



Tip of the Month

February 2010

Green Sports

Looking for a challenge? Take a page out of the 2010 Winter Games and incorporate sustainability into your sports! Here are a few tips on how to be green while keeping fit:

- Looking for equipment? Check out local sports consignment stores and reuse websites for used equipment in good condition. For a list of local sports consignment stores, contact the RCBC Recycling Hotline. For a list of reuse websites operating in BC, visit www.bc.reuses.com.
- Purchase equipment that is made from sustainable or recycled materials. For example, [Arbor](#) sells snowboards and surfboards made with bamboo and Forest Stewardship Council (FSC) certified sustainable wood.
- Repair and reuse old gear before purchasing new gear.
- Clothe yourself in organically grown cotton or recycled polyester sportswear. [Mountain Equipment Co-Op \(MEC\)](#) carries a line of eco-friendly clothing as well as PVC-free floatation equipment.
- Fuel your body by snacking on an organic energy bar, for example a Clif Bar or a Bumblebar.
- Use public transit or carpool to your destination.
- Limit outdoor activities that require fuel, such as snowmobiling, as they contribute to air and noise pollution. Instead, take up zero emission activities, like surfing, cross-country skiing or kayaking.
- Respect the surrounding environment. Do not leave behind litter, including food packaging or water bottles, and avoid disturbing local plants and animals.
- Support local organizations that work to preserve the environment in which you play, such as the [Surfrider Foundation](#).

For additional information, contact the RCBC Recycling Hotline, Monday to Friday 9am to 6pm, and Saturdays 9am to 4pm at 604-732-9253 (Lower Mainland) or 1-800-667-4321 (province-wide).

Need more information?

Contact the **RCBC Recycling Hotline!**

Lower Mainland: 604-732-9253 | BC Toll-Free: 1-800-667-4321

Hours: Monday-Saturday 9am-6pm and Saturdays 9am-4pm

Recyclepedia: www.rcbc.bc.ca