

**INTERNATIONAL JUDO FEDERATION**



**JUDO**

**Policy on Sustainability**

**Version 10 November 2021**





## Foreword

The International Judo Federation is committed to playing an active role in the global fight against climate change and in general to deliver sustainable events, in line with the millennium development goals of the United Nations, specifically Goal 7: Ensure environmental sustainability.

As we find ourselves in an accelerated and quickly deteriorating climate crisis, judo and all its practitioners must set an example of safe and climate friendly practice of our sport.

As the global governing body of judo in the world, IJF is committed to fully support the climate cause, by adopting efficient measures to reduce its carbon footprint and by raising awareness among the international judo community.

It is our belief that together with the IJF member Continental Unions and National Federations, we will be able to associate our events and activities with other activities, dedicated to the protection of the environment, educating young generations to live in a responsible manner and mainly to transpose the judo moral code into their everyday lives, by adding a sustainability dimension.

While we are aware of the existing gaps between different parts of the world in terms of sustainability and climate protection matters, the IJF can address its members and support them in their activities in accordance with their possibilities and their best abilities, offering them guidance and best examples.

We believe that together, in unity and solidarity, we can bring a serious contribution to the development of a more sustainable way of live, by protecting the environment and helping our home Planet to heal and to regenerate, for the benefit of many generations to come. For all of us, individually and as a judo family, the time for action is NOW!

**Marius L. Vizer**  
**President**  
**International Judo Federation**



## Introduction

The International Judo Federation (IJF) is composed of National Judo Federations (NJFs) and Continental Unions, who have membership status. As owner of the World Judo Tour, IJF represents the 'judo hub' of different stakeholders, from the World Judo Tour host cities, NJFs, sport ministries and Olympic committees to judo sport equipment suppliers and sponsors. With IJF Academy, as an educational organisation, IJF also works in the field of education and affects judo students and practitioners (athletes, coaches, referees, researchers, and judo administration) all over the world. As sport that has been growing last several decades, judo has an important role within sports community and great impact on sustainability, becoming the most critical social concern. Therefore, it is crucial that IJF with its influence in the judo community is fully committed to promote sustainability and meet ethical and environmental responsibilities.

Based on academic literature on sustainability, United Nations (UN, 2012) proclaimed that sustainable development comprises environmental, economic, and social sustainability. For better comprehension, we can say that sustainability is about meeting our needs without compromising the ability of future generations to meeting their own needs. Therefore, the IJF is concerned for social, cultural, environmental, and economic responsibility to ensure a legacy for future generations.

United Nations (2015) Agenda for Sustainable Development 2030 (Paragraph 37) highlights the contribution of sport to the achievement of 17 Sustainable Development Goals (SDGs). Interpreting the Agenda, the International Olympic Committee (IOC) defines broader fields where sport contributes: Health and wellbeing, Quality education, Gender equality, Peace, justice and strong institutions and Partnership for sustainability. These SDGs for 2030 provide a common framework so that organisations can explain their contribution to sustainable development; the IOC Sustainability Strategy also states its commitment to contribute to the UN 2030 Agenda for Sustainable Development. According to the IOC primary spheres of responsibility (as organisation, owner of the Olympic Games and leader of the Olympic movement), the IOC redefined its focus areas as: Infrastructure and natural sites, sourcing and resource management, mobility, workforce, and climate (IOC, 2017).

The IJF endorses and supports the IOC's sustainability strategy and policies which can be found here:

**<https://www.olympic.org/sustainability>**



## IJF Sustainability Framework

The IJF is committed to meeting ethical and environmental responsibilities and to promoting sustainability within the sport of judo (Sustainability Policy, November 2021). Concern for the environment and endorsement of a broader sustainability agenda is inherent of the IJF's activities and integral part of the management of our organisation. Following the UN SDGs, contribution of the IJF, members and partners, is explained and systematized in the following framework.

Sustainability Development Broader Goals	IJF and 'judo hub' contribution
<b>Health and wellbeing</b>	<ul style="list-style-type: none"> <li>• Implementation of the core values of judo, as J. Kano defined it – “By practising judo, the student will be able to acquire the benefits of physical education, become versed in methods of combat, and concurrently nurture their intellect and morality” (Kodokan Judo Institute, 2009).</li> <li>• Many studies showed advantages of practicing judo (safe fall projects at the universities, benefits of practicing judo in research studies).</li> <li>• Implementation of Judo moral code in NJFs.</li> <li>• Improvement of social skills by practicing judo.</li> <li>• Judo as an educational method – implementation in many countries (judo against violence, against drug consumption; judo for social inclusion).</li> <li>• Continuous growth of judo practitioners all over the world in all age categories (from youth to veterans).</li> </ul>
<b>Quality education</b>	<ul style="list-style-type: none"> <li>• Judo as an educational tool (“Nothing under the sun is greater than education”, J. Kano).</li> <li>• Knowledge improvement - Establishment of the IJF Academy and providing courses for various knowledge levels for coaches and judo administration for the needs of the NJFs.</li> <li>• Foundation of the “Arts and Sciences of Judo” journal for bridging the gap between judo researchers and judo practitioners.</li> <li>• Judo in Schools project of the IJF including numerous of NJFs and Continental Unions.</li> </ul>
<b>Inclusion and equality</b>	<ul style="list-style-type: none"> <li>• Many judo clubs all over the world are offering possibilities of learning judo regardless of age, sex, or disabilities.</li> <li>• IJF World Tour events: equal rules for men and women and equal prize money, mixed team competition and IJF Refugee Team.</li> <li>• IJF Statutes: 25% of women (of the President's List) on the IJF Executive Committee with strong recommendation for all member NJFs.</li> <li>• Statistics of judo contestants and practitioners by age and sex – reporting on progress, organization of conferences for empowering women in judo.</li> <li>• Gender equity as the main principle to reach gender equality.</li> </ul>

<b>Environmental and sustainable economic growth</b>	<ul style="list-style-type: none"> <li>• IJF World Judo Tour events organised in different world regions, giving opportunities to local economies to achieve growth of visitors and increase spending.</li> <li>• IJF WJT media coverage – opportunity to raise host cities and countries’ international visibility that can be calculated through media visibility indicators.</li> <li>• Promotion of host cities and countries through IJF events (camps and festivals included) and opportunity for increased international visibility and possible investments – strengths of social media.</li> <li>• Possibilities for sponsors events following IJF – World Judo Day, giving opportunity for different local and national, regional, or local judo events.</li> <li>• Work of volunteers in judo</li> </ul>
<b>Peace and justice; partnership for sustainability</b>	<ul style="list-style-type: none"> <li>• Judo for Peace and Judo for Refugees IJF projects.</li> <li>• Judo in Refugee Camps.</li> <li>• Olympic refugee team, giving chances for those judoka that suffer from unfavourable position of their countries.</li> <li>• IJF mission – building a better world through judo.</li> </ul>

### **IJF Sustainability Principles and Activities**

The IJF aims to follow and to promote good sustainability practices and behaviours to reduce the environmental impacts of our activities and to help our member National Federations and local event organising committees (LOC) to do the same.

Based on the general sustainability framework, The IJF Sustainability Policy (September 2020) is based upon the following principles:

- Local legislation, regulations and codes of practice must be complied with and where possible exceeded.
- Considering sustainability in all decisions relating to the event.
- Communicating and educating to ensure that all event participants (IJF, local workforce, National Federation delegates, contractors, sponsors, and spectators) are fully aware of our policy and are committed to implementing it.
- Reviewing, giving feedback, and reporting to improve our sustainability performance.

Adopting sustainable practices and behaviours no matter how small can contribute to having significant long-term impacts and it is the core principle of the IJF activities.

Relaying on principles and objectives, as well as on the experiences in realization of the sustainability activities, the IJF, is grouping all efforts into 5 areas:

- Planning, communication, and reporting.
- Resource and workforce management.
- Mobility management.
- Venues and infrastructure.
- Community activities.



Areas	Activities
<p><b>Planning, communication, and reporting</b></p>	<ul style="list-style-type: none"> <li>• Planning: Have an event sustainability plan; introduce event sustainability plan as part of the event plan – communicate plan and educate all participants.</li> <li>• Include Call for sustainability in competition information session during the draw.</li> <li>• Promotion: Promote the IJF Sustainability Policy and disseminate to NJFs and partners.</li> <li>• Communication: print only what is necessary; minimise use of paper and other office consumables; use electronic forms of communication; use electronic documents.</li> <li>• Reporting: Evaluate/calculate the impact the event is having on the environment; evaluate event according with sustainability issues.</li> </ul>
<p><b>Resource and workforce management</b></p>	<ul style="list-style-type: none"> <li>• Resources: Food and beverage (purchase fair-trade and/or organic beverages; source local seasonal food from local sustainable suppliers; donate sealed unused food; minimise food waste, only take what you will eat; minimise food packaging; compose waste food; use recyclable cups; avoid sachets (salt, sugar, coffee etc.); use bulk water not individual bottles.</li> <li>• Workforce: Use local staff and volunteers; use local sustainable contractors; use sustainable uniforms.</li> </ul>
<p><b>Mobility management</b></p>	<ul style="list-style-type: none"> <li>• Transportation: Use less or non-polluting forms of transport i.e., electric or hybrid vehicles; group people with similar arrival times together; minimise number of shuttles.</li> <li>• Minimise distances from accommodation.</li> <li>• Bicycle hire option.</li> <li>• Inspection visits: efficiently timed to avoid unnecessary trips.</li> <li>• Avoid physically travelling when alternatives are available and practical, such as using video calls or conferences etc.</li> <li>• Events: offer sustainable incentives with ticket purchase i.e., free public transport; offer free tickets for sustainable incentives i.e. car-sharing, walking or biking to venue.</li> </ul>

<b>Venues and infrastructure</b>	<ul style="list-style-type: none"> <li>• Use existing venues and venues close to public transport.</li> <li>• Venues need to have energy, waste, and water management strategy; green energy-efficient systems and use of bio-degradable products for cleaning.</li> <li>• Venue: Bicycle parking and charging for green vehicles; rent/borrow equipment.</li> <li>• Provide IJF sustainability posters throughout the athlete areas.</li> <li>• Provide selective waste disposal opportunities.</li> <li>• Accommodation: within walking distance of venues and with sustainable policy adopted; switch off everything in hotel rooms if no master key switch.</li> <li>• Venue: switch off lights and equipment when not in use; reusable lanyards.</li> <li>• Ensure at the end of the events to remove all rubbish inside and out of venue.</li> <li>• Multi-use banners and signs (avoid date marking).</li> </ul>
<b>Community activities</b>	<ul style="list-style-type: none"> <li>• IJF, LOC and National Federation delegates engagement: Engage with local community; Raise awareness and promote sustainability principles; engage with local sponsors.</li> <li>• Use local suppliers and sponsors who have sustainable strategies.</li> <li>• Donate any unneeded surplus of office consumables.</li> <li>• Rent/borrow office equipment.</li> </ul>

These activities also form a checklist for every IJF event, meaning that event evaluation and reports encompass sustainability activities. In this way sustainability aspects or levels can be changed, if needed, in the planning phase of the next event.

Evaluating the impact that the events are having on the environment is a crucial step in reporting and evaluating the overall contribution of judo to the world environmental sustainability and making foundations for achieving carbon neutrality.

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