



## Transition from Plastic Water Sachets to Paper Cups at Top Form Athletic Club

Top Form Athletic Club is focused on promoting health, fitness, and environmental sustainability through our various running events. We have recognized the urgent need to address the environmental impacts associated with its current hydration practices, particularly the use of single-use plastic water sachets. The existing challenges posed by plastic sachets, outlines a sustainable alternative using paper cups, and provides recommendations for a successful transition.

### Background



The widespread use of plastic water sachets in running events has raised significant environmental concerns. Plastics, especially when not disposed of properly, can escape collection efforts and result in pollution in oceans, storm drains, and mountainous areas. These plastics contribute to the growing plastic waste crisis, impacting both terrestrial and marine ecosystems. As responsible community leaders, Top Form Athletic Club seeks to mitigate these impacts through sustainable practices.

## Mission Statement

Top Form Athletic Club's mission is to promote health and fitness while prioritizing environmental sustainability and increasing community awareness of ecological preservation.

## Vision Statement

The club envisions leading the way toward creating plastic-free athletic events and inspiring other organizations to adopt similar sustainable practices for protecting natural ecosystems.

## Objectives Statement

- **Sustainable Practices:** Eliminate single-use plastic sachets in all events and replace them with eco-friendly alternatives.
- **Community Engagement:** Raise awareness among participants and the local community about the dangers of plastic pollution.
- **Waste Reduction:** Implement efficient waste management strategies to minimize litter and protect natural habitats.



# Environmental Considerations

Transitioning to paper cups will have several positive environmental implications:

- **Improved Waste Control:** Engaging participants in proper disposal practices will further reduce litter.
- **Marine Ecosystem Protection:** By limiting the potential for sachet-related pollution, the health of oceanic and marine habitats can be preserved.
- **Community Awareness Enhancement:** Utilizing paper cups promotes discussions around sustainability and reinforces the importance of environmental stewardship among participants and the wider community.



# Recommendations

**Personal Hydration Promotion:**

Encourage participants to bring personal hydration solutions to further reduce reliance on any single-use products. While paper cups offer an immediate improvement over plastic sachets, our ultimate sustainability goal is the #icarrymyown solution, where water is provided by race organizers in as efficient and speedy manner as possible.



# Conclusion

The environmental hazards posed by plastic water sachets necessitate a decisive shift in how Top Form Athletic Club provides hydration during races. By transitioning to paper cups, the club can significantly reduce its environmental footprint and lead by example, influencing others in the athletics community to prioritize sustainability. The challenges, proposes an actionable solution, and provides a roadmap for successfully implementing paper cups as part of the club's commitment to environmental stewardship. Through these efforts, Top Form Athletic Club will not only promote health and fitness but also advocate for the protection of our planet. The transition to paper cups marks an important first step in our sustainability journey. However, we recognize this as a transition option while we work toward the ultimate goal of promoting the #icarrymyown solution, ensuring efficient and speedy water provision by race organizers while minimizing environmental impact.

