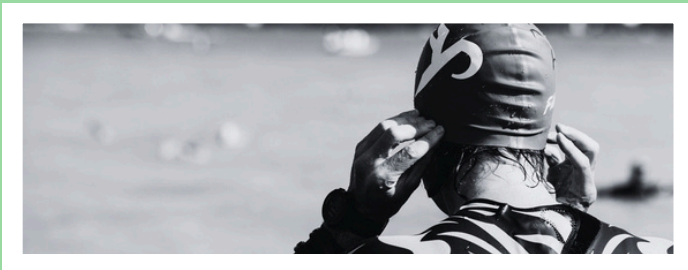
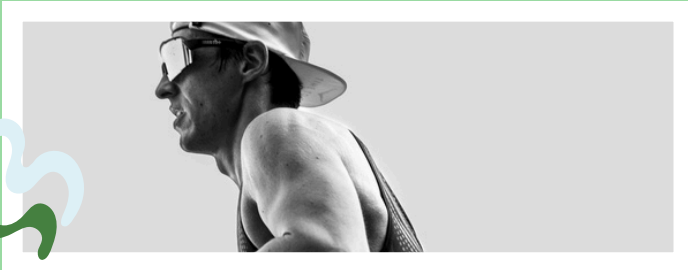


Little practices for a responsible athlete



TAKE ACTION NOW!

WE CAN ALL TAKE SMALL ACTIONS TO MAKE A LEAP TOWARD A BETTER, MORE RESPONSIBLE, AND SUSTAINABLE FUTURE. HERE ARE A FEW TIPS TO BE A RESPONSIBLE ATHLETE.

1 Use public transport, ride a bike, or walk to the event; alternatively, carpool with others or use sharing services.

2 Do not litter; use bins or designated areas for recycling.

3 Reduce single-use plastic: bring a reusable bottle of water or reuse your cup at refreshment stations.

4 Repair or donate your sports equipment and clothing rather than throwing it away

