

Coffs Trail Runners Events – Our Commitment to the ITRA Green Charter

The following sets out Coffs Trail Runners commitment to the [ITRA Green Charter](#) that lists examples of ways events can be eco-responsible and what Coffs Trail Runners are doing in their events at Washpool World Heritage Trails, Rumble in the Jungle and Coffs Backyard Ultra going forward.

ITRA Green Charter Example	Coffs Trail Runners
Inform participants not to disturb wildlife.	<p>For each of our events we will display this information on our website, social media pages in the leadup to events and in the Race Guide sent out to all participants.</p> <p>In addition, we will outline the environmental significance of Washpool & Gibraltar Range NP, Bindarri NP and Coffs Creek / Solitary Islands Marine Park that runners go through.</p>
Appoint a “Green manager” or “Green volunteer team” to implement and drive green practices and to educate and train staff and volunteers on eco-responsibilities of the event.	For each of our events we will have a responsible ‘Green Team’ of volunteers for overseeing that we are consistent with the ITRA Green Charter and being eco-responsible where possible.
Develop a dedicated page on each event website and utilize social media to set out the event’s green initiatives, provide eco tips to participants, sharing of eco stories etc.	<p>For each of our events we will have a dedicated section on our website about our green initiatives as well as posting this on our social media and in our Race Guide sent out to all runners.</p> <p>This will include what key actions we are taking in each of our events to be eco-responsible.</p>
Set out environmental protection-related policies and appropriate penalties imposed on participants and support crew for infringement.	<p>For each of our events we will have a dedicated section on our webpage about our green initiatives as well as posting this on our social media and in our Race Guide sent out to all runners.</p> <p>This will include a link to this document demonstrating a commitment to being eco-responsible, a blanket penalty that any participant (or their crew) found intentionally littering is immediately disqualified.</p>
Include an undertaking to encourage participants to abide by the same good practices of environmental protection during training.	<p>For each of our events we will have a dedicated section about our green initiatives as well as posting this on our social media and in our Race Guide sent out to all runners.</p> <p>This will include information encouraging participants to abide by the same good practices of environmental protection during training.</p>
Set up a monitoring system and try to achieve improved performance across all the points set out in the Green Program year on year	After each event the Coffs Trail Runners Committee will discuss how our event went from an environmental sustainability

	<p>perspective and how we can improve in the future.</p> <p>In addition, in our post-event survey, we will add in questions relating to getting feedback on our environmental initiatives.</p>
Encourage eco-responsibility of all stakeholders throughout the year	<p>We will uphold these green initiatives with pride and communicate these to all stakeholders.</p> <p>Where possible, we will encourage our stakeholders to be eco-responsible throughout the year and align ourselves with those brands that are promoting green initiatives.</p>
For example, be a public advocate of eco-responsibility of events; share knowledge with other Organizers; educate the public; attend seminars and conferences on this subject	<p>We will uphold these green initiatives with pride and communicate these to all stakeholders as well as promoting any green initiatives undertaken by our stakeholders.</p> <p>We are open to any feedback on green initiatives, sharing knowledge with other organisers and improving our own knowledge on this important issue.</p>
Conduct carbon audit by independent organization and implement a carbon offset program for the event and/or participants.	N/A given our small scale not-for-profit events
Provide and enforce rules about staying on existing paths to avoid soil erosion.	<p>For each of our events we will have a dedicated section on our website about our green initiatives as well as posting this on our social media and in our Race Guide sent out to all runners.</p> <p>This will include information encouraging participants to stay on existing paths to avoid soil erosion and not taking shortcuts.</p>
Provide instructions to staff and volunteers on how-to put-up way markers without damaging nature and clear all markers after the event.	<p>Volunteers will be briefed prior to course marking and de-marking on how to remove marker without damaging nature</p> <p>We are now switching to a reflective material and metal pegs that ensure we don't accidentally leave some markers on trees or damage nature when marking or demarking.</p>
Overall clear up plan to return the event venue and course to the same state it was prior to the race.	All event venues to be assessed post-event to ensure it is restored to at least the same state, if not a better state, than it was prior to the race.
Set out noise and lighting control plan to reduce impact to wildlife and villagers. PA system and	We don't have music in any of the National Parks we hold events in. We have music at Coffs

<p>spotlights are used only when necessary and limit output to within event centers.</p>	<p>Harbour Showground and Ulong Hall only which are already big event venues.</p> <p>We don't use any external lighting besides individual headtorches</p>
<p>Organize and hold trail repair or clean up initiatives before or after the event, etc.</p>	<p>Trail clean up days in National Parks are subject to permission from National Parks & Wildlife Service.</p> <p>We will look to undertake a 'plogging' social run in a location after each of our events to off-set any impact from our events and to promote 'plogging' more generally to our participants.</p>
<p>Bring Your Own Utensils ("BYOU") – Make it mandatory for all participants to bring their own containers and utensils - such as cups, bowls, sporks, hydration device.</p>	<p>All our events going forward will be 'cupless' events. All aid stations will be 'cupless'. It is mandatory in distances longer than 10km that participants must carry their own hydration system that they can refill and the relevant quantity of mandatory water.</p> <p>Coffee at Rumble in the Jungle will either be BYO coffee mug or use one of our provided mugs and wash it afterwards.</p> <p>BYO bowls and sporks is our preference and encouraged but we will also have some that are wooden and recyclable for use at the finish line</p>
<p>Phase out use of disposable items that cannot be recycled at all venues related to the event (e.g., Expo, start and finish points, aid stations, conferences).</p>	<p>Our main disposable items relate to the food we use at aid stations and at the start / finish line such as chip packets, coke bottles, snake packets. Chips and lollies we will buy in bulk and coke bottles will be recycled.</p> <p>We will review how we can cut down on waste of food wrapping by buying in bulk and avoiding food that comes in disposable material where possible.</p>
<p>Replace single-use water bottles with carboys.</p>	<p>We don't have single-use water bottles. We use large reusable water containers at aid stations.</p>
<p>Choose zero-packaging or bulk packaging for food and drinks over individual packaging; avoid unnecessary packaging.</p>	<p>We will review how we buy food and drinks and look to buy bulk packaging and avoid unnecessary packaging.</p>
<p>Choose equipment and materials that can be re-used (for banners, arch, etc.); consider sharing with / renting equipment from other event organizers (e.g., trolleys, tents etc.</p>	<p>All our equipment is reused across our events each year as well as borrowing and sharing equipment with the Coffs Harbour Running Festival.</p>
<p>Use way markers that are reusable and / or biodegradable.</p>	<p>Our way markers include:</p> <ul style="list-style-type: none"> ● Wooden stakes with corflutes

	<ul style="list-style-type: none"> We have previously used red and white bunting that we reuse at each of our events. We are now switching to a reflective material and metal pegs that ensure we don't waste any bunting (by tearing it), accidentally leave some on trees or rip leaves while tying or untying bunting
Eliminate printed brochures / leaflets / vouchers. Adopt electronic solutions for event and sponsors' promotional needs.	<p>We don't print any brochure / leaflets for our events.</p> <p>Vouchers will be now given out electronically.</p>
Allow participants to opt out of receiving swag (gifts) such as event t-shirts, buffs or provide only consumable items as swag	All our merchandise and swag is optional which includes Coffs Trail Runners shirts, singlets, socks, hats and Washpool shirts and singlets.
Use renewable energy as main source of power supply for the event	We only use power at Ulong Hall and the Exhibition Pavilion at Coffs Harbour Showground so are subject to their power supply.
Provide opportunity for gear exchange, sale of second-hand equipment, donations and recycling of clothing and equipment.	<p>We don't have 'yearly' merchandise and it is sold and worn each year.</p> <p>We are happy to work with participants on gear exchange, sale of second-hand equipment, donations and recycling of clothing and equipment if required.</p>
No swag at all for participants, i.e., including no finisher's medal.	<p>In 2022 and 2023, the medals we provided did not have the year on them. This means we have not wasted a single medal as they have been the same medal each year. Medals were also optional.</p> <p>Trophies for Rumble in the Jungle 2023 were made from materials sourced, and produced, locally at Ulong.</p> <p>We are currently reviewing how we do medals, trophies and prizes for our 2024 events.</p> <p>Also our bibs are reusable meaning participants keep and bring the same bib to each of our events.</p>
Set up waste collection and sorting facilities at appropriate points	We have waste bins at the start/finish and at each aid station with a recycling, green and general purpose bin for sorting and where possible, we will sort our waste into green, recycling and general.

	We bring all our waste with us after the event and dispose off-site.
Donate excess food and drinks to charitable organization	Excess food and drink is very rare but either consumed by volunteers or donated to runners who help pack up.
Appoint trustworthy recyclers to ensure recyclables are properly recycled	For each event we will have a 'Green Team' that are responsible for ensuring there is a recycling, green and general purpose bin where relevant at the start/finish and at each aid station.
Support the use of public transport / carpooling / Organizer's shuttle buses instead of private vehicles for participants, support crew, staff, volunteers, VIPs, spectators and media.	Carpool will be actively encouraged on our website and our Race Guide sent out to all runners.
Eliminate all personal support by support crew along the course.	We don't allow personal support crews at Rumble in the Jungle or Washpool World Heritage Trails and support crew is at the start/finish of each lap of the Coffs Backyard Ultra.
Set up a carbon neutral plan to offset the increased carbon footprint of participants / media flying in to participate in the event.	To be investigated in the future.
Use local products at aid stations and / or at finish point meals.	We will review how we buy food and drinks to maximise local products where possible.
Provide vegetarian option at aid stations and / or at finish point meals.	All our aid stations and finish line food at Coffs Backyard Ultra and Washpool World Heritage Trails is vegetarian only. All our aid station food at Rumble in the Jungle is vegetarian only and we have vegetarian options at the start/finish line.
Eliminate all non-vegetarian food options.	All our food at Washpool World Heritage Trails and Coffs Backyard Ultra is vegetarian only. We will review our catering menu at the Rumble in the Jungle start/finish line.