

# Green Tool

## *User Guide*

Co-funded by the  
Erasmus+ Programme  
of the European Union





# GREEN COACH

## **Authors:**

**Ecoserveis:** Laia Tarradas Mascarreras, Camila Canelas Navarro, Aniol Esquerra Alsius

## **Members of the GREEN COACH working group:**

Ecoserveis: Aniol Esquerra Alsius, Camila Canelas Navarro, Laia Tarradas Mascarreras

Sant'Anna School of Advanced Studies (SSSA): Tiberio Daddi, Luca Marrucci

TDM 2000 International (TDM Int): Federico Gaviano

Association des Clubs Francophones de Football (ACFF): Marvin Olawaiye

French Football Federation (FFF): Matthieu Benadon

Lithuanian Grassroots Football Association (LGFA): Greta Guižauskaitė

Norwegian Football Association (NFF): Erik Loe

Swedish Football Association (SFA): Niklas Callenmark, Stefan Carebo

*September 2022*

*Contact: [info@greencoacherasmus.eu](mailto:info@greencoacherasmus.eu)*

*The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.*



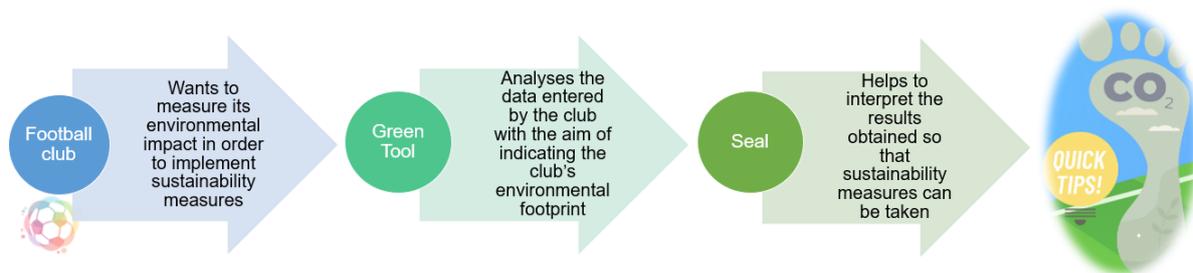
## TABLE OF CONTENTS

1. INTRODUCTION .....	1
2. TOOL ACCESS .....	1
3. USERS .....	3
4. HISTORICAL .....	6
5. CLUB DATA .....	7
6. DATA ENTRY .....	11
7. REPORTS AND SEAL .....	16
8. HOW TO INTERPRET THE RESULTS .....	20
9. TIPS TO BECOME MORE SUSTAINABLE.....	22



## 1. INTRODUCTION

The **Green Tool** is a user-friendly tool that aims to increase the competences of sports organisations on the monitoring and benchmarking of their environmental footprint. Environmental footprint is based on a life cycle approach, which quantifies the environmental impact of a product or service over its entire life cycle.



If your club is registered and decided to participate, the different tabs should be fulfilled.



The main page is composed with 6 areas: the **admin** (only for users who have this permission), the **club data**, the **users**, **data entry**, **reports and seals** and the **historical** area. It is important to follow these manual instructions since the different tabs are interconnected and the Green Tool aims to provide the most accurate result possible.

## 2. TOOL ACCESS

To register your club, you must click on "**Still not registered? Register NOW**":





**GREENCOACH TOOL ACCESS**

Email

Password

Remember Me

**LOGIN**

[Forgot your password?](#)

[Still not registered? Register NOW](#)

Fulfil the requested information. If the password is generated randomly, the system will send an e-mail with the login information.

- Introduce your club's identification details.
- Introduce a photo of your team logo. Please, note that if the agreement is checked the logo and data introduced will be shared to the rest of the Green Tool community.

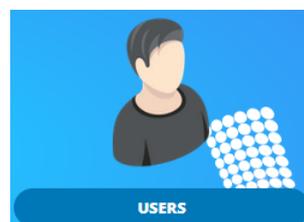
***I agree to the logo being shared publicly and the data being shared in aggregate form***

- The person in charge of the club will be able to add more users from the user area.



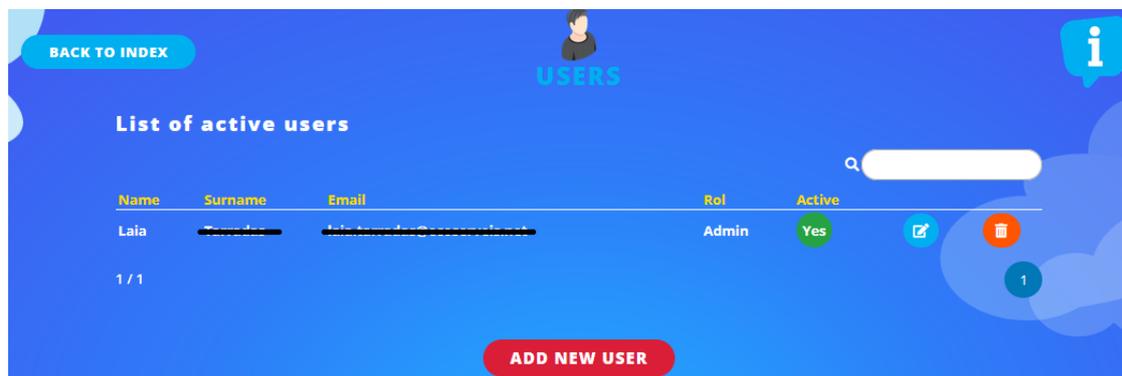
The screenshot shows the registration interface for the GreenCoach tool. The form is titled "GREENCOACH TOOL REGISTER" and is set against a blue background with a soccer field illustration. It includes several input fields: "Club name", "NIF / CIF", "ID Federation", "FR", and "Location". There is a "Photo" section with a file selection button and a message: "Navega... No s'ha seleccionat cap fitxer." Below this is a checkbox for "I agree to the logo being shared publicly and the data being shared in aggregate form". The "PERSON IN CHARGE" section contains fields for "Name", "Surnames", "Email", "Password", and "Repeat Password", along with a "Generate Password" button. A checkbox for "I have read and accept the privacy policy" is also present. At the bottom, there is a reCAPTCHA "I'm not a robot" checkbox, a "REGISTER" button, and a "Back to login" link.

## 3. USERS



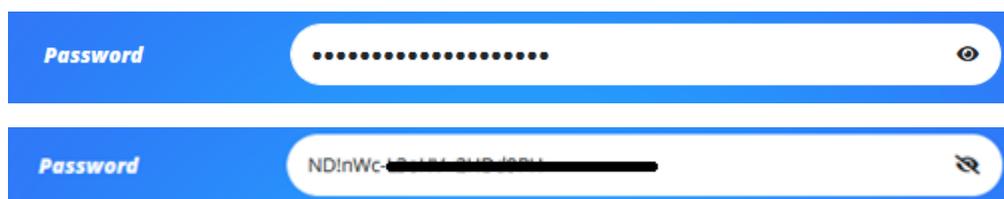
In this tab you can add other people who are part of your club and give them different permissions to move within the tool. In this case, Laia is the Admin user of her club.





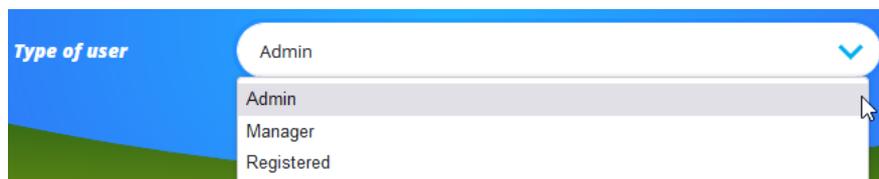
If you want more users in your club that can use the Green Tool, please fulfil the requested information:

To create a password, you must click on the yellow tab "**generate password**" and the system will create a random password. An e-mail must be sent manually to inform the user of his or her access credentials. To see which password has been generated, please click on: 



In the "**type of user**" section you can choose which permissions will have the new user:





Type of user

Admin

Admin

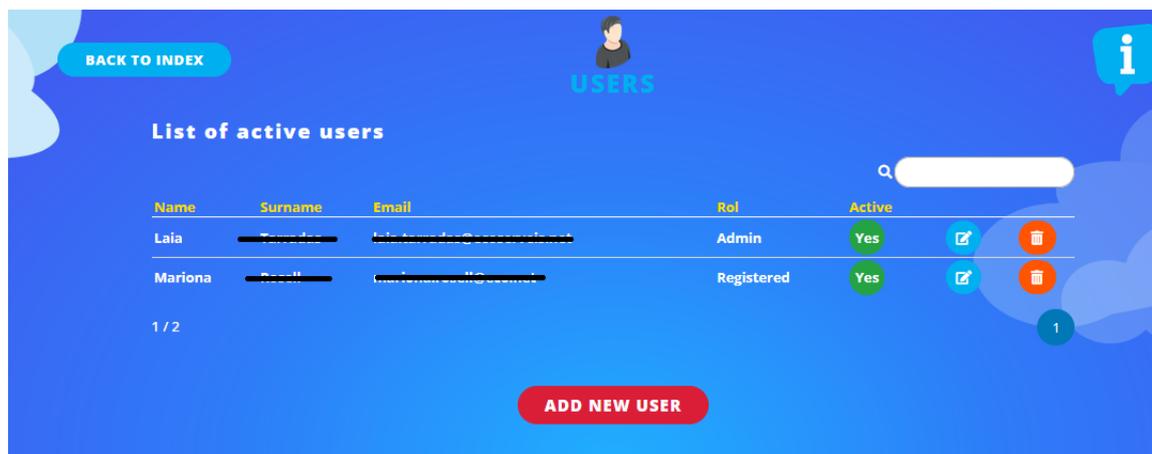
Manager

Registered

Choose the option that works better for you:

- **Admin:** with access to all sections, except the admin section of the homepage (only for those responsible for the project).
- **Manager:** with access to mostly all sections, except the admin section, the club profile section, and the historical section.
- **Registered:** only access to the reports and seals area.

Now you can see that there is two people registered in this club. Note that the permissions within the tool are different (Registered – Admin).



BACK TO INDEX

USERS

List of active users

Name	Surname	Email	Role	Active		
Laila	[REDACTED]	[REDACTED]	Admin	Yes	[Edit]	[Delete]
Mariona	[REDACTED]	[REDACTED]	Registered	Yes	[Edit]	[Delete]

1 / 2

ADD NEW USER

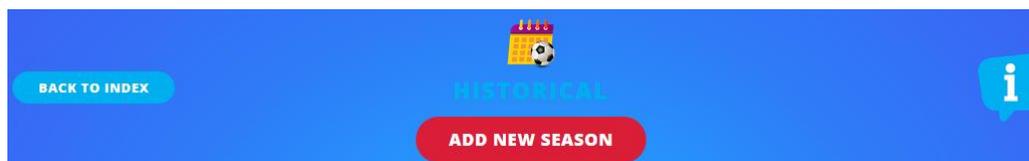
After registering new users, please go back to index.



## 4. HISTORICAL



This is the first section that should be fulfilled. This tab will organise all your seasons so you will have access to the results in an easy way.

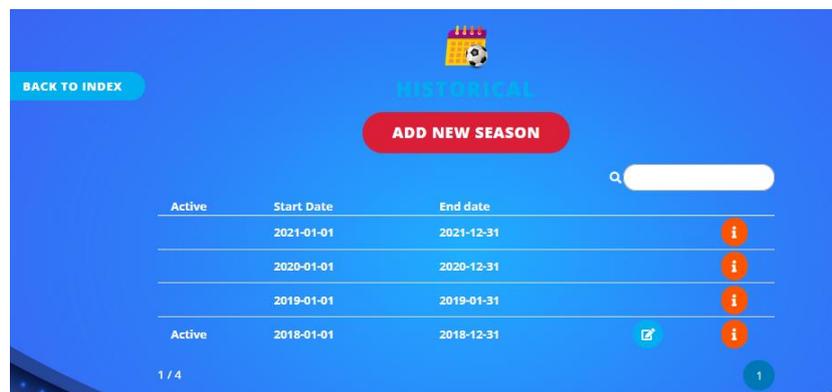


In this case, since there is entered data from different seasons, now a new season has to be introduced, the 2018, and all the following data for the different sections from the tool will be connected to this season:

A form titled 'ADD NEW SEASON' on a blue background. It has two input fields: 'Start Date' with the value '01/01/2018' and 'End date' with the value '31/12/2018'. Below the fields is a red button with 'SAVE DATA' in white. A mouse cursor is pointing at the button.

After scheduling the season, click on **SAVE DATA**. Now, the historical has different non active season and this new one, the 2018, as an active season:





If the icon  is pressed, the tab “results and seals” will be open, so you can check all your seasons’ results.

## 5. CLUB DATA



In this section your club should be described, introducing data for teams, players, facilities, football pitches, dressing rooms and showers and other facilities. The data **must be saved** before moving on to the next tab.

- **NOTE:** data is related to the active season, 2018 in this case.



- TEAMS:** introduce the number of children, young and adults’ teams. In this example, it is a club with three different teams: 8 children’s team, 5 young’s team and 3 adult’s team.



**FOOTBALL TEAM DESCRIPTION**

Category	Current Value	Maximum Value
Number of Teams (Total)	16	300
Number of Teams (Children < 12 years old)	8	100
Number of Teams (Young from 12 to 17 years old)	5	100
Number of Teams (Adults > 18 years old)	3	100

**SAVE DATA**

- ii. **PLAYERS:** introduce the number of players from your club. In this example:
- 182 children players (30% female)
  - 90 young players (30% female)
  - 47 adult players (40% female)

**NOTE:** the tool has a limit of **100** when entering data. If the values are higher:

- Maxim value 100, and the number I should entered is 182...

**Number of players (children <12)**

0 0 100

- Click in the yellow tab



- Introduce your value and save data



SET VALUES
✕

Set the **maximum value** for: **Number of players (children <12)**

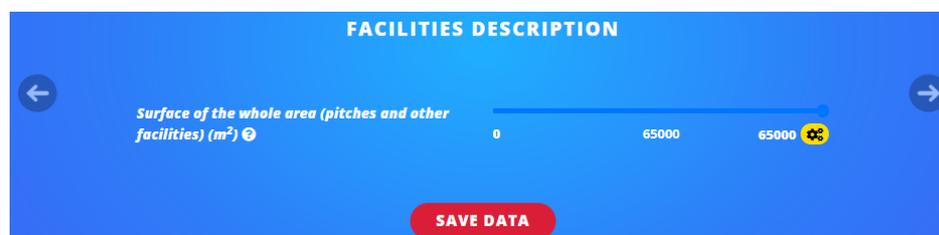
Save value

CANCEL

This is how looks the football players description once my data is fulfilled:



iii. **FACILITIES:** introduce the surface of the whole area (m<sup>2</sup>)



iv. **FOOTBALL PITCHES:** introduce the number of pitches (total), 3 in this example. Then, check which are covered pitches, heated pitches, natural grass pitches, artificial pitches, and pitches with night lighting.



**FOOTBALL PITCHES**

Attribute	Current Value	Max Value
Number of pitches (total)	3	5
Number of covered pitches	2	100
Number of heated pitches	0	100
Number of natural grass pitches	1	100
Number of artificial pitches	0	100
Number of pitches with night lighting	2	100

**SAVE DATA**

- v. **DRESSING ROOMS AND SHOWERS:** introduce the number of dressing rooms and number of showers for players.

**DRESSING ROOMS AND SHOWERS**

Attribute	Current Value	Max Value
Number of dressing rooms	6	100
Number of showers for players	5	100

**SAVE DATA**

- vi. **OTHER FACILITIES:** introduce data about other facilities if proceed.

**OTHER FACILITIES**

Attribute	Current Value	Max Value
Presence of kiosk for food or beverage	1	100
Other facilities	0	100
Other sports facilities	0	100

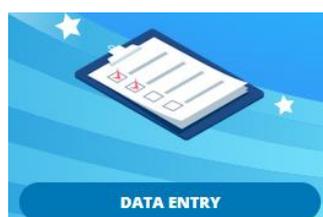
**SAVE DATA**

After having fully filled all the tabs and saved data in each, please go back to index.





## 6. DATA ENTRY



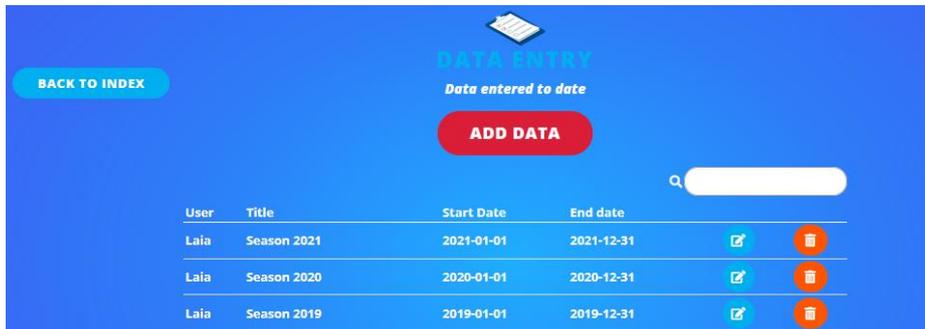
In this section you will enter the data of your club for a **complete season**, related to matches hosted, matches played away, transport, energy consumption, water consumption, waste generation and sport apparel.

- **NOTE:** *data should be related to the active season, 2018 in this case.*



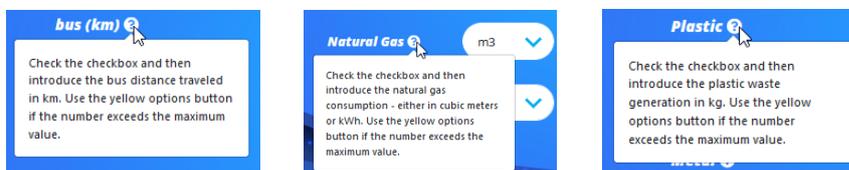
This is the main “**Data Entry**” page. As follows, this club has data from 2019, 2020 and 2021 (*related to the sessions of the historical*). If you want to examine your club environmentally footprint for season 2018, another season should be registered. Please, click to **add data**.



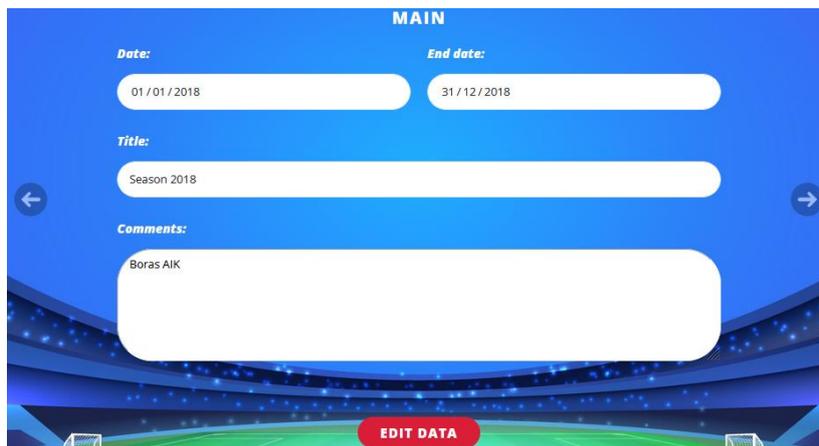


Fulfil the requested information. Each time you change tabs the **data must be saved** by clicking on **EDIT DATA**.

- **NOTE:** in this section you will see an icon with a question mark  many times. If you hover your cursor over it, messages with relevant information will be displayed:



- MAIN:** schedule your season and give it a title.



- MATCHES HOSTED:** indicate the number of matches hosted per category: children, young and adults. Please note that the small box must be marked  so the tool considers the indicated values, even though the indicated number is zero.





iii. **MATCHES PLAYED AWAY:** indicate the number of matches played away per category: children, young and adults. Please note that the small box must be marked  so the tool considers the indicated values, even though the indicated number is zero.



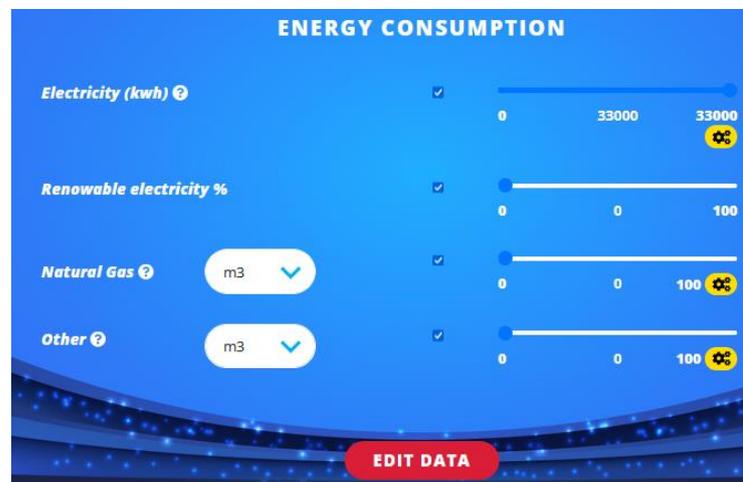
iv. **TRANSPORT:** indicate the bus km, car km, train km and flight km covered for matches played away during the whole season. Please note that the small box must be marked  so the tool considers the indicated values, even though the indicated number is zero.





v. **ENERGY CONSUMPTION:** indicate the energy consumption for the whole season. Please note that you can indicate the percentage of renewable energy used, if applicable.

- For **Natural Gas** and **Other**, you can choose between  $m^3$  or kWh.
- **Other** can be used, for example, for district heating.
- In this case, if the small boxes are not checked,  the tool will use average values for the energy consumption calculations, so your quality data will decrease. We recommend unchecking the box only if you do not know the energy consumption data.



- vi. **WATER CONSUMPTION:** indicate the water consumption for the whole season. In this case, if the small boxes are not checked,  the tool will use average values for the water consumption calculations, so your quality data will decrease. We recommend unchecking the box only if you do not know the water consumption data.

The screenshot shows the 'WATER CONSUMPTION' interface. It features a blue background with the title 'WATER CONSUMPTION' at the top. Below the title, there is a section for 'Water' with a checked box and a slider set to 135. The slider has markers at 0, 135, and 135. A gear icon is visible next to the 135 value. At the bottom, there is a red 'EDIT DATA' button.

- vii. **WASTE GENERATION:** introduce the paper kg, plastic kg, glass kg, metal kg and wastewater kg/L

- NOTE: in wastewater generation, to convert from cubic metres to litres or kilograms, multiply the value by 1.000
- If the small boxes are not checked,  the tool will use average values for the waste generation calculations, so your quality data will decrease. We recommend unchecking the box only if you do not know the waste generation data.

The screenshot shows the 'WASTE GENERATION' interface. It features a blue background with the title 'WASTE GENERATION' at the top. Below the title, there are five rows, each representing a waste type: Paper, Plastic, Glass, Metal, and Waste water. Each row has a checked box, a slider, and a gear icon. The values are: Paper (60), Plastic (3), Glass (0), Metal (20), and Waste water (0). At the bottom, there is a red 'EDIT DATA' button.

- viii. **SPORT APPAREL:** indicate the pieces purchased of the different products for the whole season. If the small boxes are not checked, the tool will use average values for the sport apparel



calculations, so your quality data will decrease. We recommend unchecking the box only if you do not know the sport apparel data.

When you have finished filling in the data, please go back to index.

## 7. REPORTS AND SEAL



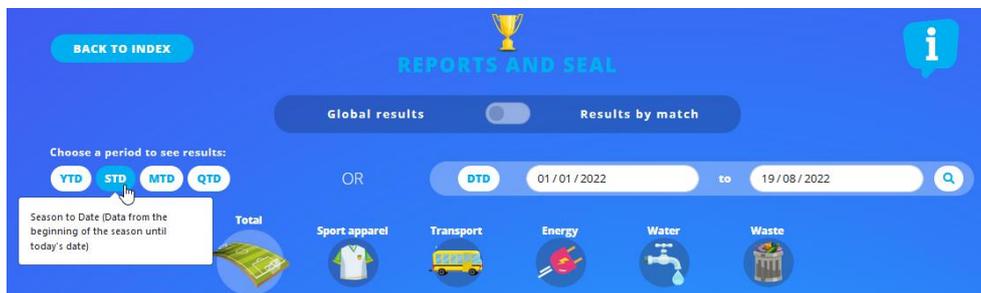
The section **Reports and Seal** will show your **environmental footprint** and an associated **seal** to provide you with a more visual result. The results can be displayed as overall results or results per match played. In addition, the tool allows you to see the impacts for each data category: impact on transport, energy consumption, water consumption, waste generation and sports apparel.

- i. **THE RANGE OF THE SEALS:** The tool will always provide a seal. Depending on how big your environmental footprint is you will get a gold, a silver, a bronze or a don't give up.

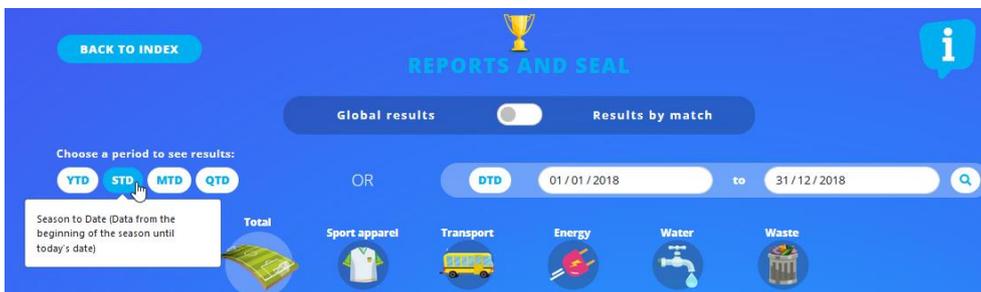




- ii. **GLOBAL RESULTS:** once you entered to reports and seal the section shows your results as a global result by default.
- The first step is to **choose a period** to see the results. As you can see, the Tool is scheduled from 01/01/2022 to 19/08/2022. Remember that in this example we have entered data for the entire 2018 season. Click the **STD** option located on the left side of the page.

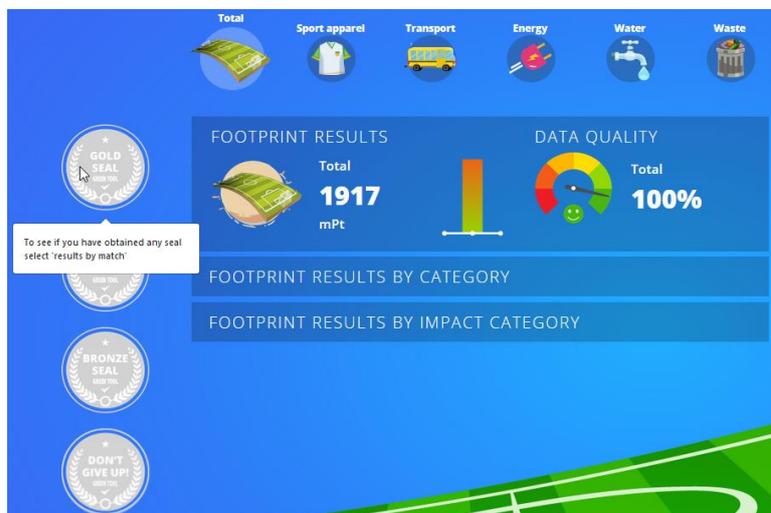


- Now you can see the correct period. The tool will give you the period of time that appears as active in the historical tab. You can also change the period manually.

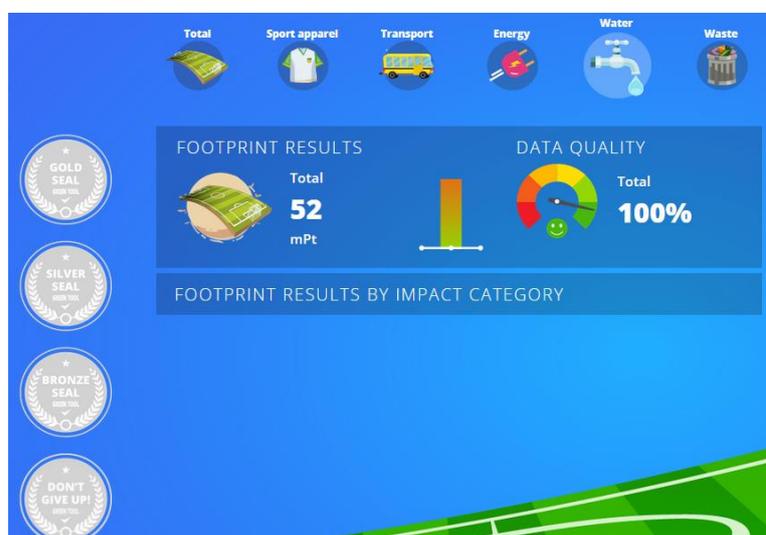


- After choosing the period, this is how the global results look:





- This is the global impact result for my club for the whole season: **1.917 mPt**. You can click to sport apparel, transport, energy, water, and waste to see each global impact per category:



*Water global result, 52 mPt*

- If you hover your cursor over the seals a message will be displayed: *“To see if you have obtained any seal, select “results by match”.*
- This is because the environmental footprint assessment was conducted in order to assess the impact of a single football match (e.g., lighting of the stadium, use of equipment, mobility of athletes and supporters, etc.).



- iii. **RESULTS BY MATCH:** this is the option that works better to see your environmental footprint since the result in mPt will be accompanied by a seal. Following the same example, for the season 2018, once you had your period scheduled, click to the “results by match” option:



- Choose each category with results by match and you will see the different seals. In this case, for the sport apparel, the club has a silver seal, which means that there is room for improvement but that the environmental footprint is smaller than other clubs in this category.



- For the waste category, the club has a don't give up seal, which means that the club is far behind the best in terms of waste generation and treatment.



- ix. **DATA QUALITY:** the tool offers average data in case the club's actual data is not known. In this season 2018, non-average values had been used, so the quality data is good.



In the season 2019, most of the data comes from the average from the tool, so the quality data is no good.



## 8. HOW TO INTERPRET THE RESULTS

*“Life Cycle Assessment is a process to evaluate the environmental burdens associated with a product, process, or activity by identifying and quantifying energy and materials used and wastes released to the environment; to assess the impact of those energy and materials used and releases to the environment; and to identify and evaluate opportunities to affect environmental improvements. The assessment includes the entire life cycle of the product, process, or activity, encompassing, extracting and processing raw materials; manufacturing, transportation and distribution; use, re-use, maintenance; recycling, and final disposal.”<sup>1</sup>*

- The Green Tool uses mPt to be able to unify the different impacts of the analysed categories. To see all this impacts, from the “Reports and seal” section, click on **“footprint results by impact category”**.



<sup>1</sup> LCA "Code of Practice" from the Society of Environmental Toxicology and Chemistry (SETAC) Workshop held at Sesimbra, Portugal 31 March - 3 April 1993.



- As can be seen in the following image, this 1.917mPt total result is the summary of the impacts described in the picture, using the unit mPt to unify everything:



- To understand how big your impact is, you should look at the colour of the seal:

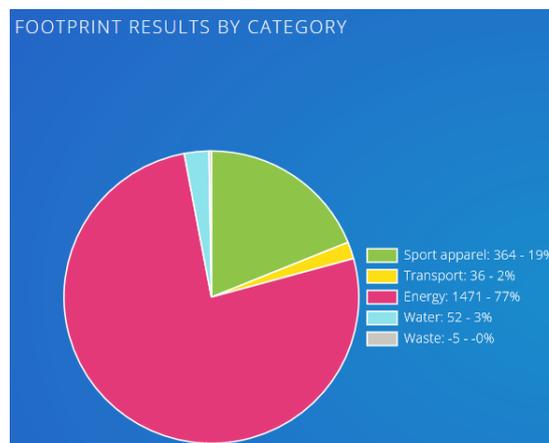


- To see a graphical summary of your results, click on “**footprint results by category**”



And a graphic with the different % will appear, where you can see the distribution of the mPt for each category:





- NOTE:** the waste category results will be always **negative**. This is because in the baseline calculations, for the end-of-life scenario of each material, national statistics have been applied, defining a % of recycling, a % of incineration with energy recovery and the remaining fraction sent to landfill. The highest % is recycling and therefore the values are negative, because the benefit is greater than the impact.

## 9. TIPS TO BECOME MORE SUSTAINABLE

How clubs, families, players, coaches, supporters can reduce their environmental impacts?

**Table 1:** Actions to reduce the environmental footprint

ACTIONS	DESCRIPTION
<b>REPLACE HALOGEN LIGHTS WITH LED LIGHTS</b>	Led lights can be used to lightening the pitches and the dressing rooms. This action could allow saving carbon emissions equivalent to the emissions produced to recharge 1.266 smartphones.
<b>TEAM BUS VS. PLAYERS' CARS</b>	Players can travel together in a team bus instead of their cars. By using a team bus players can, per person per km, contribute to saving carbon emissions equivalent to kg of CO <sub>2</sub> absorbed in one year by 13 trees.



ACTIONS	DESCRIPTION
<b>ADOPTION OF PHOTOVOLTAIC PANEL</b>	Photovoltaic panels can be installed to fulfil the energy needs of the stadium. With three photovoltaic panels (1 kW) you could save carbon emissions equivalent to the emissions produced to recharge 44 smartphones.
<b>USE REUSABLE WATER BOTTLE INSTEAD OF SINGLE-USE BOTTLE</b>	Reusable water bottles can be used to avoid plastic waste. Using reusable bottles to store 1 litre of water could save carbon emissions equivalent to the emissions produced by 3 km traveling via high-speed train.
<b>REDUCE THE DURATION OF THE SHOWER</b>	A timer can be set for each player or staff to reduce water consumption. This action could save per shower per person the amount of water consumed in 1 day by 11 citizens.
<b>ADOPT A SEPARATE COLLECTION OF WASTES</b>	Separate waste collection bins can be placed in order to increase waste recycling. This simple action per kg of waste could save carbon emissions equivalent to the emissions produced to recharge 1.386 smartphones.
<b>USE ELECTRIC CARS INSTEAD OF GASOLINE CARS</b>	Players and staff can use electric cars instead of gasoline cars. By using electric cars players and staff per 100 km could save carbon emissions equivalent to the emissions produced while traveling 128 km with a medium-sized car.
<b>EXTEND FROM 1 YEAR TO 2 OR 3 YEARS THE SPORT SUITS FOR PLAYERS</b>	Players may continuously use their suits for up to 2 or 3 years. Players could save carbon emissions equivalent to the emissions produced by 544 km traveling per person via high-speed train.
<b>SHARE YOUR CAR: 4 PEOPLE PER CAR INSTEAD OF 3</b>	Players and staff living in a neighbourhood may travel together in a car. By doing so players and staff per 100 km could save carbon emissions equivalent to the emissions produced while traveling 67 km with a medium-sized car.



ACTIONS	DESCRIPTION
<p><b>PRODUCE YOUR SPORT SUIT IN COTTON INSTEAD OF POLYESTER</b></p>	<p>Team management can procure sport suit made of cotton instead of procuring sport suit made of polyester. This action per suit could save the amount of water consumed in 1 day by 344 citizens.</p>

*Source: What is the environmental footprint of a football match? Communication Report from the GreenCoach project*

More tips on how to reduce the environmental footprint are included in the report [IO3: Evidence based study and Action Plan to decrease environmental footprint of grassroots sports](#). Take a look and we're sure you will get the gold seal in all categories!



Share your improvements with families, players, coaches, supporters, staff and so on and have a look at your country's global results through the [Green Tool Community Area](#).

