equipment that's too small
- 3 points** if you throw it in the garbage even if someone else could have used it
- +6 points** if you've ever worn used equipment
- 2 points** if you currently have more sports shoes, clothes or equipment than you actually need

Thinking About What You Buy – Total: _____

- 2 points** if you don't look at labels before you buy sports clothes
- +2 points** if you know what Certified B means
- +5 points** if you seek out zero-impact items or recycled products
- +5 points** if you've purchased secondhand clothes or equipment or share with your friends
- +5 points** if you've ever donated used sports clothes or given them away as hand-me-downs



Climate Conditions – Total: _____

- +4 points** if you've ever been upset when a game or practice is cancelled because of heat or air quality
- +4 points** if you've ever been disappointed when snow or ice melts and you can't ski, skate or play outdoors
- 3 points** if you've never considered how the climate impacts your health or the health of your teammates



Traveling to Major Sporting Events – Total: _____

- 3 points** if you fly to professional or international sporting events
- +5 points** if you take public transportation to watch a big league sports game
- 1 point** if you drive there in a gas-powered vehicle
- +3 points** if you carpool with others

At the Game – Total: _____

- +5 points** if you eat what you order at the concession stands
- 2 points** if you toss recyclables in the trash
- 1 point** if you throw away uneaten food in compost bins
- 2 points** if you throw away food in the garbage

Talking About Climate Action with Teammates – Total: _____

- +5 points** if you've asked your teammates to pick up after themselves
- +6 points** if you've given coaches or facility managers ideas about how to save water or energy
- +5 points** if you've started an initiative, like a used equipment sale or recycled tennis balls
- 2 points** if you don't do any of the above



Final Activity Tally: _____

YOUR SCORE

If you scored -40-0:

If you're sitting on the sidelines, why not take your turn at bat? Start with simple steps to reduce your impact on the planet. Bring a reusable water bottle to practice and donate your used sports equipment to someone who needs it. Then build up from there. Soon you'll be an all-star.

If you scored 1-40:

Congratulations on being a rookie of the year! You have a budding passion for sports and the planet. By combining the two, you are sure to be a star when it comes to ensuring sports keeps on getting greener. Make your mark by continuing to reduce your carbon footprint on and off the field or court.

If you scored 41-80:

Great job—you're a player for the planet. This means you take positive climate action while also being part of the action in sports. You are a star. Keep up the great work by encouraging your teammates to follow your lead.

If you scored 81-100:

You're an MVP! Continue to make a big effort to ensure you and your teammates consider the planet while you're playing your sport. It's sports lovers like you who will make a big difference to the future of sports and the environment. Before you know it, you could be inducted into the Hall of Fame!

