



TENNIS FOR A GREENER FUTURE

GreenTennis - Erasmus + Project

For Players, Parents & Coaches

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SUSTAINABLE TRAVEL CHOICES



How players travel to tournaments and daily training matters for the planet and your example matters too.



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YOUR JOURNEY IS PART OF YOUR GREEN GAME

The carbon footprint of getting to a tournament - and to everyday training sessions - adds up significantly over a season. Choosing lower-carbon transport consistently, not just for big events, is one of the most impactful habits you can build.



TRAIN VS PLANE

Rail travel emits significantly less CO₂ per km than flying. Whether heading to a tournament or weekly training, choosing the train over short car journeys is one of the easiest ways to cut your sports carbon footprint.

CARPOOLING

Travel together with teammates for both tournaments AND regular training sessions. A consistent carpool to weekly practice reduces emissions and costs far more than any single event decision.

ACTIVE TRAVEL

Where possible, cycle or walk to training and tournaments. It doubles as a warm-up, produces zero emissions and saves on parking. Make it a regular habit, not just an occasional choice.

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01- Plan Your Route Early

Research train or bus options for tournaments and regular training. Planning ahead means cheaper tickets and lower emissions - for events and everyday journeys alike.

02- Form a Carpool Group

Connect with clubmates for both tournament travel and weekly training sessions. A regular carpool to practice cuts emissions and costs across the whole season.

03- Pack Light

Lighter bags mean less fuel used - whether heading to a tournament or a training session. Pack only what you need for the day.

04- Train Locally Where Possible

Where you have a choice, opt for a training venue within cycling or walking distance. Reducing car journeys to practice is just as important as reducing them for tournaments.

05- Ask Organisers for Help

Contact tournament organisers and club managers for public transport details and bike parking info - for both events and training venues.

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CHOOSING SUSTAINABLE EQUIPMENT

Conscious consumption - buying less, buying better, making it last.

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BUY LESS, PLAY BETTER

The tennis industry produces millions of rackets, balls and garments each year, many of which end up as waste prematurely. Choosing quality and durability is always the more sustainable option.



DURABLE RACKETS

Invest in a quality racket and maintain it properly. A **wellmaintained** racket lasts years —reducing demand for replacements.

ECO STRINGS

Natural gut strings are biodegradable. Some brands offer synthetic strings from recycled or bio-based materials. Ask your stringer.

LONG-LASTING APPAREL

Choose quality sportswear that washes and wears well. Look for brands using recycled polyester or organic cotton.

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01- Research Before You Buy

Look for brands with published sustainability commitments — recycled materials, fair labour practices, take-back schemes.

02- Repair Before Replacing

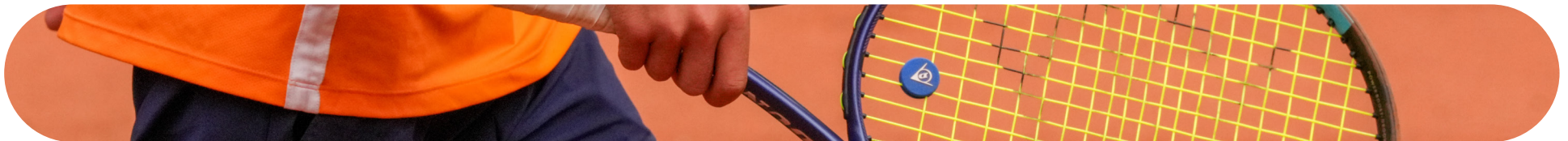
Can your grip be replaced? Your strings restrung? Your shoe soles repaired? Where you can, explore repair before buying new.

03- Buy Second-Hand

Junior players outgrow equipment quickly. Buy second-hand rackets and kit from club networks or online platforms.

04- Donate When Upgrading

When you move to a new racket or apparel, donate usable old equipment to a beginner, school programme or charity.



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REFILL, DON'T REPLACE

One simple habit that eliminates hundreds of plastic bottles from your tennis career.



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ONE BOTTLE. EVERY MATCH. EVERY TOURNAMENT.

A reusable bottle used throughout your tennis career eliminates thousands of plastic bottles from the waste stream. It is the single easiest green habit you can adopt today.



BEFORE THE MATCH

Fill your reusable bottle at the refill station before you warm up, where the local authorities confirm the tap water is safe to drink.

DURING THE MATCH

Sip from your reusable bottle at changeovers. Ask ball kids or event staff to point you to the nearest refill station.

AFTER THE MATCH

Rinse your bottle in the changing room. A clean bottle is a ready bottle - set it up for the next match today.

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01- Choose the Right Bottle

Opt for an insulated stainless steel or BPA-free bottle. It keeps water cold for hours and lasts for years.

02- Personalise It

Put a sticker or write your name on your bottle. It stays with you, stays hygienic and never gets confused with another player's.

03- Make It a Team Habit

Share the habit with your training group. If everyone on the team refills, the culture of the whole club shifts.



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RESPECT THE VENUE

Shared spaces deserve shared responsibility - on and off the court.

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THE VENUE BELONGS TO EVERYONE

Tournament venues — their courts, changing rooms, facilities and grounds — are shared by hundreds of players, coaches, spectators and staff. How you treat them reflects on you and your club.



RESPONSIBLE WATER USE

- Turn taps off after hand-washing - do not let water run
- Limit shower time to what you need
- Report leaks or running taps to event staff immediately
- Do not waste drinking water from refill stations
- Use sports towels efficiently - one rinse is enough

CLEAN CHANGING ROOMS

- Take all your belongings when you leave
- Dispose of tape, packaging and waste in the bins provided
- Do not leave food or drink containers behind
- Report any cleanliness issues to staff promptly
- Leave the space ready for the next player

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01- Court Care

Do not drag your feet on clay or grass courts unnecessarily. Report court damage or net issues to court officials.

02- Energy Respect

If you are the last to leave a changing room or training area, check that lights are switched off and windows are secure.

03- Canteen Etiquette

Dispose of all catering waste in the correct bins. Compostable and recyclable materials require different containers - sort carefully.

04- Ground and Garden

Stay on marked paths. Do not cut across grass or planted areas. Respect the groundskeeping work that maintains the venue.

05- Waste After Your Match

Place all empty bottles, wrappers and organic waste into the appropriate recycling bin after your match. Leave the court and surrounding area clean for the next players.

YOUR REPUTATION TRAVELS WITH YOU

The way you treat a tournament venue says something about your club and your character. Respect the venue, and other players will take note.

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USED TENNIS BALLS & GEAR

Closing the loop - giving equipment a second life instead of sending it to landfill.



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THE END OF A MATCH IS NOT THE END OF THE BALL

Used tennis balls still have enormous value — as training aids, as toys for shelters, as recycled rubber. Old rackets, shoes and apparel can be donated, repaired or recycled. Nothing needs to go straight to landfill.



WHAT TO DO WITH USED BALLS

- Donate to your club for junior training or beginners
- Drop at tournament ball collection boxes
- Use ball recycling services
- Repurpose as garden drainage or art projects

WHAT TO DO WITH OLD GEAR

- Donate usable rackets to school or community programmes
- Donate shoes in good condition to local charities
- Give old kit to beginners in your club
- Have old rackets restrung rather than replaced
- Use sportswear recycling programmes at retailers

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01- Start the Habit After Every Tournament

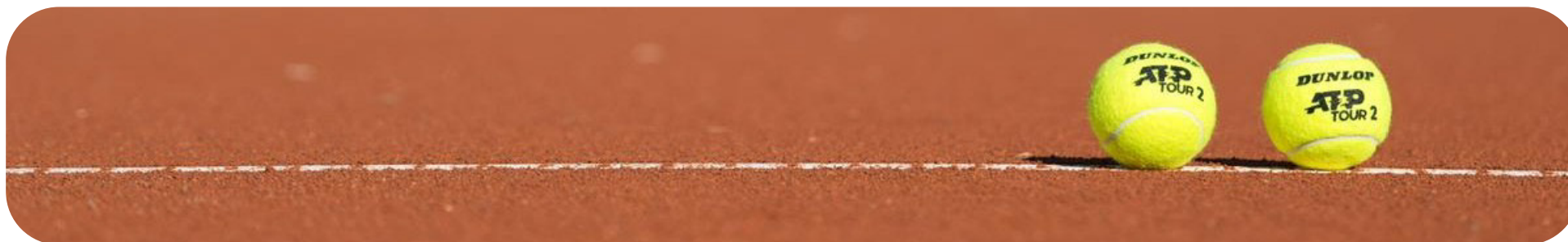
Sort your used balls — training quality vs beyond use. Keep a bag in your kit for collection.

02- Find Your Local Ball Recycler

Ask your national federation or club about certified ball recycling partners in your country. Tennis Europe recommends original pressure after use, and run recycling programs that avoid waste and convert used balls into sports surfaces.

03- Make It a Team Habit

Share ball and gear recycling options on social media or in your club group. The more people know, the more balls get recycled..



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BE A GREEN TENNIS AMBASSADOR



Your game can inspire a movement - influence your club, your community and European tennis.



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YOU ARE THE CHANGE YOU WANT TO SEE

Every green habit you adopt has ripple effects. When fellow players, coaches and parents see you refilling, recycling and choosing sustainable options, they are more likely to follow. That is how culture changes.



WHAT DOES A GREEN TENNIS AMBASSADOR DO?

- Consistently models green behaviour at tournaments and in training
- Shares sustainability tips with teammates, parents and club members
- Encourages their club committee to adopt greener practices each season
- Amplifies the GreenTennis message on social media using **#GreenTennis**
- Reports ideas, successes and challenges back to their national federation

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01- Share Best Practices

Tell your clubmates what green initiatives worked at a tournament — refill stations, ball collection, digital schedules.

02- Influence Your Club

Talk to your club committee about adding one green initiative per season — a refill station, a ball recycling box, a no-plastic event.

03- Connect Across Europe

Follow Tennis Europe and the GreenTennis project on social media. Share what you are doing with the hashtag #GreenTennis.

04- Educate Young Players

If you are a coach, parent or senior player, talk to the young players around you about sustainability. The next generation will shape the sport future.

05- Keep Learning

Stay curious about sustainability in sport. New ideas, technologies and practices emerge regularly - bring them back to your tennis community.

TOGETHER, WE CHANGE THE GAME

GreenTennis is a collective movement. Tournament directors, players, coaches, clubs and federations — all of us working together can transform tennis into a leading example of how sport drives meaningful environmental change.

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