



Environmental Webinar Series: Kayaking and the Environment

Join us for an enlightening three-module webinar series exploring the intersection of kayaking and environmental stewardship.

Learn how climate change affects waterways and discover sustainable paddling practices to protect our natural resources.

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Climate Change Awareness



Rising Water Temperatures

Warming waters alter ecosystems and affect paddling conditions.



Changing Water Levels

Extreme fluctuations create new hazards for kayakers.



Extreme Weather Events

Increased storms threaten safety on waterways.



Loss of Paddling Destinations

Iconic kayaking locations face irreversible damage.

Presented by INNOSPORT, this module examines how climate change directly impacts kayaking communities worldwide.



Environmental Protection Strategies

Reduce Plastic Usage

Eliminate single-use plastics during paddling trips.

- Bring reusable water bottles
- Pack sustainable food containers

Advocacy Efforts

Support waterway protection legislation.

- Join conservation groups
- Attend public hearings



Protect Native Species

Prevent spread of invasive organisms between waterways.

- Clean equipment thoroughly
- Report wildlife sightings

Water Quality Monitoring

Participate in citizen science projects.

- Test water conditions
- Document pollution sources

SDCS presents practical actions kayakers can take to preserve the environments they enjoy.





Sustainable Kayaking Practices

Eco-Friendly Equipment

- Biodegradable hull cleaners
- Sustainable material kayaks
- Solar-powered accessories

Leave No Trace Principles

- Pack out all waste
- Stay on established routes
- Minimize shore impact

Responsible Wildlife Viewing

- Keep proper distance
- Avoid nesting areas
- Never feed animals

FEGAPI guides participants in adopting environmentally responsible paddling techniques that preserve natural habitats.

Learn how your kayaking practices can help protect waterways for future generations.





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Climate Change and Canoeing

Climate change is having a profound impact on our planet, including the aquatic ecosystems that canoeists cherish.

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Impact of Climate Change of Canoeing

1

Rising Sea Levels

Rising sea levels threaten to flood coastal areas, directly impacting canoeing practice zones.

2

Intensification of Weather Weather Events

Storms, floods, and droughts are becoming more frequent and intense, making canoeing more challenging.

3

Loss of Biodiversity

Climate change threatens aquatic flora and fauna, reducing the natural richness of canoeing locations.



Effects of Global Warming on Water Bodies

Increase in Water Temperature

Global warming raises water temperatures, which can affect aquatic life and water quality.

Ocean Acidification

The absorption of CO₂ by oceans increases their acidity, harming corals and other marine species

Decrease in Oxygen Levels

Rising water temperatures reduce the amount of oxygen available, affecting aquatic fauna.



Reduction in Water Levels and Its Consequences for Canoeing

1

Less Water Availability

Droughts and reduced river flows can make canoeing more difficult.

2

Increased Risk of Accidents

Lower water levels can create obstacles and dangerous zones for canoeists.

3

Impact on Aquatic Fauna

Low water levels can affect the survival of aquatic fauna, reducing biodiversity.

Increase in Water Temperature Temperature and Its Effects on on Aquatic Flora and Fauna

Effect	Flora	Fauna
Increase in Temperature	Death of algae and corals	Migration of species to colder waters
Water Acidification	Decreased coral growth	Damage to skeletal structures of marine animals





Intensification of Rainfall

Changes in Precipitation Patterns and Their Impact on Rivers and Lakes

1

Intensification of Rainfall

Heavy rains can cause floods, altering river flows and creating risks for canoeists.

2

More Frequent Droughts

Droughts reduce river and lake flows, limiting canoeing opportunities.

3

Changes in Water Levels

Irregular precipitation patterns make water levels unpredictable, complicating route planning.



Actions Canoeists Can Take to Mitigate Climate Change

Reduce Energy Consumption

Use sustainable transportation to reach practice locations and minimize fossil fuel use.

Avoid Plastic Use

Use reusable alternatives and avoid plastic pollution in aquatic ecosystems.

Promote Sustainability

Educate other canoeists about the importance of environmental care and sustainable practices.



Call to Action: How Young Canoeists Can Be Agents of Change



Environmental Protection

Young canoeists can be ambassadors for environmental protection.



Sustainable Practices

Promote sustainability in canoeing and in their daily lives.



Inspire Others

Share their passion for canoeing and their commitment to protecting the environment..

Webinar Module Evaluation – Answer with Your Peers

1-How does rising sea levels affect canoeing practice areas?

- a) Improves navigation conditions
- b) Floods coastal areas, reducing usable space
- c) Has no impact

2-What problems do lower water levels cause for canoeists?

- a) Creates more safe zones for navigation
- b) Increases the risk of accidents due to obstacles
- c) Makes the water clearer

3-What happens to aquatic fauna when water temperatures rise?

- a) Species migrate to colder waters
- b) Species adapt quickly without issues
- c) Does not affect fauna

4-Mention one action canoeists can take to mitigate climate change:

- a) Use sustainable transportation to reach practice locations
- b) Increase the use of plastics
- c) Avoid recycling waste

5-What can young canoeists do to be agents of change in the fight against climate change?

- a) Ignore the problem of climate change
- b) Inspire others by sharing sustainable practices
- c) Leave waste in practice areas

Photos of our webinar with canoeists





A person is kayaking on a calm river. The kayaker is wearing a blue shirt and is holding a yellow paddle. The river is surrounded by lush green trees and reeds. The water is calm, reflecting the surrounding greenery.

El Cambio Climático y y el Piragüismo

El cambio climático está teniendo un impacto profundo en nuestro planeta, incluyendo los ecosistemas acuáticos que tanto aprecian los piragüistas.

FR

Impacto del cambio climático en el en el piragüismo

1

Aumento del nivel del mar

El aumento del nivel del mar amenaza con inundar zonas costeras, impactando directamente en las zonas de práctica del piragüismo.

2

Intensificación de eventos eventos climáticos

Las tormentas, las inundaciones y las sequías son más frecuentes e intensas, dificultando la práctica del piragüismo.

3

Pérdida de biodiversidad

El cambio climático amenaza la fauna y flora acuática, reduciendo la riqueza natural de los lugares de práctica del piragüismo.



Efectos del calentamiento global en los cuerpos de agua

Aumento de la temperatura

El calentamiento global aumenta la temperatura del agua, lo que puede afectar la vida acuática y la calidad del agua.

Acidificación de los océanos

La absorción de CO₂ por los océanos aumenta su acidez, lo que puede perjudicar a los corales y otras especies marinas.

Disminución del oxígeno

El aumento de la temperatura del agua reduce la cantidad de oxígeno disponible, afectando a la fauna acuática.

A blue kayak is positioned on a vast, dry, cracked lake bed. The ground is a deep tan color with a network of irregular cracks forming a mosaic-like pattern. The kayak is a bright blue color with black straps and a black seat. It is oriented vertically, pointing towards the top of the frame. The background is a clear, bright blue sky.

Reducción de los niveles de agua y sus consecuencias para la práctica del piragüismo

1

Menos agua disponible

Las sequías y la disminución del caudal de los ríos pueden dificultar la práctica del piragüismo.

2

Mayor riesgo de accidentes

La reducción del nivel del agua puede crear obstáculos y zonas peligrosas para los piragüistas.

3

Impacto en la fauna acuática

Los bajos niveles de agua pueden afectar a la supervivencia de la fauna acuática, reduciendo la biodiversidad.

Aumento de la temperatura del agua y sus efectos sobre la flora y fauna acuática

Efecto	Flora	Fauna
Aumento de la temperatura	Muerte de algas y corales	Migración de especies a aguas más frías
Acidificación del agua	Disminución del crecimiento de corales	Daño a la estructura esquelética de los animales marinos





Alteraciones en los patrones de precipitación y su impacto en los ríos y ríos y lagos

1

Intensificación de las lluvias

Las fuertes lluvias pueden provocar inundaciones, alterando el flujo de los ríos y creando riesgos para los piragüistas.

2

Sequías más frecuentes

Las sequías reducen el caudal de los ríos y lagos, limitando las opciones de práctica del piragüismo.

3

Cambio en los niveles de agua

Los patrones de precipitación irregulares hacen que los niveles de agua sean impredecibles, dificultando la planificación de rutas.



Acciones que los piragüistas pueden tomar para mitigar el cambio climático

Reducir el consumo de energía

Utilizar transportes sostenibles para llegar a los lugares de práctica y minimizar el uso de combustibles fósiles.

Evitar el uso de plásticos

Utilizar alternativas reutilizables y evitar la contaminación plástica en los ecosistemas acuáticos.

Promover la sostenibilidad

Educando a otros piragüistas sobre la importancia de cuidar el medio ambiente y las prácticas sostenibles.

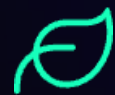


Llamado a la acción: cómo los jóvenes piragüistas pueden ser agentes de cambio



Protección del medio ambiente

Los piragüistas jóvenes pueden ser embajadores de la protección del medio ambiente.



Prácticas sostenibles

Promover la sostenibilidad en el deporte del piragüismo y en sus vidas cotidianas.



Inspirar a otros

Compartiendo su pasión por el piragüismo y su compromiso con la protección del medio ambiente.

EVALUACIÓN DE LA WEBINAR MODULAR –RESPONDER CON LOS COMPAÑER@S

¿Cómo afecta el aumento del nivel del mar a las zonas de práctica del piragüismo?

- a) Mejora las condiciones de navegación
- b) Inunda zonas costeras, reduciendo áreas practicables
- c) No tiene impacto

¿Qué problemas causa la reducción del nivel de agua para los piragüistas?

- a) Crea más zonas seguras para navegar
- b) Incrementa el riesgo de accidentes por obstáculos
- c) Hace que el agua sea más clara

¿Qué sucede con la fauna acuática cuando aumenta la temperatura del agua?

- a) Las especies migran a aguas más frías
- b) Las especies se adaptan rápidamente sin problemas
- c) No afecta a la fauna

Menciona una acción que los piragüistas pueden tomar para mitigar el cambio climático:

- a) Usar transportes sostenibles para llegar a los lugares de práctica
- b) Incrementar el uso de plásticos
- c) c) Evitar el reciclaje de residuos

¿Qué pueden hacer los jóvenes piragüistas para ser agentes de cambio en la lucha contra el cambio climático?

- a) Ignorar el problema del cambio climático
- b) b) Inspirar a otros compartiendo prácticas sostenibles
- c) c) Dejar residuos en las zonas de práctica



Strategies for Environmental Protection in Sports Clubs and Facilities



As part of the Erasmus+ SUSCANOE project, we present key strategies for environmental protection. Through water sports, we emphasize the importance of contributing to the protection of natural resources. Through kayaking and canoeing, athletes become witnesses to the state of the aquatic environment and promoters of ecological awareness. These principles are essential for the sustainability of sports activities and the preservation of ecosystems, contributing to the fight against climate change.



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Waste Management in Sports Clubs: Key Strategies



Reducing Single-Use Plastic Consumption

Reduce the use of single-use plastic water bottles – use your refillable bottles.

This is a small, but important step towards a cleaner environment. Choose reusable bags and containers for sports equipment instead of plastic bags.



Active Participation in Recycling

Familiarize yourself with recycling stations at your club or at home. Proper waste separation – of plastic, paper, and other materials – allows materials to be reused. Your role in proper sorting is crucial.



Reuse and Extension of Equipment Lifespan

Reuse old equipment for training. Transform worn-out materials into useful items for the facility.

Developing Recycling Awareness in Sports Clubs

1

Education and Information

Participate in educational activities that explain the importance of proper recycling for the local environment and water sports. Understanding the impact is the first step towards change.

2

Availability of Recycling Points

Using recycling points at the club, at home, and in public places. Recognizing and utilizing these points is crucial for efficient waste separation.

3

Monitoring and Recognizing Progress

Support the club's efforts in waste reduction. Every contribution, even a small one, helps achieve common ecological goals.





Expanding Ecological Practices: Waste and Equipment

Use of Reusable Bags and Equipment

Support the use of reusable bags for sports equipment. This directly contributes to reducing plastic waste and promotes sustainability awareness within the club.

Maintaining Cleanliness with Care for Nature

Although the club is responsible for the choice of products, it is important to understand that environmentally friendly cleaning products contribute to a safer environment for athletes and reduce pollution of aquatic ecosystems.

Recycling and Extending the Lifespan of Sports Equipment

Participate in initiatives for repurposing and recycling old sports equipment. Every extension of its lifespan reduces the amount of waste in landfills and saves resources.



Importance of Water Conservation in a Sports Context

Conscious Use of Water Resources

1

Be aware of water consumption at the club and at home. Proper use of faucets and showers directly contributes to the conservation of this valuable resource. If you notice a water leak, be sure to report it to the responsible persons.

Understanding Water Recycling and Reuse

2

Sports institutions apply systems for collecting and reusing water for purposes such as irrigation. It is important to understand that every drop of water has its value and can be used multiple times.

3

Effective Cleaning and Hygiene Practices

Support water-saving cleaning methods in sports facilities. By using less water for cleaning, we reduce the overall pressure on water resources. Apply water-saving habits during personal hygiene as well, especially after training.



Innovative Approaches to Water Conservation and Education

Understanding Water Collection Systems

In modern sports facilities, as well as in other institutions, there are systems for collecting rainwater which is later used for technical needs. This reduces the consumption of drinking water.

Active Learning about Water Conservation

Educational programs within the club are aimed at raising awareness about the importance of water saving. Through various activities, young athletes learn how to contribute to the conservation of this valuable resource.

Importance of Monitoring Results and Sharing Experiences

Monitoring water consumption and sharing positive examples of successful conservation is crucial for motivation and spreading good practices within the sports community and beyond.

Advanced Water Conservation Solutions in Sports Facilities

Use of Efficient Water Devices

In modern sports facilities, low-flow faucets and showers are implemented. These devices significantly reduce water consumption, contributing to resource conservation without compromising athlete comfort.

Optimization of Water Consumption in Outdoor Areas

Irrigation systems that respond to weather conditions ensure efficient water use for sports fields. This prevents unnecessary water waste during rainy periods and promotes rational management.

Understanding the Purpose of Water and Its Reuse

Water is a valuable resource of varying quality. Drinking water is used exclusively for consumption, while water collected from other sources (recycled) can be used for cleaning or irrigation. Understanding this "hierarchy" is crucial for responsible water management.



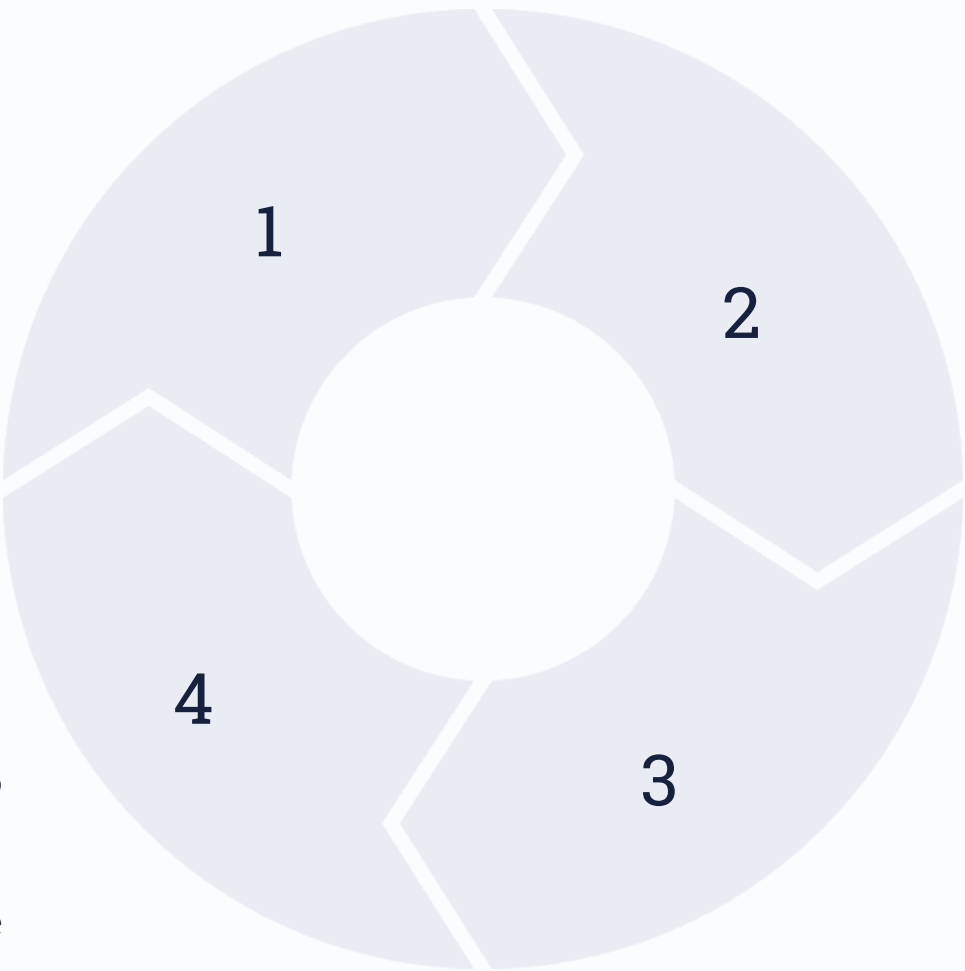
Sustainable Transport and Reduction of Carbon Dioxide Emissions

Promotion of Collective Transport

Support shared transport to training sessions and competitions, either through organized transport or by arranging with club colleagues/training group members. This reduces the number of vehicles on the road and lessens the environmental impact.

Efficiency in Equipment and Vehicle Usage

Proper maintenance of all vehicles, including club vehicles, ensures maximum fuel efficiency. Understanding the impact of vehicle performance on emissions is important for reducing pollution.



Choosing Environmentally Friendly Transportation

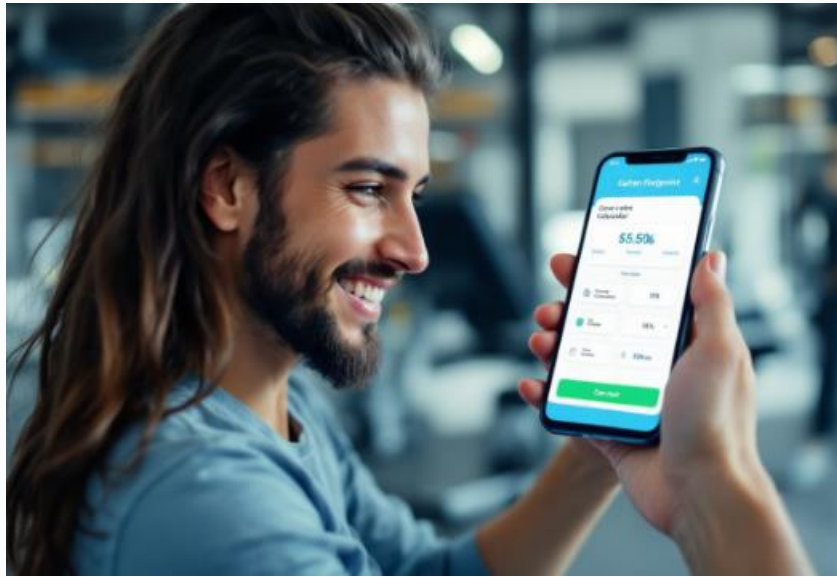
Learn about different ways of traveling that pollute the environment less, such as walking, cycling, or using public transport. Understanding how your choice of transportation affects nature is an important step.

Contributing to Energy Consumption Reduction

Adopt energy-saving habits in your daily life and at the club. This includes turning off lights when you leave a room and unplugging devices when you don't use them.

These principles help reduce carbon dioxide emissions. Understanding and implementing these strategies are crucial for the sustainability of sports activities and environmental preservation.

Personal Responsibility and Awareness of Environmental Impact



Understanding Personal Environmental Impact

Every individual's daily activities leave an impact on the environment. Understanding this impact, for example by learning about the energy sources we use, is the first step towards positive changes.



Supporting Environmentally Friendly Transportation

Install secure bicycle storage, repair stations, and changing rooms. Make cycling the easiest transportation option.



Participation in Environmental Protection Programs

Participate in club or local initiatives aimed at environmental protection, such as river clean-up drives or tree planting. Through such activities, you directly contribute to conservation and community strengthening.

Implementation of Renewable Energy Sources in Sports Facilities

Importance of Clean Energy Sources

Using renewable energy sources, such as solar panels and wind turbines, is becoming increasingly important for sports facilities. These sources enable the production of electricity in an environmentally friendly way, reducing pollution.

Contribution to Sustainability and Emission Reduction

Investing in renewable energy sources brings long-term benefits for the planet. Such initiatives significantly reduce carbon dioxide emissions and are crucial for combating climate change, ensuring a sustainable future for sports.

Promotion of Energy Efficiency

Sports facilities strive to reduce energy consumption, for example, through the use of LED lighting. All club members can support these efforts by saving energy in their daily activities.

Sports organizations and facilities aim to reduce their energy consumption. Within clubs, it's important to recognize and support the contribution of every individual and group in energy conservation.





1. **What strategy effectively reduces single-use plastic waste in sports clubs?**
 - a) Increasing the availability of single-use plastic
 - b) Promoting the use of refillable bottles
 - c) Focusing exclusively on packaging recycling

2. **What is the primary approach to conserving water resources in sports facilities?**
 - a) Allowing unlimited water flow in showers
 - b) Understanding and implementing efficient water-saving cleaning methods
 - c) Using only drinking water for all purposes

3. **How can sports activities and clubs contribute to reducing carbon dioxide emissions from transport?**
 - a) By encouraging the exclusive use of personal cars
 - b) By promoting shared transport and cycling
 - c) By ignoring the impact of transport choices on the environment

4. **What is an effective way to integrate renewable energy sources into the operation of sports facilities?**
 - a) Focusing exclusively on cost reduction without an environmental aspect
 - b) Installing solar panels or wind turbines for clean energy production
 - c) Relying exclusively on traditional energy sources

5. **Why is it important to understand one's personal environmental impact and carbon footprint?**
 - a) To increase individual energy consumption
 - b) To passively observe global ecological changes
 - c) To understand one's own contribution and take positive steps

RIGHT ANSWERS



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Photos of our educational session with canoeists



The End!

Thank you for your attention!



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Strategije za zaštitu životne sredine u sportskim klubovima i objektima



U okviru Erasmus+ projekta SUSCANOE, predstavljamo ključne strategije za očuvanje životne sredine. Kroz sportove na vodi, naglašavamo značaj doprinosa zaštiti prirodnih resursa. Kroz kajak i kanu, sportisti postaju svedoci stanja vodene sredine i promoteri ekološke svesti. Ovi principi su esencijalni za održivost sportskih aktivnosti i očuvanje ekosistema, doprinoseći borbi protiv klimatskih promena.



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Upravljanje otpadom u sportskim klubovima: ključne strategije



Smanjenje upotrebe
plastike za
jednokratnu upotrebu

Smanjite upotrebu jednokratnih plastičnih flaša za vodu – koristite svoje boce koje se mogu dopunjavati. Ovo je mali, ali važan korak ka čistijoj životnoj sredini. Birajte višekratne torbe i kontejnere za sportsku opremu umesto plastičnih kesa.



Aktivno učešće u
reciklaži

Upoznajte se sa stanicama za reciklažu u vašem klubu ili kod kuće. Pravilno razdvajanje otpada – plastike, papira i ostalog – omogućava da se materijali ponovo iskoriste. Vaša uloga u pravilnom sortiranju je ključna.



Ponovna upotreba i
produženje veka
trajanja opreme

Ponovno upotrebite staru opremu za treninge. Pretvorite istrošene materijale u korisne predmete za objekat.

Razvoj svesti o reciklaži u sportskim klubovima

1

Edukacija i informisanje

Učestvujte u edukativnim aktivnostima koje objašnjavaju značaj pravilne reciklaže za lokalnu sredinu i sportove na vodi. Razumevanje uticaja je prvi korak ka promeni.

2

Dostupnost reciklažnih tačaka

Korišćenje reciklažnih tačaka u klubu, kod kuće i na javnim mestima. Prepoznavanje i korišćenje ovih tačaka ključno je za efikasno razdvajanje otpada.

3

Praćenje i prepoznavanje napretka

Podržite napore kluba u smanjenju otpada. Svaki doprinos, čak i mali, pomaže u postizanju zajedničkih ekoloških ciljeva.





Proširivanje ekoloških praksi: otpad i oprema

Upotreba višekratnih torbi i opreme

Podržite korišćenje višekratnih torbi za sportsku opremu. Ovo direktno doprinosi smanjenju plastičnog otpada i promoviše svest o održivosti unutar kluba.

Održavanje čistoće sa pažnjom prema prirodi

Iako je klub odgovoran za izbor sredstava, važno je razumeti da ekološki prihvatljiva sredstva za čišćenje doprinose sigurnijem okruženju za sportiste i smanjuju zagađenje vodenih ekosistema.

Reciklaža i produženje životnog veka sportske opreme

Učestvujte u inicijativama za prenamenu i reciklažu stare sportske opreme. Svakim produženjem njenog veka trajanja smanjujemo količinu otpada na deponijama i štedimo resurse.



Značaj očuvanja vode u sportskom kontekstu

Svesna upotreba vodnih resursa

1

Budite svesni potrošnje vode u klubu i kod kuće. Pravilnim korišćenjem slavina i tuševa direktno doprinosite očuvanju ovog dragocenog resursa. Ukoliko primetite curenje vode, obavezno prijavite odgovornim osobama.

Razumevanje reciklaže i ponovne upotrebe vode

2

Sportske ustanove primenjuju sisteme za sakupljanje i ponovnu upotrebu vode za svrhe poput navodnjavanja. Važno je razumeti da svaka kap vode ima svoju vrednost i može se iskoristiti više puta.

3

Efikasne prakse čišćenja i higijene

Podržite metode čišćenja koje štede vodu u sportskim objektima. Manjom upotrebom vode za čišćenje smanjujemo ukupan pritisak na vodne resurse. Primenite navike štednje vode i tokom lične higijene, posebno nakon treninga.

A photograph of a water treatment facility. In the foreground, there are large, horizontal, blue cylindrical storage tanks. To the right, a large, light blue, curved structure, possibly a filter or part of a pump, is visible. In the background, there are more blue tanks and a tall, rectangular metal frame structure. The sky is clear and blue.

Inovativni pristupi očuvanju vode i edukacija

Razumevanje sistema za prikupljanje vode

U modernim sportskim objektima, kao i u drugim ustanovama, postoje sistemi za sakupljanje kišnice koja se kasnije koristi za tehničke potrebe. To smanjuje potrošnju pijaće vode.

Aktivno učenje o očuvanju vode

Edukativni programi u okviru kluba usmereni su na podizanje svesti o značaju štednje vode. Kroz različite aktivnosti, mladi sportisti uče kako da doprinesu očuvanju ovog dragocenog resursa.

Značaj praćenja rezultata i deljenja iskustava

Praćenje potrošnje vode i deljenje pozitivnih primera uspešnog očuvanja ključno je za motivaciju i širenje dobrih praksi unutar sportske zajednice i šire.

Napredna rešenja za očuvanje vode u sportskim objektima

Upotreba efikasnih uređaja za vodu

U modernim sportskim objektima primenjuju se slavine i tuševi sa niskim protokom. Ovi uređaji značajno smanjuju potrošnju vode, čime se doprinosi očuvanju resursa bez ugrožavanja udobnosti sportista.

Optimizacija potrošnje vode u spoljnim prostorima

Sistemi za navodnjavanje, koji reaguju na vremenske uslove, obezbeđuju efikasno korišćenje vode za sportske terene. To sprečava nepotrebno trošenje vode tokom kišnih perioda i promoviše racionalno upravljanje.

Razumevanje svrhe vode i njene ponovne upotrebe

Voda je dragocen resurs različitog kvaliteta. Pijaća voda se koristi isključivo za konzumaciju, dok se voda sakupljena iz drugih izvora (reciklirana) može koristiti za čišćenje ili navodnjavanje. Razumevanje ove "hijerarhije" ključno je za odgovorno upravljanje vodom.



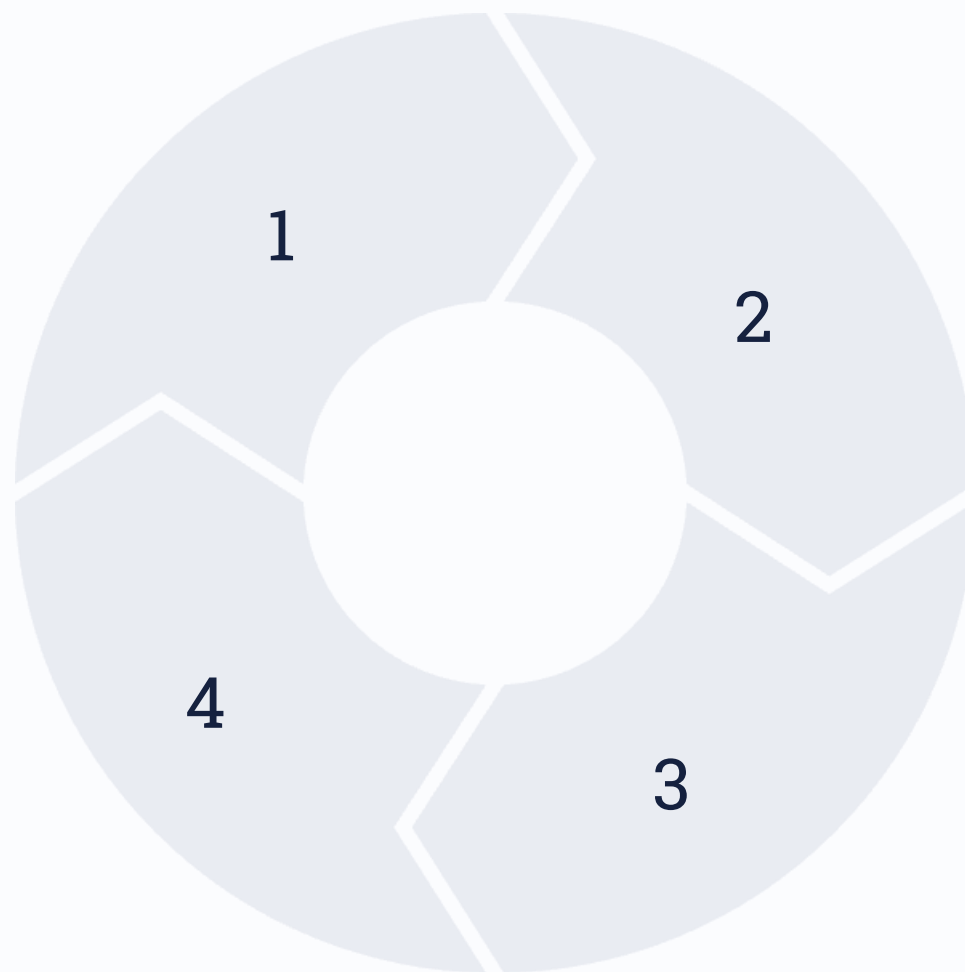
Održivi transport i smanjenje emisija ugljen-dioksida

Promocija kolektivnog prevoza

Podržite zajednički prevoz do treninga i takmičenja, bilo putem organizovanog transporta ili dogovora sa kolegama iz kluba/trening grupe. Time se smanjuje broj vozila na putu i uticaj na okolinu.

Efikasnost u korišćenju opreme i vozila

Pravilno održavanje svih vozila, uključujući i klupska, osigurava maksimalnu efikasnost goriva. Razumevanje uticaja performansi vozila na emisije je važno za smanjenje zagađenja.



Izbor ekološki prihvatljivog prevoza

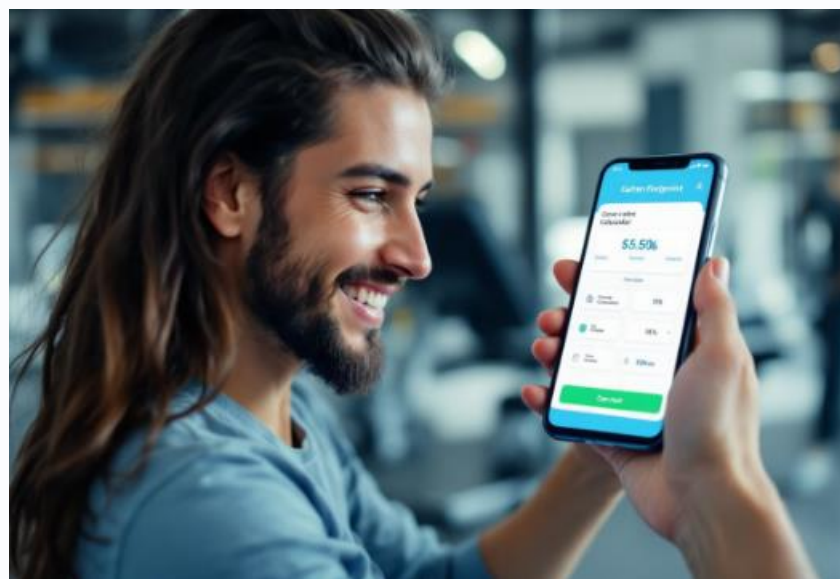
Informišite se o različitim načinima putovanja koji manje zagađuju okolinu, poput pešačenja, vožnje bicikla ili korišćenja javnog prevoza. Razumevanje kako izbor prevoza utiče na prirodu je važan korak.

Doprinos smanjenju potrošnje energije

Usvojite navike štednje energije u svakodnevnom životu i u klubu. To uključuje gašenje svetla kada napuštate prostoriju i isključivanje uređaja iz struje kada ih ne koristite.

Primena ovih principa doprinosi smanjenju emisija ugljen-dioksida. Razumevanje i sprovođenje ovih strategija ključni su za održivost sportskih aktivnosti i očuvanje životne sredine.

Lična odgovornost i svest o ekološkom uticaju



Razumevanje ličnog ekološkog uticaja

Svaki pojedinac svojim svakodnevnim aktivnostima ostavlja uticaj na životnu sredinu. Razumevanje ovog uticaja, na primer kroz informisanje o izvorima energije koje koristimo, prvi je korak ka pozitivnim promenama.



Podržavanje ekološki prihvatljivog prevoza

Instalirajte sigurne stanice za čuvanje bicikala, stanice za popravku i prostorije za presvlačenje. Učinite biciklizam najlakšim opcijom za prevoz.



Učešće u programima za zaštitu životne sredine

Učestvujte u klupskim ili lokalnim inicijativama usmerenim na zaštitu prirode, kao što su akcije čišćenja reka ili sadnja drveća. Kroz ovakve aktivnosti direktno doprinosite očuvanju i jačanju zajednice.

Primena obnovljivih izvora energije u sportskim objektima

Značaj čistih izvora energije

Korišćenje obnovljivih izvora energije, poput solarnih panela i vetroturbina, postaje sve važnije za sportske objekte. Ovi izvori omogućavaju proizvodnju električne energije na ekološki prihvatljiv način, smanjujući zagađenje.

Doprinos održivosti i smanjenju emisija

Ulaganje u obnovljive izvore energije donosi dugoročne koristi za planetu. Takve inicijative značajno smanjuju emisije ugljen-dioksida i ključne su za borbu protiv klimatskih promena, obezbeđujući održivu budućnost sporta.

Promocija energetske efikasnosti

Sportske ustanove se trude da smanje potrošnju energije, na primer kroz upotrebu LED osvetljenja. Svi članovi kluba mogu podržati ove napore štedeći energiju u svakodnevnim aktivnostima.

Sportske organizacije i objekti teže smanjenju potrošnje energije. U klubovima je važno prepoznati i podržati doprinos svakog pojedinca i grupe u očuvanju energije.





1. Koja strategija efikasno smanjuje otpad od jednokratne plastike u sportskim klubovima?

- a) Povećanje dostupnosti jednokratne plastike
- b) Promovisanje korišćenja boca koje se mogu dopunjavati
- c) Fokusiranje isključivo na reciklažu ambalaže

2. Koji je primarni pristup očuvanju vodnih resursa u sportskim objektima?

- a) Omogućavanje neograničenog protoka vode u tuševima
- b) Razumevanje i primena efikasnih metoda čišćenja koje štede vodu
- c) Korišćenje isključivo pijaće vode za sve namene

3. Kako sportske aktivnosti i klubovi mogu doprineti smanjenju emisija ugljen-dioksida iz prevoza?

- a) Podsticanjem isključivog korišćenja ličnih automobile
- b) Promovisanjem zajedničkog prevoza i korišćenja bicikla
- c) Ignorisanjem uticaja izbora prevoza na okolinu

4. Koji je efikasan način za integraciju obnovljivih izvora energije u rad sportskih objekata?

- a) Fokusiranje isključivo na smanjenje troškova bez ekološkog aspekta
- b) Postavljanje solarnih panela ili vetroturbina za proizvodnju čiste energije
- c) Isključivo oslanjanje na tradicionalne izvore energije

5. Zašto je važno razumeti lični ekološki uticaj i ugljen-dioksid otisak?

- a) Radi povećanja individualne potrošnje energije
- b) Radi pasivnog posmatranja globalnih ekoloških promena
- c) Radi shvatanja sopstvenog doprinosa i preduzimanja pozitivnih koraka

TAČNI ODGOVORI



1. Koja strategija efikasno smanjuje otpad od jednokratne plastike u sportskim klubovima?
 - a) **Povećanje dostupnosti jednokratne plastike**
 - b) Promovisanje korišćenja boca koje se mogu dopunjavati
 - c) **Fokusiranje isključivo na reciklažu ambalaže**

2. Koji je primarni pristup očuvanju vodnih resursa u sportskim objektima?
 - a) **Omogućavanje neograničenog protoka vode u tuševima**
 - b) Razumevanje i primena efikasnih metoda čišćenja koje štede vodu
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 - c) **Isključivo oslanjanje na tradicionalne izvore energije**

5. Zašto je važno razumeti lični ekološki uticaj i ugljen-dioksid otisak?
 - a) **Radi povećanja individualne potrošnje energije**
 - b) **Radi pasivnog posmatranja globalnih ekoloških promena**
 - c) **Radi shvatanja sopstvenog doprinosa i preduzimanja pozitivnih koraka**

K R A J !

Hvala na pažnji!



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Sustainable Canoeing Development: A Responsible Adventure

Welcome to a transformative journey where we'll discover how to practice kayaking sustainably, preserving our aquatic environment.

Throughout this presentation, we'll explore practical strategies to enjoy nature whilst protecting it.

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Benefits of Sustainable Canoeing

Strengthens Connection with Nature

Kayaking allows us to enjoy natural beauty, fostering deep appreciation for aquatic ecosystems.

Promotes Mental and Physical Health

Outdoor activity reduces stress and improves cardiovascular health. It's an ideal way to relax and tone muscles.

Encourages Responsible Exploration

Provides a unique perspective to observe and protect aquatic wildlife and their habitats.





Strategies for Ecological Canoeing



Sustainable Equipment

Choose kayaks and accessories made from recycled or recyclable materials to minimise environmental impact.



Ecological Routes

Select routes that don't damage aquatic habitats. Research conservation areas to support biodiversity.



Water Awareness

Educate yourself about the water cycle and its importance in keeping our rivers and lakes clean.





Impact of Responsible Practice

90%

Preserved Biodiversity

Responsible kayaking helps keep aquatic ecosystems and their species diversity intact.

70%

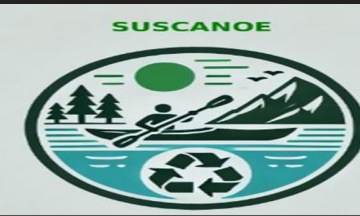
Environmental Education

Sustainable practices promote ecological awareness among kayakers and local communities.

50%

Waste Reduction

Clean routes organised by kayakers significantly reduce pollution in our bodies of water.



Specialised Training in Ecological Canoeing

Ecological Fundamentals

Learn about aquatic ecosystems and how kayakers can positively impact natural habitats.

Sustainable Paddling Techniques

Master propulsion methods that minimise disturbance to marine life.

Waste Management

Understand how to properly handle and transport disposable items during your excursions.





Community Collaboration for Sustainable Canoeing

1

Local Training

Organise workshops with riverside communities to raise awareness about protecting water bodies.

2

Joint Projects

Design collaborative activities between kayakers and environmental organisations to clean rivers and lakes.

3

Mutual Support Network

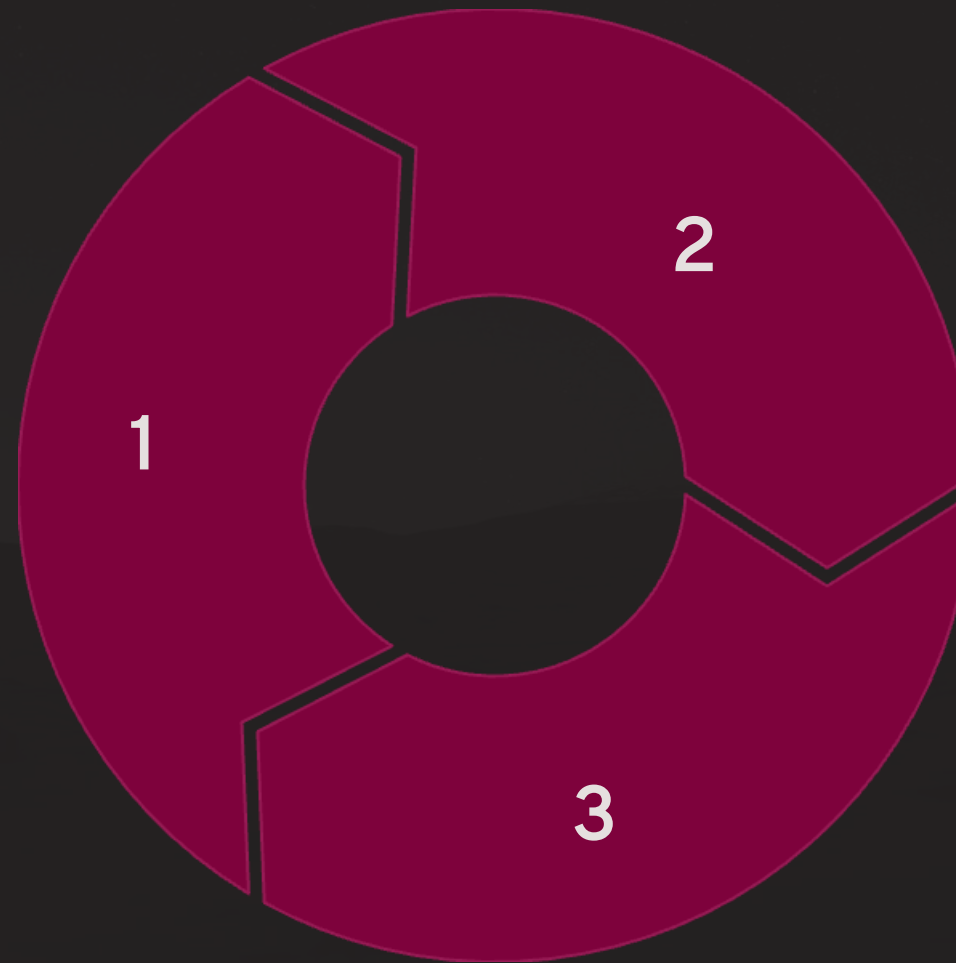
Foster a network of committed kayakers sharing knowledge and resources for sustainable practice.



Innovative Technology in Ecological Canoeing

Smart Kayaks

Equipped with sensors to monitor water quality in real time.



Eco-efficient Navigation

Solar-powered navigation devices optimising journey efficiency.

Ecological Mobile Apps

Applications enabling kayakers to report ecosystem changes in real time.





The Future of Sustainable Canoeing : Our Commitment to You

1

Continuous Education

Committed to sharing updated knowledge about sustainable practices in the kayaking world.

2

Constant Innovation

Continuously developing new technologies and methods to drive sustainability in every journey.

3

Community in Action

Building a community of committed kayakers leading in the defence of our water bodies.



1. What is one of the main benefits of sustainable canoeing?
 - A) It reduces water consumption in rivers.
 - B) It encourages a connection with nature and the conservation of aquatic ecosystems.
 - C) It reduces the cost of navigation equipment.

2. Which of the following strategies contributes to ecological canoeing?
 - A) Using kayaks and accessories made from recycled or recyclable materials.
 - B) Paddling as fast as possible to avoid contact with wildlife.
 - C) Avoiding the use of maps and established routes in order to explore freely.

3. What percentage reduction in waste in water bodies is achieved by clean routes organized by kayakers?
 - A) 90%
 - B) 70%
 - C) 50%

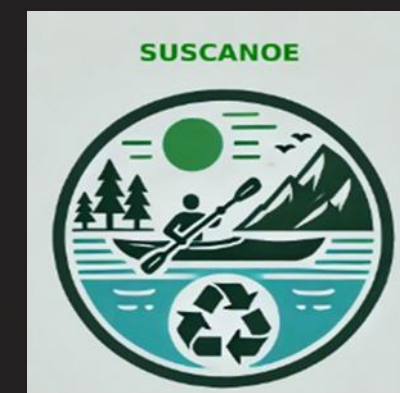
4. How can kayakers minimize their impact on aquatic biodiversity?
 - A) By avoiding paddling in protected areas and respecting ecological routes.
 - B) By using any type of boat regardless of its construction material.
 - C) By feeding the local wildlife to encourage them to approach the athletes.

5. What is one of the technological innovations that contribute to sustainable canoeing?
 - A) Kayaks equipped with sensors to monitor water quality in real time.
 - B) Exclusive use of motor boats to facilitate navigation in turbulent waters.
 - C) Sound systems incorporated into kayaks to attract marine species



Photos of our webinar with canoeists





Desarrollo del Piragüismo Sostenible: Una Aventura Responsable

Bienvenidos a un viaje transformador: descubriremos cómo practicar el piragüismo de manera sostenible, preservando nuestro medio ambiente acuático.

A lo largo de esta presentación, exploraremos estrategias prácticas para disfrutar de la naturaleza mientras la protegemos.





Beneficios del Piragüismo Sostenible



Fortalece la Conexión con la Naturaleza

El piragüismo nos permite disfrutar de la belleza natural, fomentando un aprecio profundo por los ecosistemas acuáticos.



Promueve la Salud Mental y Física

La actividad al aire libre reduce el estrés y mejora la salud cardiovascular. Es una forma ideal de relajarse y tonificar.



Fomenta la Exploración Responsable

Proporciona una perspectiva única para observar y proteger la vida silvestre acuática y sus hábitats.





Estrategias para un Piragüismo Ecológico



Equipamiento Sostenible

Opta por kayaks y accesorios fabricados con materiales reciclados o reciclables para minimizar el impacto ambiental.



Rutas Ecológicas

Elige rutas que no dañen los hábitats acuáticos. Busca información sobre zonas de conservación para apoyar la biodiversidad.



Conciencia Hídrica

Educate sobre el ciclo del agua y su importancia en mantener limpios nuestros ríos y lagos.

Impacto de una Práctica Responsable

90%

Biodiversidad Preservada

El piragüismo responsable ayuda a mantener indemnes los ecosistemas acuáticos y su diversidad de especies.

70%

Educación Ambiental

Las prácticas sostenibles promueven la conciencia ecológica entre los kayakers y las comunidades locales.

50%

Reducción de Basura

Las rutas limpias organizadas por kayakers reducen significativamente la contaminación en nuestros cuerpos de agua.



Formación Especializada en Piragüismo Ecológico

1

Fundamentos Ecológicos

Aprende sobre los ecosistemas acuáticos y cómo los kayakers pueden impactar positivamente los hábitats naturales.

2

Técnicas de Paddling Sostenible

Domina métodos de propulsión que minimizen el disturbio de la vida marina.

3

Gestión de Residuos

Entiende cómo manipular y transportar adecuadamente elementos descartables durante tus excursiones.



Colaboración Comunitaria para el Piragüismo Sostenible

1

Capacitación Local

Organiza talleres con comunidades ribereñas para sensibilizar sobre la importancia de proteger los cuerpos de agua.

2

Proyectos Conjuntos

Diseña actividades colaborativas entre kayakers y organizaciones ambientales para limpiar ríos y lagos.

3

Red de Apoyo Mutuo

Fomenta una red de kayakers comprometidos que compartan conocimientos y recursos para una práctica sostenible.



Tecnología Innovadora en el Piragüismo Ecológico



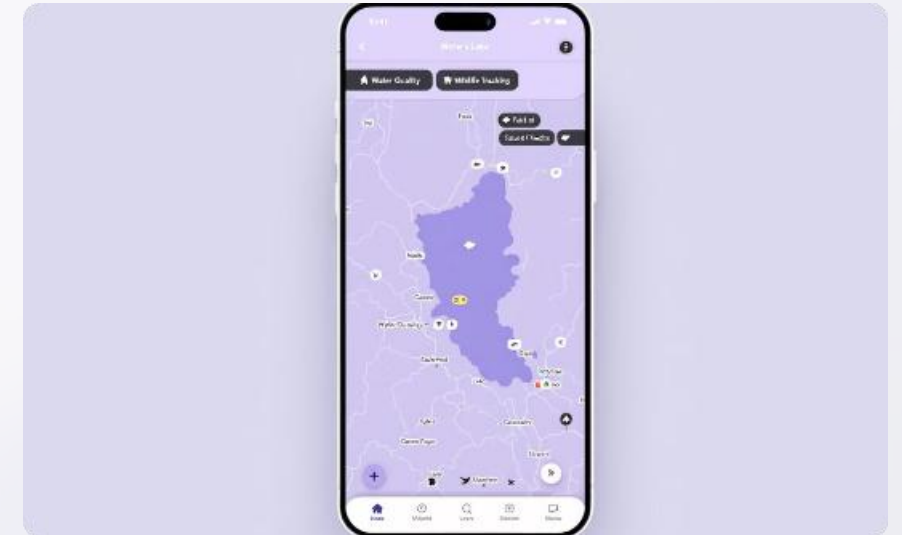
Kayaks Inteligentes

Kayacs equipados con sensores para monitorear la calidad del agua en tiempo real, proporcionando datos valiosos para programas de conservación.



Navegación Ecoeficiente

Aparatos de navegación impulsados por energía solar que optimizan la eficiencia del viaje y reducen el disturbio ambiental.



Aplicaciones Móviles Ecológicas

Aplicaciones que permiten a los kayakers informar y actuar sobre cambios en los ecosistemas acuáticos en waktu real.



El Futuro del Piragüismo

Sostenible: Nuestro Compromiso Contigo

1

Educación Continua

Comprometidos a compartir conocimientos actualizados sobre prácticas sostenibles en el mundo del piragüismo.

2

Innovación Constante

Desarrollando constantemente nuevas tecnologías y métodos para impulsar la sostenibilidad en cada viaje.

3

Comunidad en Acción

Construyendo una comunidad de piragüistas comprometidos que líder en la defensa de nuestros cuerpos de agua.



1. ¿Cuál es uno de los principales beneficios del piragüismo sostenible?

- A) Disminuye el consumo de agua en los ríos.
- B) Fomenta la conexión con la naturaleza y la conservación de los ecosistemas acuáticos.
- C) Reduce el costo de los equipos de navegación.

2. ¿Cuál de las siguientes estrategias contribuye a un piragüismo ecológico?

- A) Utilizar kayaks y accesorios fabricados con materiales reciclados o reciclables.
- B) Remar lo más rápido posible para evitar contacto con la vida silvestre.
- C) Evitar el uso de mapas y rutas establecidas para explorar libremente.

3. ¿Qué porcentaje de reducción de basura en los cuerpos de agua se logra con rutas limpias organizadas por kayakers?

- A) 90%
- B) 70%
- C) 50%

4. ¿Cómo pueden los kayakers minimizar su impacto en la biodiversidad acuática?

- A) Evitando remar en áreas protegidas y respetando las rutas ecológicas.
- B) Usando cualquier tipo de embarcación sin importar su material de fabricación.
- C) Alimentando a la fauna local para promover su acercamiento a los deportistas.

5. ¿Cuál es una de las innovaciones tecnológicas que contribuyen al piragüismo sostenible?

- A) Kayaks equipados con sensores para monitorear la calidad del agua en tiempo real.
- B) Uso exclusivo de embarcaciones a motor para facilitar la navegación en aguas turbulentas.
- C) Sistemas de sonido incorporados en los kayaks para atraer especies marinas.

