

Sustainability Ideas for Rafting Operators, Instructors, Guides and Recreational Rafters



“Take only pictures, leave only footprints”

- Bring everything that you took into the river back out with you and recycle all the refuse
- Don't disturb or destroy any of the natural environment



Water bottles: use reusable bottles or get participants to bring their own reusable cups and/or bottles



Recycle bins: have clearly labelled recycle bins next to all rubbish bins



Where food is being sold or served:

- Use reusable dishes and cutlery. Or use disposables that are made from sustainable paper or compostable materials (which must then be composted)
- Try use as much fresh foods and foods with minimum packaging as possible, and food in tins and glass rather than in plastic
- Try source as much of the food from the local area
- Collect food scraps and organise collection for farm use or composting



Paths: if paths or roads need to be built ensure they only disturb the ground needed and preferably that they enhance the location for locals



Sunblock: ask everyone coming to the river to only bring sustainable sunblock i.e., ones that contain no aerosol spray(s), ones that don't wash off easily, ones that don't leave oily residues on the water



Protect local rivers: take action against people/companies polluting your rivers or wanting to stop them from being free flowing. Educate where you can as to why we need to keep rivers clean and free flowing. Support those who are actively working to protect your rivers



Think about how you can improve the **diversity** amongst those you employ



Employ locals as much as possible: the more they rely on the work you provide the more they will buy into protecting the location and the river for long term use for all in the region



Sustainable materials: read the [IOC's Sustainable Sourcing in Sport](#) for more details on sustainable sourcing



Avoid using fossil fuels where you can and try to use renewables like solar



Educate:

- Use clear signage to educate participants so they become aware of what is being done, why it is being done and what they should be doing to help. Hopefully they will take these newly formed habits away with them and introduce them into other parts of their lives:
 - o Signs at recycling bins so they know where to throw away what
 - o Where you are providing or selling reusable water bottles - explain why
 - o At water tanks where they can refill their bottles - explain why
 - o Signs near rivers about not throwing rubbish into river or on banks of river or anywhere. And about polluting with sunscreen
 - o Signs about not wasting tap water
 - o Signs about not wasting energy - so turn off lights and equipment when not in use
- Have volunteers wear brightly-coloured shirts (e.g. a Green Team), mingle among the crowd with garbage and/or recycling bags to collect litter before it hits the ground
- Organise river clean-ups: get schools and other groups involved in doing river clean-ups. Use the opportunity to educate them on river pollution = seas pollution
- Ensure your own staff understand why sustainability is essential in this day and age and that they understand and follow all the steps you have put in place

This document is a supporting document to the IRF [Practical Guide to Sustainability](#) and can be read in conjunction with the IRF's [Sustainability ideas for rafting event organisers](#) document.

If you have ideas that you feel would be a good addition to the above list, please email them to [IRF Admin](#).

