

Pledge to Travel Green

U.S. Travel Care Code
www.TravelCareCode.org



Club Sports at University of Colorado, Boulder
2014

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WHAT IS THE TRAVEL CARE CODE?

The TCC is a list of ten simple action items thoughtfully researched and designed to provide travelers with information on how they can reduce the negative impact of their travel and visitor related activities. It is available online for free use and replication. The Code was developed by graduate students, faculty and staff at the Center for Sustainability at East Carolina University in partnership with Miles Media Inc.

The Travel Care Code consists of 10 action items:

-  **1. Learn about Your Destination** – Enjoy a rewarding experience by learning more about the natural environment, culture and history that make every destination unique.
-  **2. Don't Leave Your Good Habits at Home** – While traveling, continue to recycle; use water wisely, and turn off lights as you would at home.
-  **3. Be a Fuel-Efficient Traveler** – Book direct flights, rent smaller cars, and keep your own vehicle operating at maximum efficiency. Once in your destination, walk or bike as much as possible.
-  **4. Make Informed Decisions** – Seek out destinations or companies that engage in energy efficiency or recycling programs and that take actions to preserve their communities and natural environment.
-  **5. Be a Good Guest** – Remember that you are a guest in your destination. Engage with locals, but respect their privacy, traditions and local community.
-  **6. Support Locals** – As a visitor, the money you spend on your trip can help support the local artisans, farmers and business owners whose livelihoods depend on tourism.
-  **7. Dispose of Your Waste Properly** – Leave a beautiful place for others to enjoy. Recycle where possible, and always dispose of your waste with care.
-  **8. Protect Your Natural Surroundings** – Be mindful of the plants, animals and ecosystems that you impact. Avoid feeding wildlife; stay on designated trails, and strictly follow all fire restrictions.
-  **9. Make Your Travel Zero Emissions** – As an additional step, consider the option of purchasing carbon credits to fully offset your travel's impact on climate change.
-  **10. Bring Your Experiences Home** – Continue practicing your sustainable habits at home, and encourage friends and family to travel with the same care.

IS THE UNIVERSITY OF COLORADO, BOULDER CLUB SPORTS ALREADY GREEN?

The Club Sports program at CU is continuously making conscious efforts to diminish the program's impact on the environment. Now is an ideal time to take action to protect our environment and make changes in how we travel and how we host those who are traveling to us to participate in games, matches, and retreats. We know little about our greenhouse gas production and its impact on the community around us. As a program, we request each team to support the **Pledge to Travel Green** initiative.



The Club Sports Program at the University of Colorado, Boulder consists of 31 teams and 1,500 student athletes. These clubs utilize the Student Recreational Center, Kittredge Field, Franklin Field, Business Field, Williams Village Fields, and the football bubble. Our Club Sports program is already going green by reducing the amount of trash generated from hosted athletic events. To eliminate cup trash from athletic events hosted on recreational fields, only PowerAde water jugs are provided for home and visiting teams. This allows athletes to access water while encouraging the use of reusable containers. Kittredge Field also has a free filtered water bottle filling station to reinforce this same concept. Throughout the new Student Recreational Center and recreational fields, recycling bins are accompanied by trashcans to allow students and athletes the convenience of recycling. Our Club Sports office's newest green initiative is the purchase of an electric gator to transport equipment around campus and decrease the use of diesel fuel.

The new Student Recreational Center goes above and beyond to meet the needs of student athletes while stressing the importance and accessibility to "going green." The innovative and beautiful Recreational Center incorporated various items around the facility to target LEED (Leadership in Energy and Environmental Design) Platinum. This means that CU's new Rec Center, along with many other buildings on campus, is striving to satisfy the U.S. Green Building Council's prerequisites and earn enough points to achieve the highest level of certification. Currently, the facility is projecting a 40% water use reduction by improving water efficiency and installed on-site renewable energy, which includes solar thermal and solar panels. Construction utilized renewable materials and materials with low volatile organic compounds, including adhesives, sealants, paints, coatings, and floorings. One of the most impressive installments made by the facility is the heat recovery loop, which uses the heat made to maintain and produce ice to heat all three of the Recreational Center's pools.

Although Club Sports at CU have taken actions to reduce our environmental impact we must further continue our efforts by following the Travel Care Code and pledging to make more environmentally conscious decisions going forward.

WHY SHOULD OUR CLUB SPORTS PROGRAMS FOLLOW THE CODE?

The Club Sports program at the University of Colorado, Boulder consists of 31 teams and 1,500 student participants. Of these 31 teams, five are 2014 national champions in their individual sport. In order for club sports at Colorado to be competitive and continue success, travelling locally, regionally, and nationally is essential. We are the first Club Sports program to pledge to the Travel Care Code along with East Carolina University, and hope to inspire all other Club Sports Programs locally and nationally. Adopting the Travel Care Code within a Club Sports Program will influence environmentally conscious decisions throughout Club Sports as well as everyday life. Within the Club Sports Program at CU, we strive to be leaders on and off the field, and hope that by leading this movement towards traveling sustainably, other programs will



join us our green transition. With a simple education, you can change a player, a team, or an entire program.

HOW SHOULD WE GET STARTED?

To begin the transition towards sustainable travel, we suggest each team assign a Travel Care Code Officer, or a Go Green Liaison, to specifically focus on sustainable travel within their club sport. This designated officer will become familiar with the Travel Care Code and work with his or her team's travel coordinator to ensure sustainable travel. The duties of the TCC Officer include researching hotels, restaurants, destinations or companies that engage sustainable practices before traveling.

Each team will be required to complete a Travel Reconciliation Form that describes the total miles traveled, the chosen form of transportation, and where each team lodged for every travel excursion.

RECOMMENDATIONS FOR LOCAL, REGIONAL, AND NATIONAL TRAVEL

Local Travel

For University of Colorado, Club Sports teams traveling to local universities and or facilities to compete, we advise carpooling (4+ to a car) or renting a motor coach bus. Local is defined as any destination within a 90-100 mile radius or less from CU's main campus.

Before leaving for a local sporting event, research alternative traveling routes to and from your destination, and choose the route that requires the least amount of stop and go and has limited traffic. Unless you're operating a hybrid car with low-speed electric-only operation, crawling in stop-and-go traffic at an average of 5 miles per hour can more than quadruple your CO₂ emissions compared with smooth travel at 45-55 mph¹. Driving a traffic-free route will reduce stress and carbon generated when traveling.

There are several methods to reduce the carbon footprint of your car such as driving better, maintaining and increasing the maintenance of your car, and keeping your tires properly inflated. Studies have shown up to 30% of the difference in miles per gallon (MPG) is due to driving habits alone. You can save more than a ton of CO₂ a year by; accelerating slowly and smoothly, driving the speed limit, maintaining a steady speed, and anticipating your stops and starts². Try to take cars that are more fuel-efficient and carpool whenever possible.

Local Travel Checklist

- 4+ persons to each car

¹ www.ucsus.org

² www.carbonfund.org



- Only (or mostly) fuel-efficient, well-maintained vehicles
- Avoid traffic as much as possible – alternative route
- Take any extra weight out of the car to increase vehicles fuel economy**
- Any necessary equipment (relevant to your sport)
 - Filled reusable water bottles
- Driving behaviors
 - Avoid idling
 - Use cruise control when possible
 - Obey the speed limit

Regional Travel

Regional travel for the University of Colorado, Boulder Club Sports Travel is defined as any destination within a 100-450 mile radius of CU's main campus. For example, a trip to Salt Lake City, Utah would be considered a regional travel excursion. When CU teams are traveling to regional competitions and events, they must make the hard decisions between air and road travel. If the destination is closer to 100 miles, then carpooling or renting a charter bus is recommended. If air travel is required, then observe the airlines listed in the manual and decide which airline suits the needs of your independent team and the environment.

When deciding which hotel to stay at, three factors should influence your decision: affordability, proximity, and sustainability. Questions that a travel coordinator or Go Green Liaison should ask are: does your facility recycle, use renewable energy, or have LED lighting? Does your hotel have dual flush toilets and low flow showerheads? Is your hotel walking distance from local shopping and restaurants? After deciding your hotel, call the front desk or research restaurants that are locally owned or incorporate green practices within their business. The front desk will help provide places that also accommodate large parties.

National Travel

When traveling nationally, air travel is the most reasonable form of transportation even with its environmental setbacks. Before traveling nationally, consider the itinerary and purpose of the trip. Ask questions like; can you combine it with another trip? Is there time to schedule another game? Simple ways to reduce your teams carbon footprint of your air travel is to fly nonstop, purchase electronic-tickets, and buy carbon offsets whenever available. Many airlines offer a carbon offset purchase at checkout or you can donate to carbonfund.org to offset your emissions. Carbonfund.org uses your donations to fund third-party validated offset projects.

When deciding where to lodge, the same three factors from regional travel should be considered: affordability, proximity, and sustainability. The team's travel coordinator should ask the same questions of a hotel as they did for regional travel: does your facility recycle, use renewable energy, or have LED lighting? Does your hotel have dual flush toilets and low flow showerheads? Is your hotel walking distance from local shopping and restaurants? After deciding your hotel, call the front desk or research restaurants that



are locally owned or incorporate green practices within their business. The front desk will help provide places that also accommodate large parties.

HOTEL RESOURCES

- www.environmentallyfriendlyhotels.org
- www.tripadvisor.org → look for the GreenLeaders badge on a hotel listing
- www.istaygreen.com
- www.yelp.com
- Call each hotel and ask to speak to a manager about their sustainability plan

RECOMMENDED AIRLINES

United Airlines

United Airlines is an airline company striving towards sustainability. United Airlines alone has improved fuel efficiency by 33% and reduced fuel consumption by 85% in 2013. United Airlines has recycled more than 23.5 million pounds of aluminum cans, paper, and plastics in 2006. They have also offered their mileage plus members to redeem their miles for carbon-offsets. United Airlines is committing to pledges throughout their company including fuel efficiency and fuel use reduction, advancing alternative fuels and sustainable products/waste management and working together with their stakeholders.

US Airways

In addition to United Airlines, US Airways is another sustainable option for flying. US Airways is the only airline with a LEED (Leadership in Energy and Environmental Design) Gold certified corporate headquarters located in Phoenix, Arizona. They also have LEED certified operations control center located in Pittsburgh. This airline collects and recycles batteries, phones and radios and the money from these materials benefits the US Airways Education Foundation. US Airways save 42.4 million pounds of CO₂ and 13.5 million pounds of fuel. In April 2001, all paper products in lavatories were switched to EPA approved recycled products. US Airways is one of the top airways to successfully switch to consistently making sustainable decisions.

Delta

Delta is another suitable choice for sustainable travel. From 2011 to 2012, Delta reduced their aircraft emissions by 868,040 metric tons. The airline achieved these reductions by replacing older planes with more modern ones, strategic flying methods, removing unnecessary weight, improving operations, upgrading aircraft software, adding winglets, and improving fuel procedures. Delta allows passengers to voluntarily offset the carbon emissions produced from their flight. More than 277,000 trees have been planted by Delta since 2007 to combat these carbon emissions. Delta strongly believes in the generation of alternative fuels and has joined the Denver International Airport in their construction of the airport's solar farm. Delta also joined the Port of Portland and Nike to construct solar panels to power Nike's retail store in the Portland Airport.



Southwest Airlines

Southwest Airlines makes flying with large groups easy as seats are not assigned and passengers can sit wherever they choose depending on their check in time. Southwest also provides lower rates favored by traveling teams while practicing environmental responsibility. The airline just recently introduced the Southwest Airlines Green Plane, a test plane for environmental friendly in-flight cabin products and materials. To wash and recycle the water used to wash the planes, Southwest uses Pratt & Whitney's EcoPower to purify the wash water for initial wash and reuse. At each gate, Southwest aircrafts consume electric power compared to jet fuel to reduce emissions when on the ground.

RECOMMENDED CAR RENTAL COMPANIES

Enterprise

6900 Tower Rd
Denver, CO
(303) 371-6850
1-800-261-7331

Enterprise Rent-A-Car is collectively going green and has many plans planned within the next five years. Starting in 2010, Enterprise committed to a five-year plan to cut energy use and cost by 20%. By 2015, Enterprise wishes to reduce their carbon footprint by 15%, implement 100% fuel shuttle buses, and put \$150 million towards sustainable construction. Enterprise is part of the Carbon Offset Program that offers costumers the choice to rent a Hybrid car to offset carbon dioxide emissions generated by an average car. In 2007, Enterprise pledged to plant 50 million trees. Since the pledge, they have planted over seven million. Additionally, Enterprise works with scientists to research and develop next generation biofuels that will ultimately help our environmental impact.

Hertz

24890 E 78th Avenue
Denver, CO 80249
(303) 342-3800
1-800-654-3131

Hertz Rent-A-Car has an entire Green Initiative followed at all Hertz locations. They are the only rental car company to have their CEO endorse the "CEO Climate Policy Recommendations to G8 Leaders." The Nissan Leaf, introduced in 2011, is an all-electric lithium ion powered midsized hatchback that produces zero emissions. Hertz also offers "The Green Collection," which is a fleet of pre-selected fuel efficient, environmentally friendly, and budget accommodating vehicles. The car rental company was selected as the 2012/2013 Zagat Best Green Options U.S. Car Rental. Hertz has banned the use of chlorinated solvents for many years at their maintenance facilities.

Charter Bus Service(s)



Horizon Coach Lines

(800) 544-0739

Horizons Coach Lines has services across the United States and in British Columbia. These states include California, Colorado, Florida, Nevada, North Carolina, Texas, Houston, Washington, and Washington DC. After each trip Horizon offers a customer to offset their travel through their Carbon Offset Shuttle Program by computing the number of gallons of diesel each bus burned and the number of numeric tons each bus emitted. The office at each Horizon location practices recycling and energy efficiency. The company also purchases Ultra-Low-Sulfur Diesel, which if implemented nationwide could reduce nitrogen oxide emissions.

CONCLUSION

Club Sports Programs nationally have a duty to be role models and set standards for others on campus as well as the community that surrounds them. The Travel Care Code is a set of guidelines to make traveling sustainable and enjoyable. When traveling to other colleges and universities, eating at independent restaurants and lodging at sustainable establishments, you are significantly improving the lifestyle of the respective community and environment. Travel with care, and travel with the code.

Please recycle this document when finished with its use.



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The Club Sports *Pledge to Travel Green* program is a research and programmatic effort of the Center for Sustainability: Tourism, Natural Resources, and the Built Environment, through its Travel Care Code Initiative (www.travelcarecode.org). For further information please contact Dr. Patrick Long, Director, Center for Sustainability at longp@ecu.edu, or Justin Waters, East Carolina University Club Sports Assistant Director at watersj@ecu.edu or Kris Schoech, University of Colorado Club Sports Director at Kristopher.Schoech@colorado.edu.



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