

PLANT A TREE
WORLD JUDO DAY



NOVEMBER

JUDO FOR A SUSTAINABLE WORLD

An Initiative of the International Judo Federation



REDUCE · REUSE · RECYCLE



PREAMBLE

Across industries, the future is being dictated by a focus on ESG – environmental, social and governance issues. Sports are no exception.

It is well known that sport bears a huge environmental and social impact on the world. Sport has an enormous societal impact but judo is one of the best sports when it comes to educating younger generations.

Judo has a meaningful impact in societies all over the world and the International Judo Federation has implemented, on a global scale, various programmes, like Judo for Children, Judo in Schools and Judo for Peace, in order to spread its unique moral values and principles: friendship, honesty, courage, resilience and mutual aid.



1. Philosophy

Because solidarity is more important than ever, the IJF has proven that when we come together, we can have a positive impact on our environment and on each other. That's why the judo family has pledged to build a better and safer planet for our children and our future. As the world is going through an unprecedented climate change process, sport becomes increasingly preoccupied by and involved in sustainability issues.



Although judo is not by definition one of the sports with a high environmental impact, as judo competitions take place indoors and competitions have a limited duration, the global judo community must take action in the fight to achieve carbon neutrality.

In order to achieve this goal, the International Judo Federation studied the impact of its events and activities, as well as the situation of its members in terms of sustainability. As a global organisation, our member federations are located in different regions and belong to nations with different economic circumstances and cultures. Geographical situation and financial power are key factors in determining the sustainability level of each federation.

While some National Federations, in line with their national strategy, have a strong focus on sustainability, others are already facing the concrete consequences of climate change while others, with reduced means and knowledge, are only taking the first steps to address climate change and their impact on the environment.

In order to implement any type of general rule or requirement, the IJF must make sure that all its member federations are well informed and aware of the global emergency with regards to climate. Educating and advocating are our most



important operations, used to raise awareness, in all judo circles. Small and simple activities have been designed in order to mobilise and attract the largest number of judoka, with the best possible results.

2. Education

Thus, on World Judo Day 2019, the theme of the international celebration was “Plant a Tree”. The project was met with great enthusiasm in 75 participating countries, involving 200+ initiatives from clubs, associations or individuals. As a result more than 5,300 trees were planted around the world as a sign of unity in judo. Due to its success, the IJF is planning a phase 2 of the project, which will have a set challenge of planting a given number of trees, in a joint effort to mobilise all clubs and federations, on all continents.



As the pandemic has only allowed sports to function in a limited format, our climate change focus shifted towards the digital frame. In 2020, the International Judo Federation launched an online climate change quiz for children, with over 5,000 participants, followed by the Climate Champion Challenge, offering distinct tasks to be performed over several months. 2,000 children from 16 countries participated and each participant received a judo card signed by the two IJF Climate Ambassadors: Sabrina Filzmoser (AUT) and Flavio Canto (BRA).



Sabrina Filzmoser and Flavio Canto

In 2022 and 2023, Sabrina Filzmoser was the main actor of two projects respectively called ‘Forever Everest’ and ‘Forever Everest-K2’, which were carried out in India, Nepal, Pakistan and Bhutan. Her goal was to reach the summit of the tallest mountains in the world in the most sustainable way, by biking, hiking and climbing, while recycling all the wastes and teaching, training in judo. She reached the summit of Mount Everest (8,849 meters) in May 2022 and camp 3 of K2 in August 2023.

As an IJF Climate Ambassador and Head of the IJF Athletes’ Commission, she contributed to raise the awareness of the climate change difficulties faced by the Himalayas and Korakorum regions (melting of the glaciers, landslides, floodings...) among the judo community. On her way to the summit, she participated in cleaning the environment and explained to the local populations the importance of preserving the environment, as billions of people are directly living under the mountain ranges.

Sabrina's message of peace and environment protection was very well perceived locally and internationally and echoed in the media, locally and globally as well.

Forever Everest contributed to the creation of the highest judo club in the world, in Khumjung, around 4,000 meters high, where environment issues are part of the children's curriculum.



*Sabrina reaching the top of Everest (May 2022)
Cleaning on her way to Everest Base Camp
Promoting a 'Save the Planet' Policy*

In our attempt to have a meaningful and global response to climate change, the IJF is monitoring the sustainability measures and activities of all its members who are also competition organisers.

3. Advocacy

In 2021 the IJF looked for the first time at sustainability measures taken by our local event organisers, who are also IJF member National Federations, in areas such as athletes, accommodation, arrivals and departures, communication, food and beverages, general measures, inspection visits, spectators, transport, venue and workforce. We were pleased to find that without exception, all organisers did put in place some sustainability measures and were actively looking at ways to improve and deliver more green events.



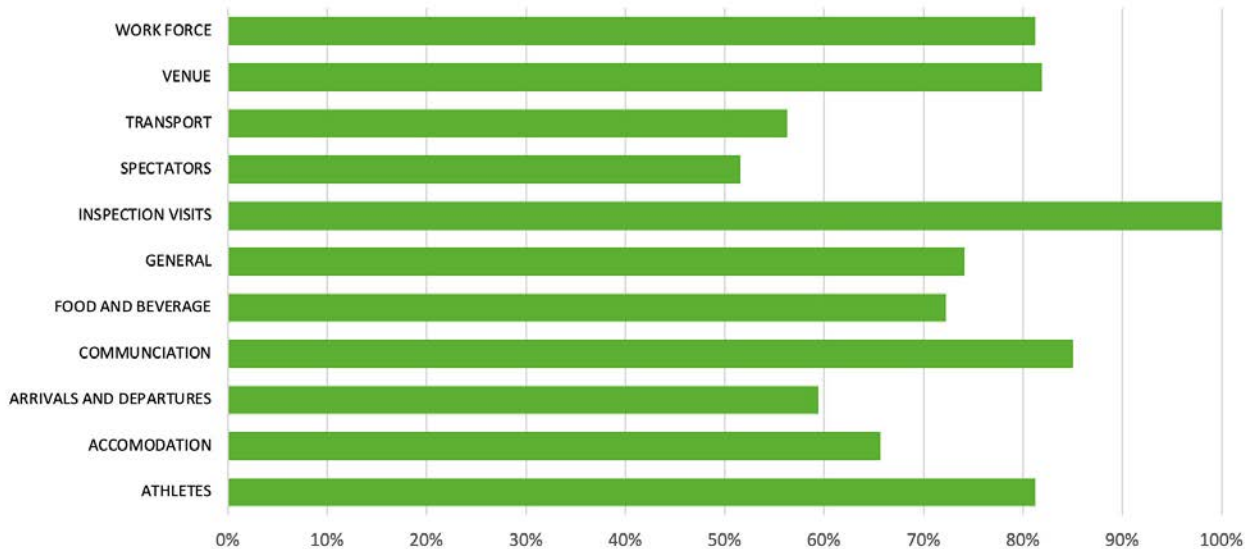
Since then, we have been yearly evaluating, based on a „Sustainability Event Checklist“ the sustainability efforts made by National Federations who are organising World Judo Tour Events. Thus, we know that by now, almost all organisers use the IJF sustainability posters, included the sustainability dimension in the draw and most organisers also provided selective waste opportunities to participants. Similarly, all organisers chose hotels which have



a sustainability policy in place and where possible, they were within walking distance of the venue. Also where possible, our local organisers grouped delegations by arrival and departure, using fewer transfers. Without exception, federations had a sustainability plan in place and they engaged local communities and trained their workforce in this sense, with various degrees of participation and focus. Efforts to reduce the use of printed materials and paper in general were made, most equipment was rented, multi-use signage was applied (without date), accreditations were recycled, unused office supplies were donated and where possible, external contractors with a sustainability policy were engaged.



Sustainability Event Checklist Implementation Result 2022



Most organisers used ecological packaging and local products for food, recyclable cups, bulk water and in some cases the surplus food was donated and waste composted. All hotels which were not within walking distance were, however, close to the venue and shuttles were prioritised over individual transport. The workforce was composed in almost all cases of local volunteers and staff and some of our organisers are even using sustainable uniforms.

In terms of venues, it is not always easy to find the most eco-friendly version and organisers must work with what they have at their disposal in the given city. All venues used are already existing and with a sustainability strategy in place, also being located close to public transport. A few of them have bicycle parking and charging for electric vehicles. It is notable that, wherever possible, organisers used chemical-free cleaning products in the venue.

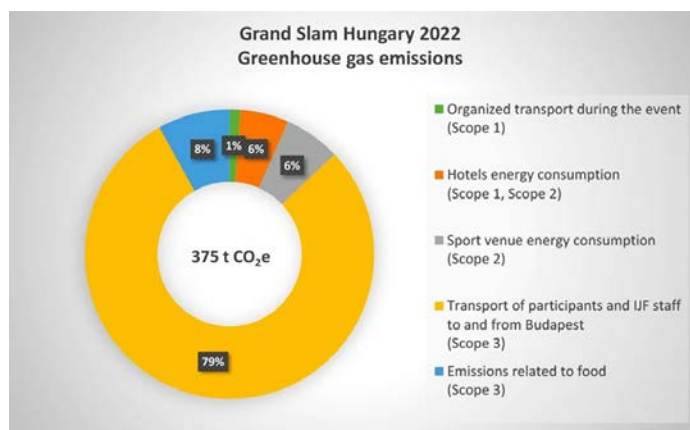
While we notice that less efforts were invested in spectator incentives, IJF will try to work closely with local organizers to start creating a judo „green bubble“ concept, that will work as a unifying factor, so we can add to our sustainability measures another dimension, the spectator one. Amongst the few activations in this sense was offering free public transport as an incentive and it is also worth mentioning that without any exception all our organisers use electronic communication and e-tickets.

In order to support the efforts of our federations, the IJF also cancelled most inspection visits and we are preparing our events exclusively via electronic communication. Our Local Organising committees are by now also including sustainability in all their communications.

IJF is working on documentations and guidelines for National Federations to be able implement their own strategy for sustainability at a local level.

4. Corporate Responsibility

In 2022, the IJF renewed its membership of the UN Sports for Climate Action Coalition, with a pledge to reduce its emissions by 50% by 2030, with a net-zero emissions target by 2040.



The IJF is reporting yearly to Sports for Climate Action, and we are consistently measuring our annual climate footprint and emissions reductions progress. Although with offices in more than one location (Budapest Headquarters, former General Secretariat in Paris and General Treasury in Abu Dhabi), based on the calculations verified by a certified third-party, IJF managed to decrease its carbon footprint in terms of Scope 1 and Scope 2 emissions. Unfortunately, the overall increase of Scope 3 emissions stems mainly from the increase in the number of events and participants, as the Olympic qualification race is also mirrored in event

attendance rates.

Since 2021, the International Judo Federation has started also measuring event carbon footprints in Zagreb, Budapest, Antalya and Linz. The 2022 Budapest Grand Slam saw IJF acquiring carbon offsets for the first time, and we chose for this a hydro power plant located near Antalya, which is one of the World Judo Tour destinations. In Linz Grand Prix, the organizers took advantage of the advanced local culture in terms of sustainability and, with support from authorities and governmental agencies, introduced numerous and efficient measures to keep the event associated to low emissions. IJF will continue to select events in order to assess them from a sustainability point of view, hoping that they will be able to improve and constantly find new solutions for decreasing their event carbon footprint.

Through its nature, judo and judo competitions have a less significant direct impact on the environment, but the International Judo Federation recognised the importance of streaming sustainability ideals into more of the dimensions related to Judo. 2023 saw the trend spread to IJF equipment official suppliers, both for judogi and tatami. Thus, at the moment, IJF has two partners who are offering ecologic products and alternatives to traditional equipment, with studies and research carried out for proving the minimised impact that these products have on the environment: Double D for judogi and Trocellen for tatami. As in each and every IJF endeavour, we are counting on the wider Judo Family to adopt these products and align their equipment purchase strategies also to sustainability objectives.

