Project title: **FUTURE - Football Used as a Tool to edUcate childRen on sustainablE behaviours**
Pilot Projects and Preparatory Actions / PPPA-SPORT-2023-PEOPLE-PLANET
Project number: **101161089**

Co-funded by the European Union

FUTURE FOOTPRINT CALCULATOR

A simple guide on how to use it.

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WHAT IS FUTURE FOOTPRINT CALCULATOR?

The purpose of the application is to serve as a guideline for football teams, particularly those composed by young athletes aged 5 to 12, to educate them on good habits for reducing CO2 emissions resulting from their behaviors during sports activities (training and matches).

Using the FUTURE FOOTPRINT CALCULATOR will raise awareness across the network of football teams participating in the European pilot project "FUTURE". The goal of reducing CO2 emissions also aims to engage families, coaches, staff, and managers, who actively participate in sports activities and influence minors' behavior.

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HOW IT WORKS?

The app tracks a number of parameters that represent the main sources of CO2 emissions during football training and matches, especially for young and amateur teams.

The primary sources of climate-altering CO2 emissions considered by the app include:

- NUMBER OF ATHLETES / COACHES
- LIGHTING OF FOOTBALL FIELDS
- TRANSPORTATION OF ATHLETES
- USE OF FACILITIES, ESPECIALLY SHOWERS
- DRINKING WATER SUPPLY, WITH THE POSSIBILITY OF ELIMINATING PLASTIC BOTTLES IN FAVOR OF THERMAL BOTTLES

Visit https://futurefootprint.eu/ to know more on how these parameters contribute to CO2 emissions.

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THE CONTENT OF THIS GUIDE

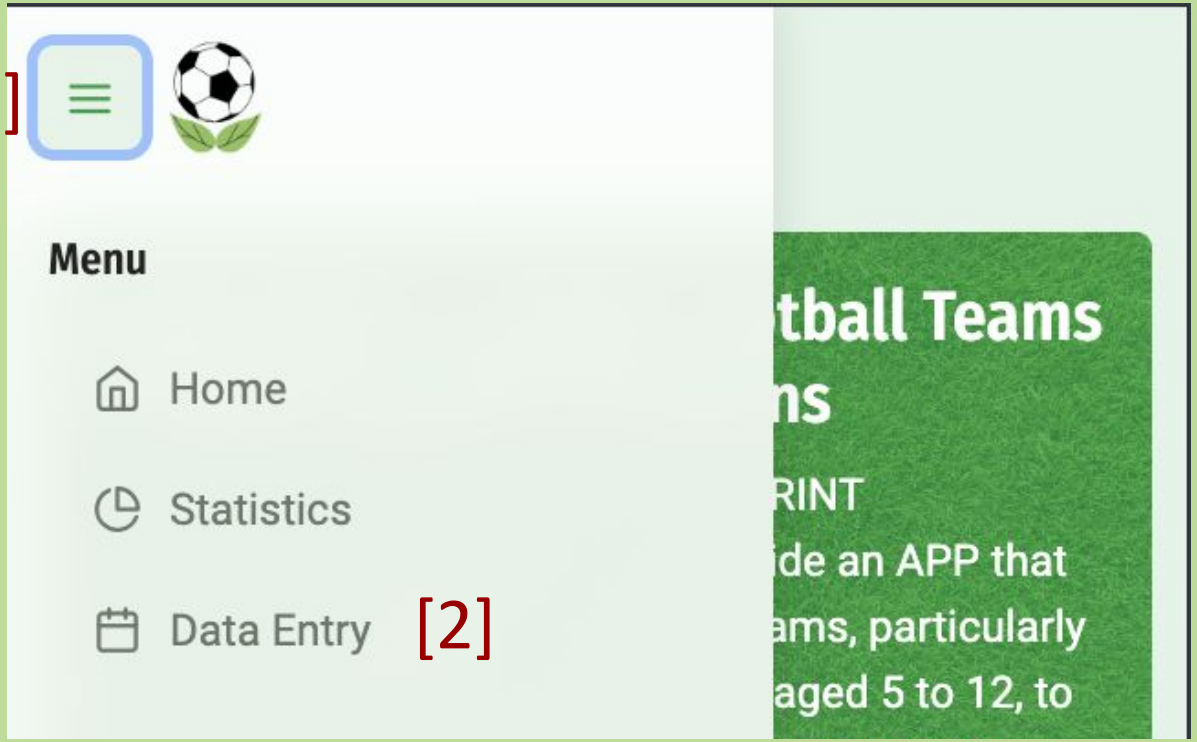
- How to register (slides 6 - 8)
- How to enter your data (slides 9 - 19)
- How to see your data (slides 20 - 23)
- How to change language (slide 24)
- How to add the app on your smartphone (slides 25 - 26)

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VISIT
https://futurefootprint.eu/
TO USE THE APP

It is possible to use the app both on your PC and on your tablet/smartphone.

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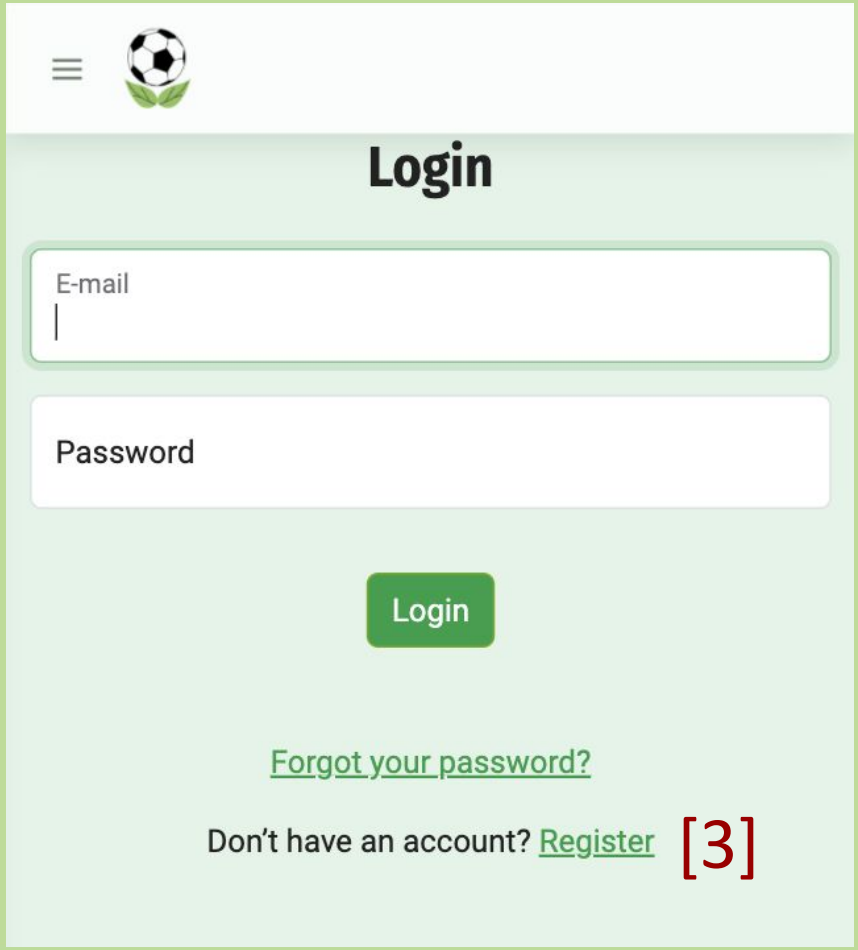


HOW TO REGISTER (1)

1. Click on the **“menu”** button, the one with the three bars on it [1]

1. Then click on **“Data Entry”** [2]

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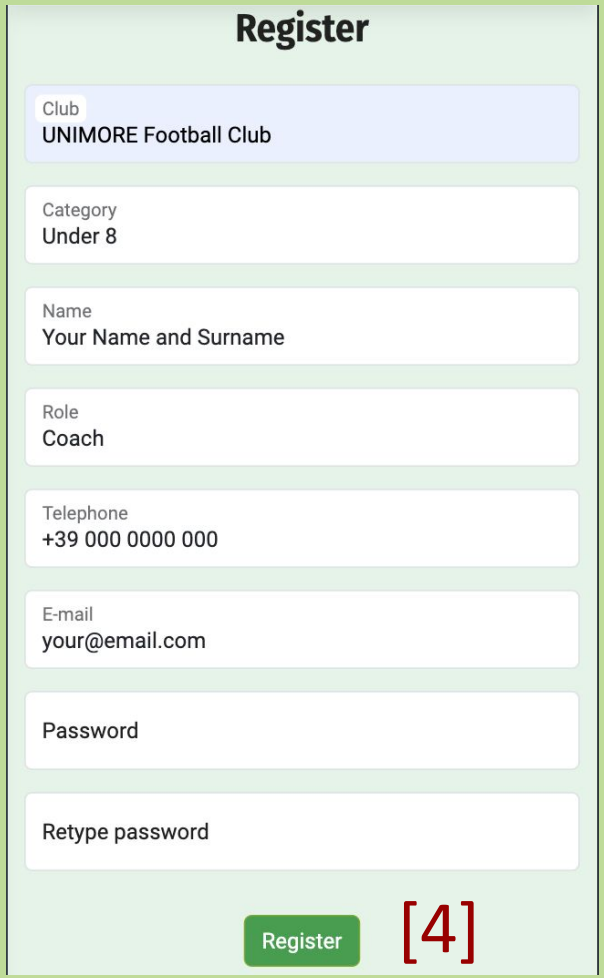


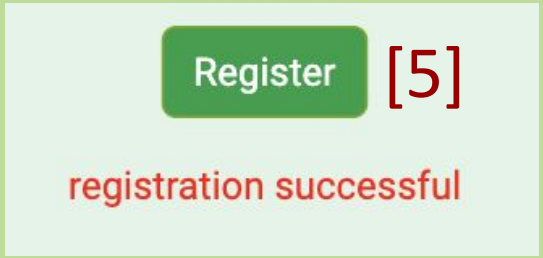
HOW TO REGISTER (2)

1. You will be brought to the Login page

1. Then click on **"Register"** [3]

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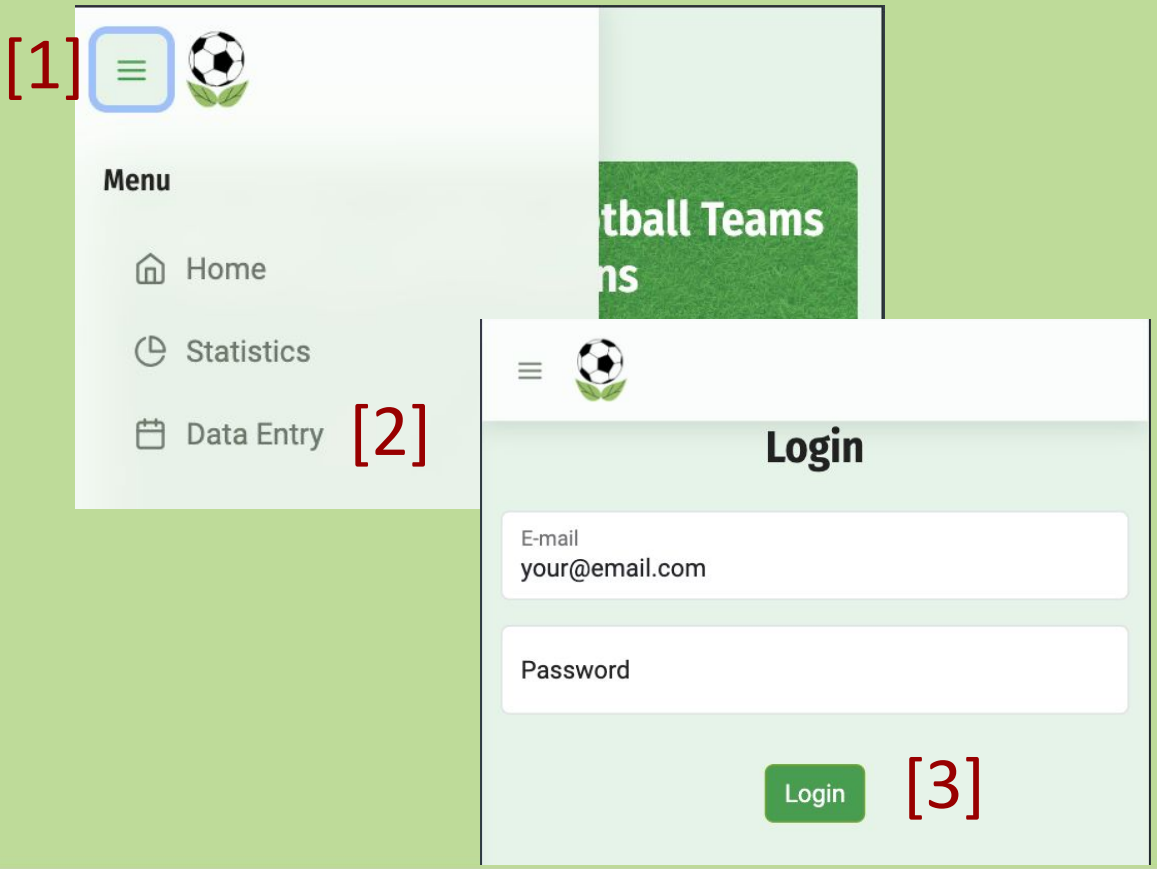




HOW TO REGISTER (3)

1. Fill the form with all the relevant information.
2. Then click on **“Register”** [4]
3. If the registration is successful you will see it in a message [5] and receive an e-mail from info@futurefootprint.eu

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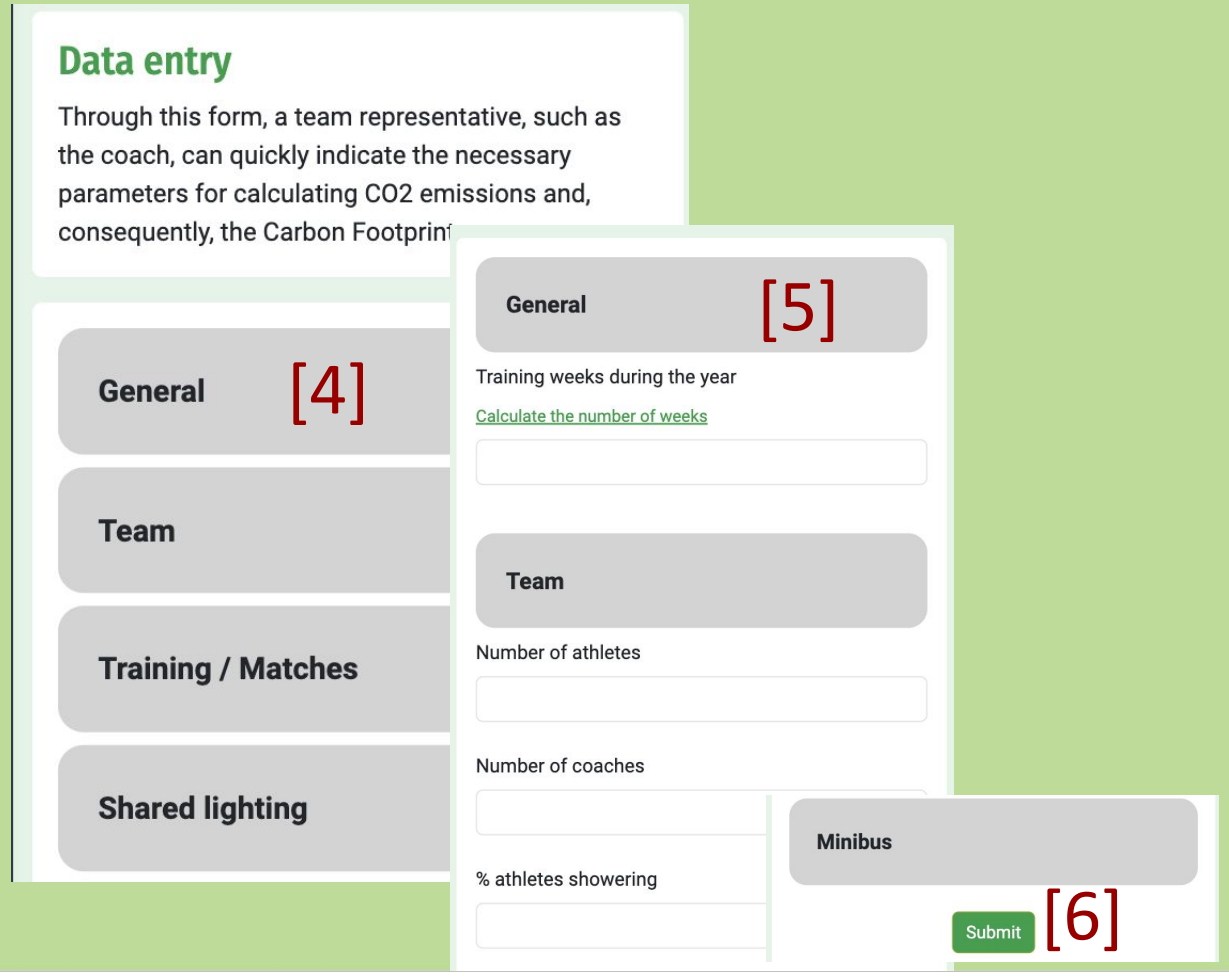
HOW TO ENTER YOUR DATA (1)

1. Click on the **“menu”** button, the one with the three bars on it [1]

1. Then click on **“Data Entry”** [2]

2. Login with your email and the password sed during the registration [3]

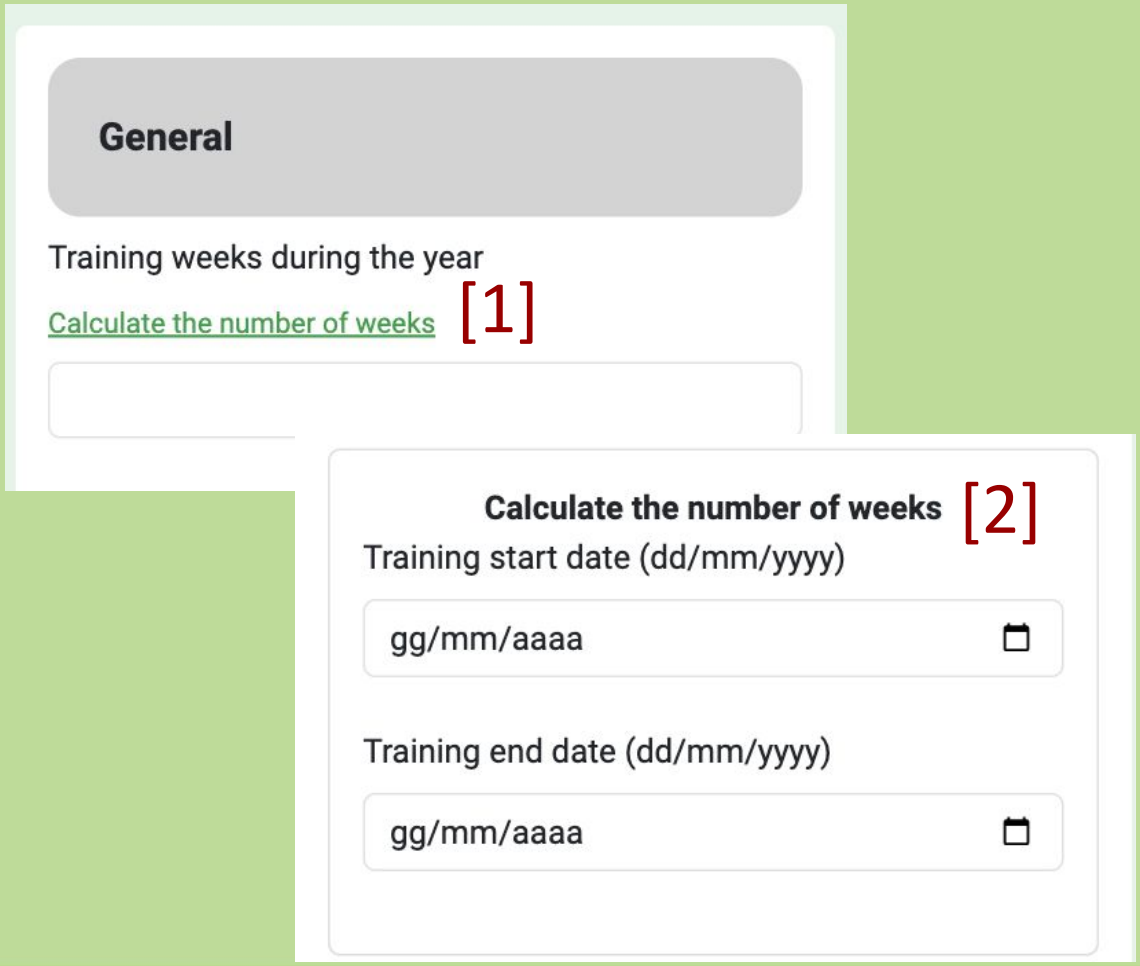
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HOW TO ENTER YOUR DATA (2)

1. You will now see a page with 9 macro categories.
2. By clicking on each category [4] you will be able to see all the fields that need to be completed [5]
3. After completing all the fields you need to click on **“Submit”** at the end of the page [6]

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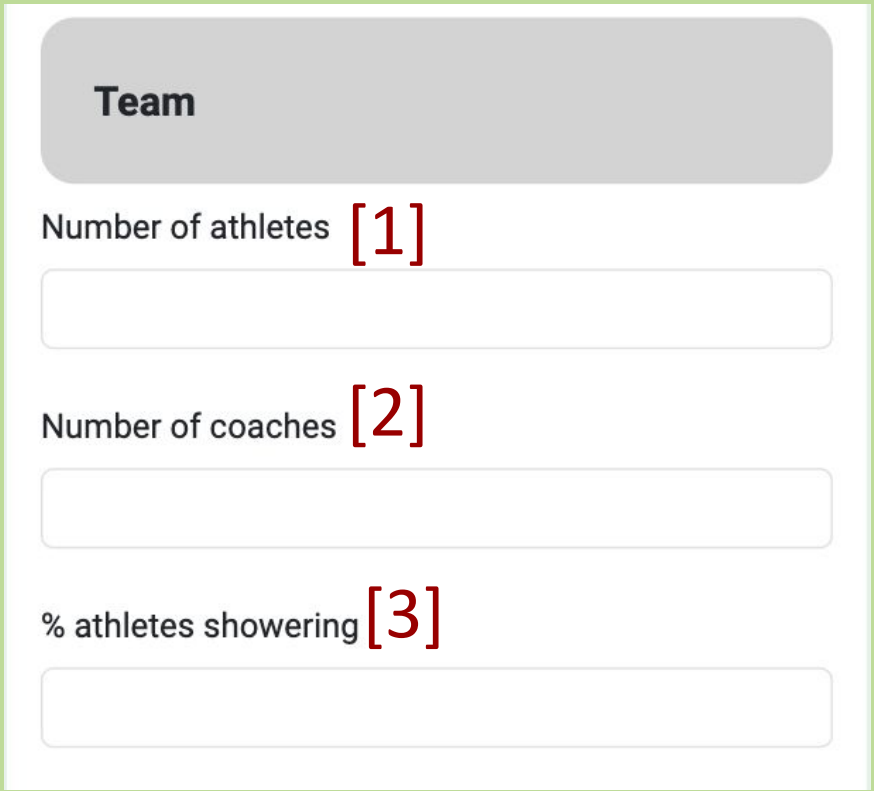


HOW TO ENTER YOUR DATA (3)

In the category **“General”** you need to provide **the number of training weeks during the year** (i.e., the length of the season).

You can calculate the length of the season in weeks by clicking on **“Calculate the number of weeks”** [1] and by indicating the start and end date of the season [2]

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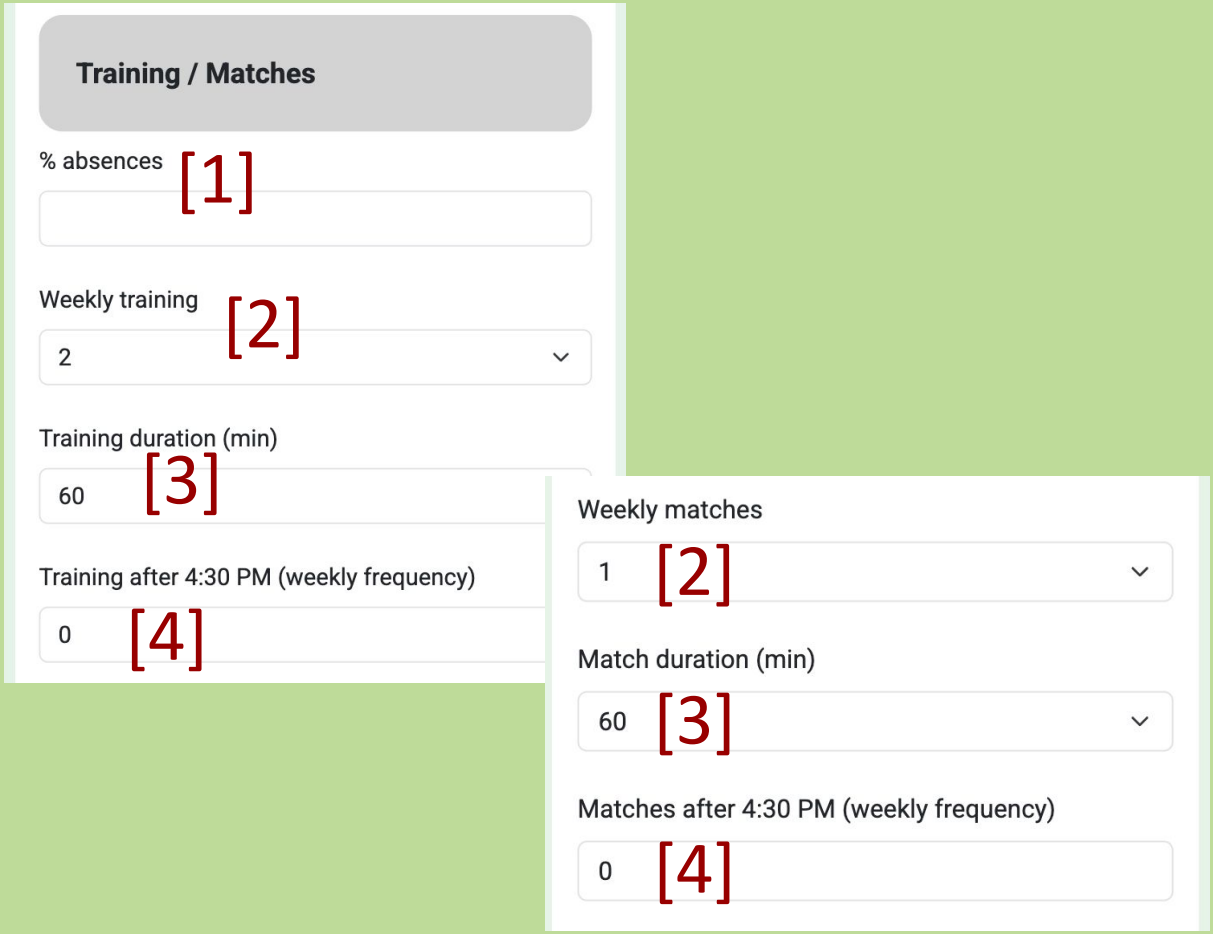


HOW TO ENTER YOUR DATA (4)

In the category **"Team"** you need to provide:

1. **the number of athletes** in the team [1]
2. **the number of coaches** in the team [2]
3. **the percentage of athletes that usually shower** after trainings and matches [3]

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HOW TO ENTER YOUR DATA (5)

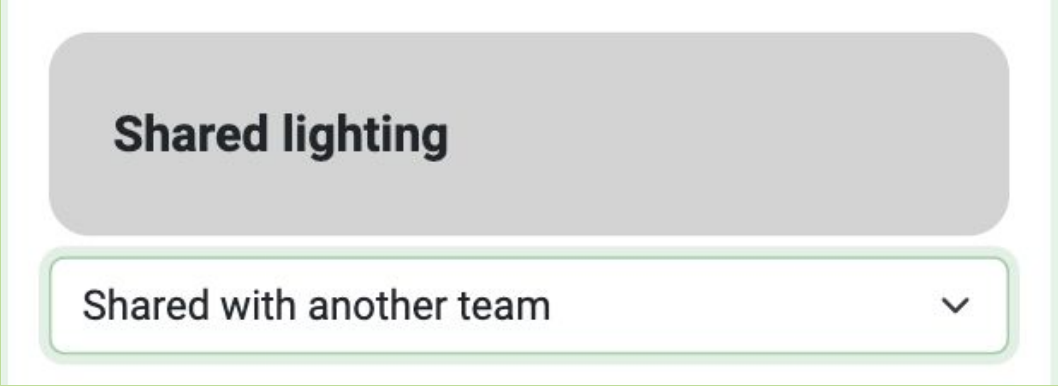
In the category **"Training/matches"** you need to provide:

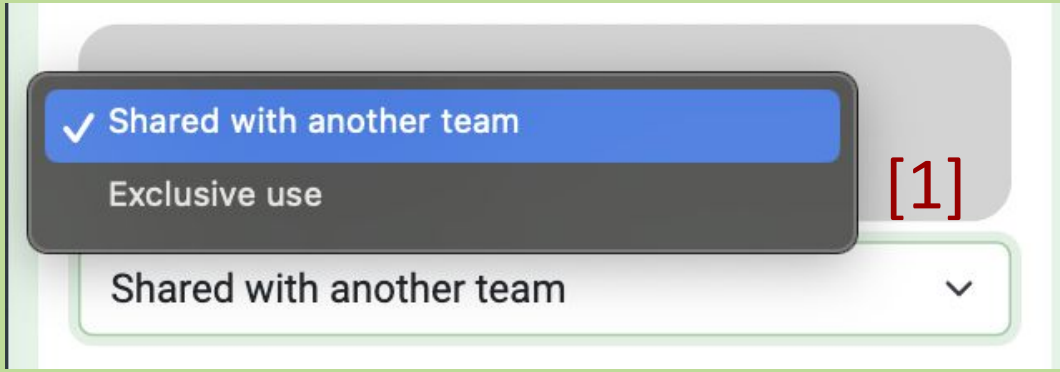
1. **the percentage of absences** of the athletes (i.e., due to illness, etc.) during training and matches (it can be an estimate)[1]
2. **the number of weekly training and matches** [2]
3. **the duration of training and matches** [3]
4. **the number of training matches taking place after 4.30PM*** (when usually artificial light is needed) [4]

*If training/matches usually take place in indoor facilities, then indicate all of them as happening after 4.30PM.

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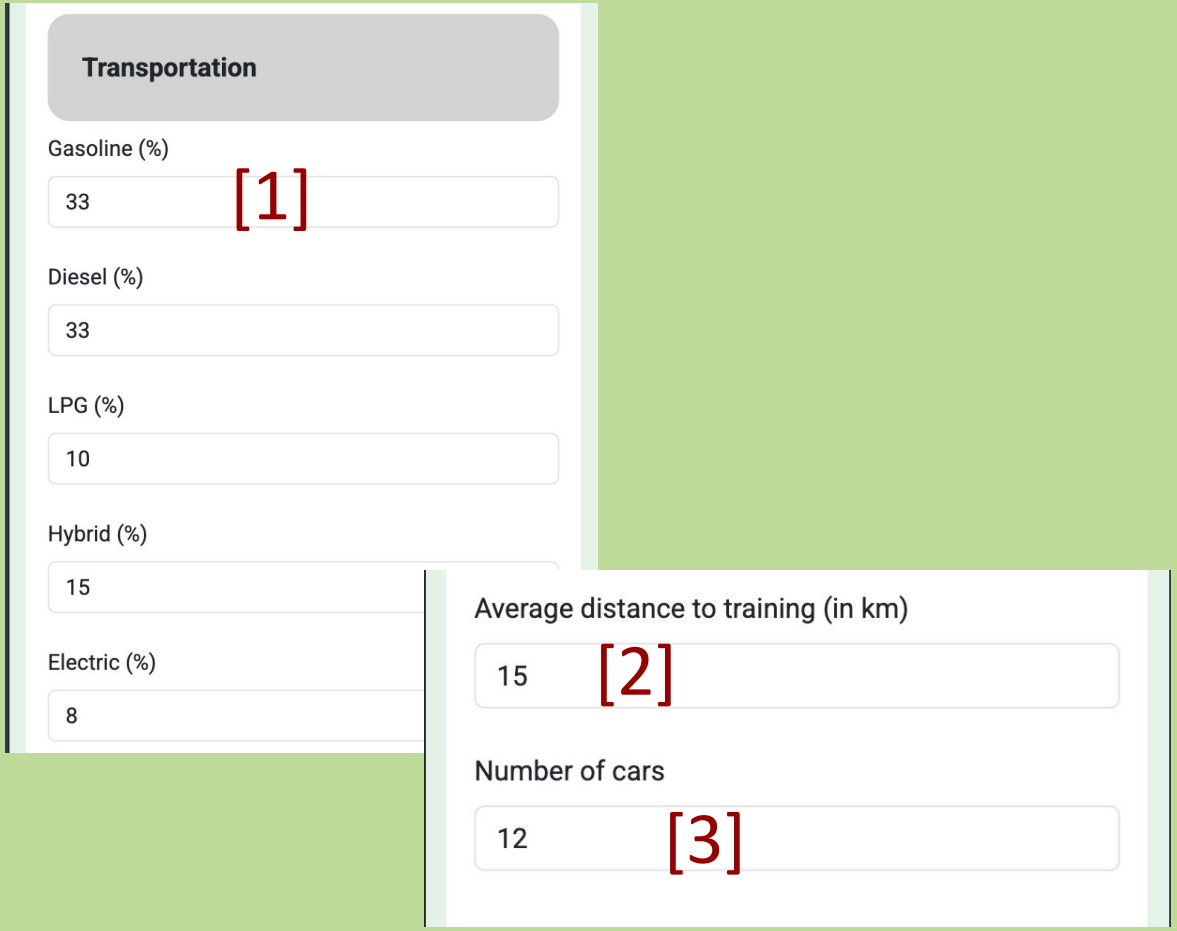


HOW TO ENTER YOUR DATA (6)

In the category **“Shared lighting”** you need to indicate id the training field used during training again is shared with another team or used exclusively by your team [1]

If you have mixed situations, indicate the more common/likely situation.
For example, if your team have 3 training sessions or matches for week, and in 2 occasions the field is shared, then indicate “Shared with another team”.

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HOW TO ENTER YOUR DATA (7)

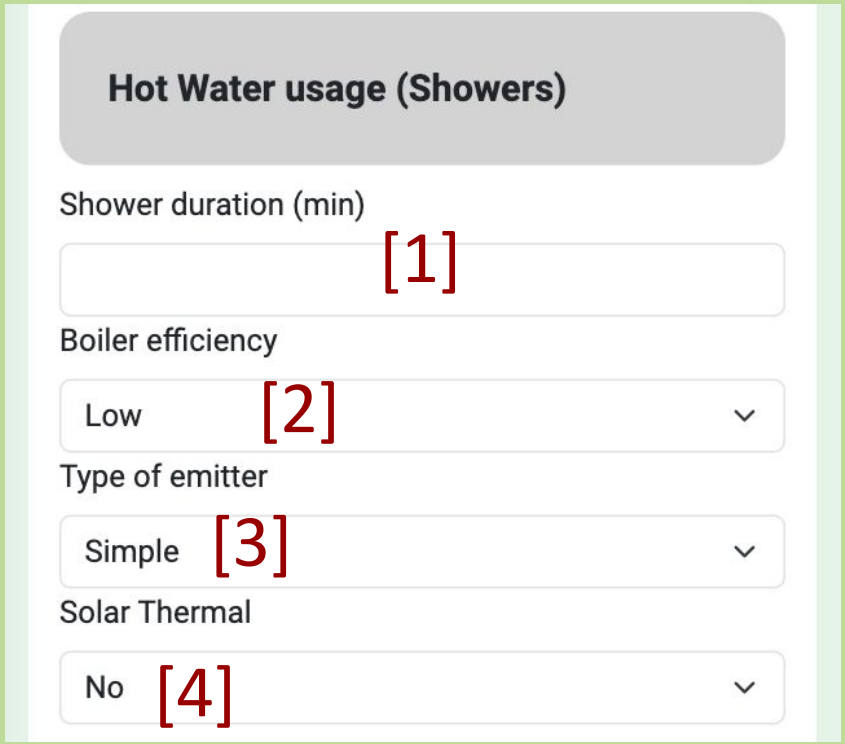
In the category **“Transportation”,** the app asks you to provide information on how athletes reach the training field (in the case of youth teams through their parents mostly).

You need to indicate estimates of:

- the percentage for each used type of **engine power supply** used by the athletes or their parents [1]
- the **average distance** that they need to cover to reach the training facility [2]
- the total **number of cars** used by the athletes to reach the facility [3]

If you don’t have or cannot collect these info, indicate “0” in the fields.

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HOW TO ENTER YOUR DATA (8)

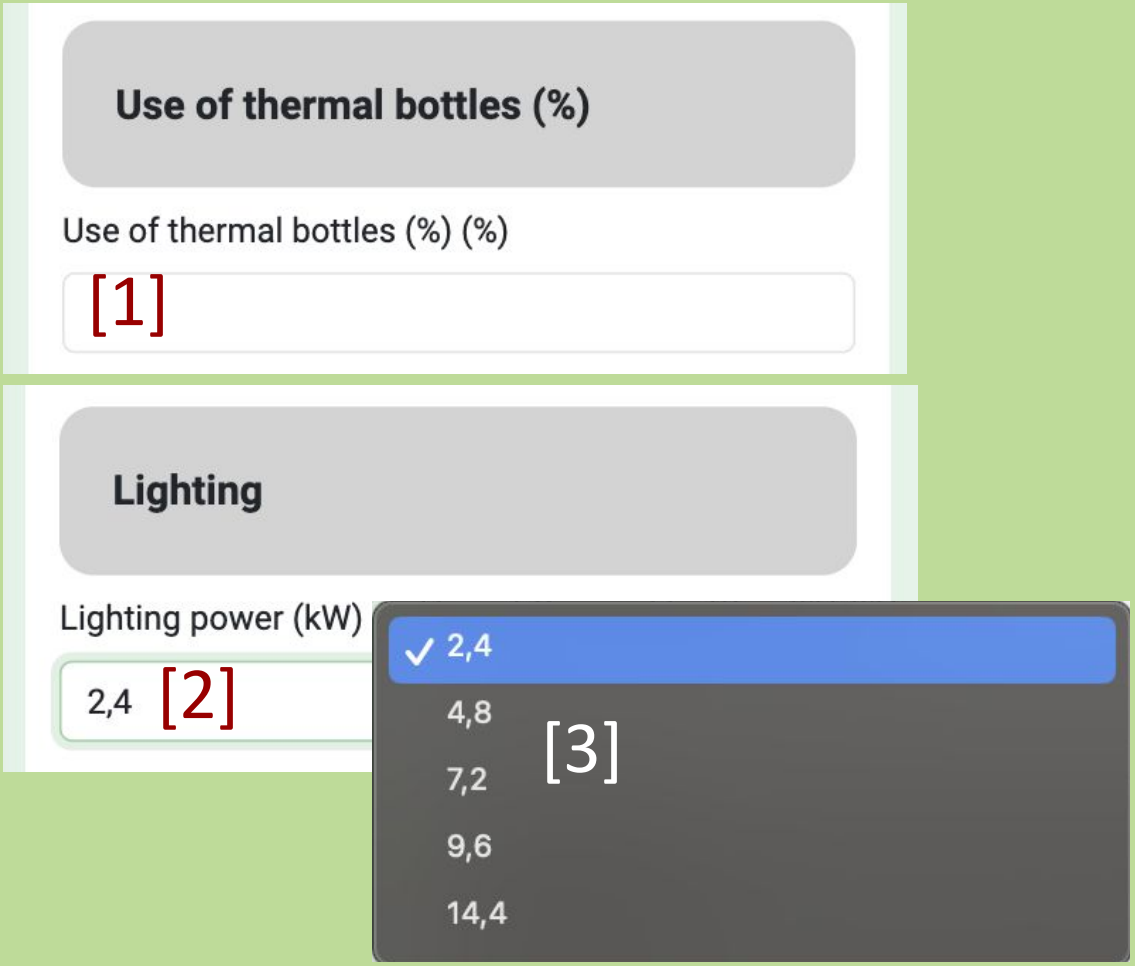
In the category **"Hot Water Usage",** the app asks you to provide information on:

- the **average duration of the showers** taken by the athletes (e.g., 10 minutes/person) [1]
- the **type of boiler** used by the facility (high, medium or low efficiency) [2]
- the **type of emitter** of the shower [3]
- if the facility has a **solar thermal system** to heat the water [4]

If you don't have or cannot collect these info, try to maintain a conservative estimate (e.g., low efficiency, simple emitters)

Especially in youth teams it is possible that athletes take their showers at home. If this is the case, remember to indicate the percentage of athletes taking the shower in the "Team" category.

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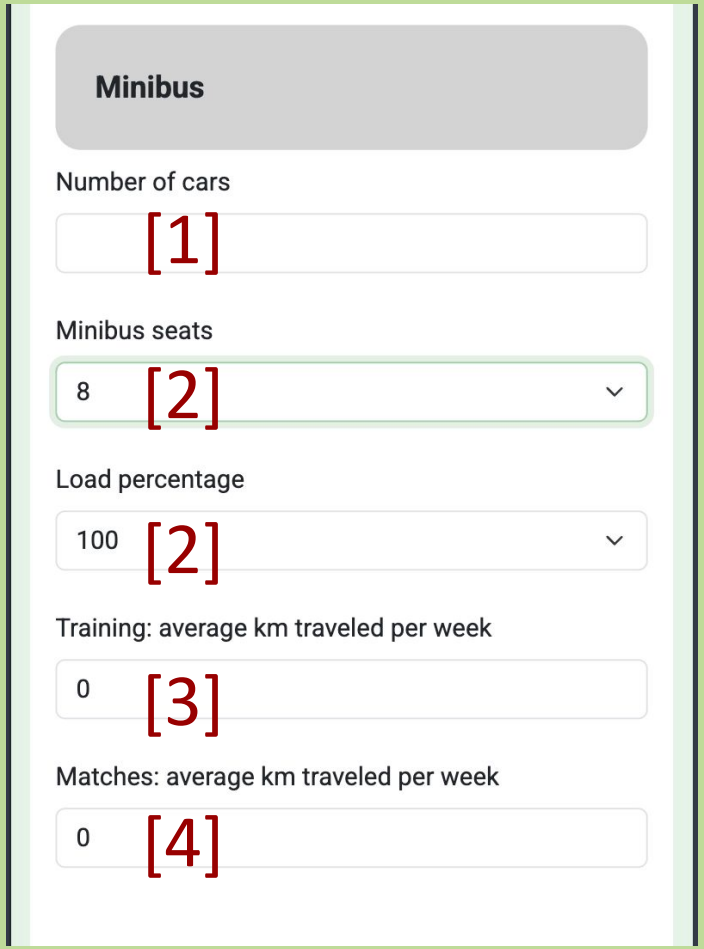
HOW TO ENTER YOUR DATA (10)

In the category **“Use of thermal bottle”,** you need to provide the percentage of athletes that use thermal/reusable bottles during training or matches, instead of plastic bottles. [1]

In the category **“Lighting”** you need to indicate the power of the lightning system in kW* [2][3].

*If you don’t have this info, provide a balanced estimate (e.g., 9,6kW for a full size football field; 4,8kW for fields of smaller size like futsal)

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HOW TO ENTER YOUR DATA (11)

In the category **“Minibus”,** you need to indicate if your team has a minibus and how many [1]. If your team does not have a minibus indicate “0”.

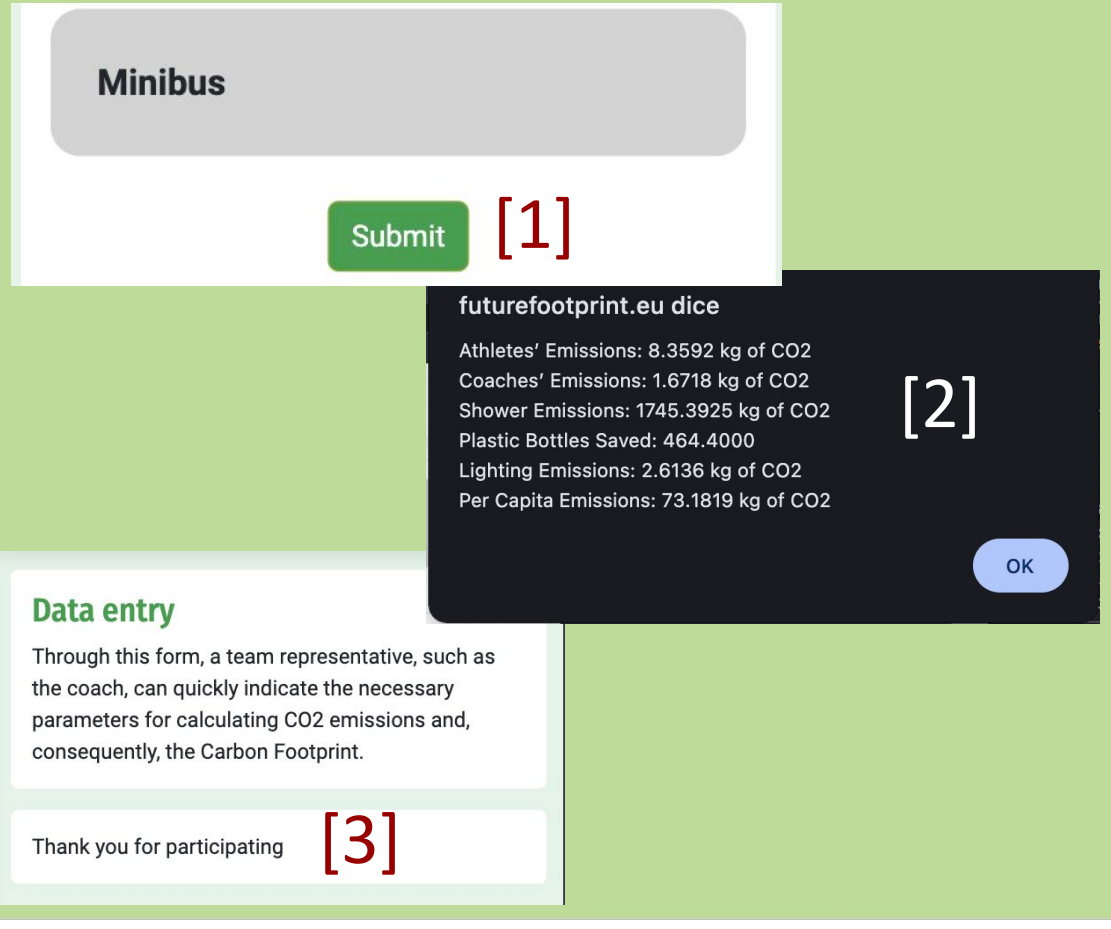
You also need to indicate how many **seats** the minibus has [2].

The **percentage of load** of the minibus when used [2], and the average km traveled per week for **training** (e.g., bringing athletes to the training fields) [3] and **matches** (e.g., bringing the team to a game) [4].

**If you don’t have this info, provide a conservative estimate or you can decide to not provide them by indicating “0” in the “Number of cars” field.

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HOW TO ENTER YOUR DATA (12)

After completing all the fields you need to click on **"Submit"** at the end of the page [1]

You will then see a black pop-up window with the calculation of the carbon footprint [2]

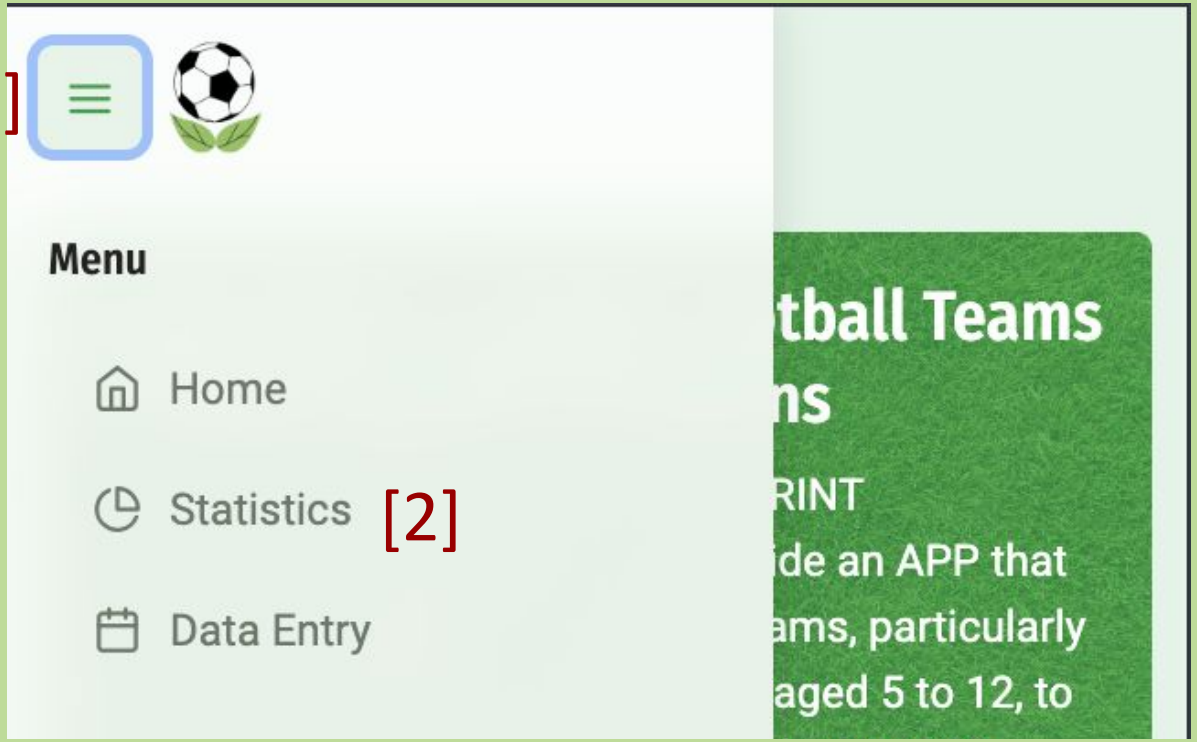
Once you click on "OK" you will se a message that the registration is successful. [3]

You will also receive an email with a recap of all the values and the carbon footprint indicator.

Next time you use the app to update the values, you will find the last values you have entered during the previous session.

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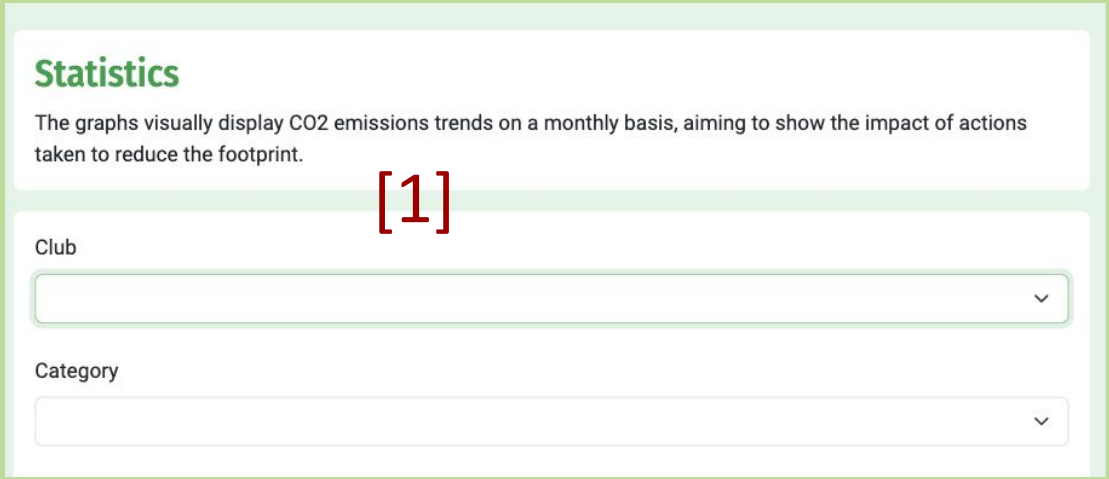


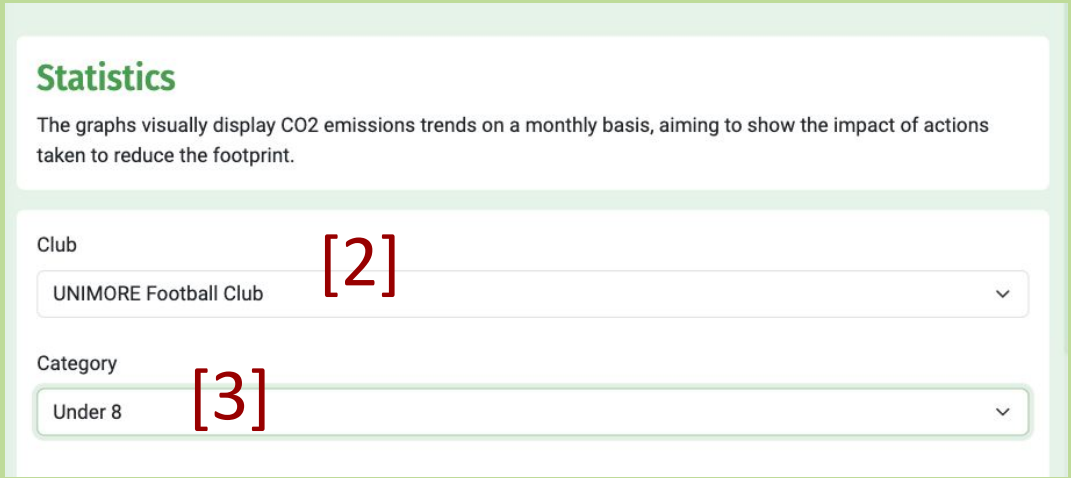
HOW TO SEE YOUR DATA (1)

1. Click on the **“menu”** button, the one with the three bars on it [1]

1. Then click on **“Statistics”** [2]

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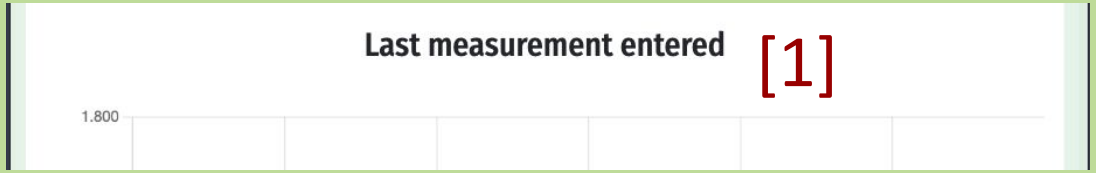


HOW TO SEE YOUR DATA (2)

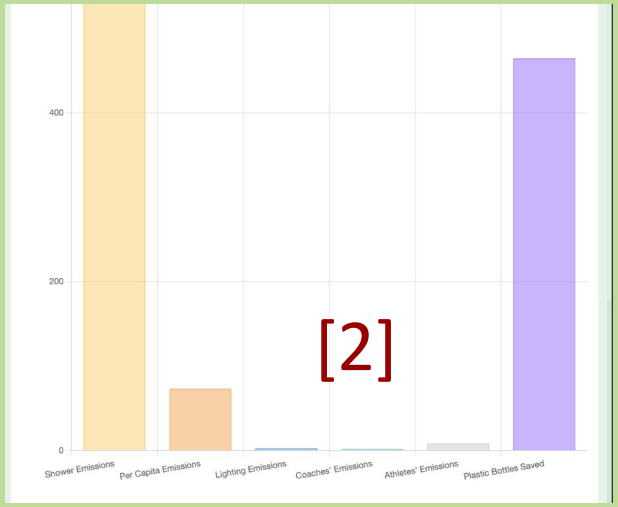
You will see a page with 2 drop down menus. [1]

You need to choose your club [2] and the category [3] from the available options.

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[1]



[2]



[3]

HOW TO SEE YOUR DATA (2)

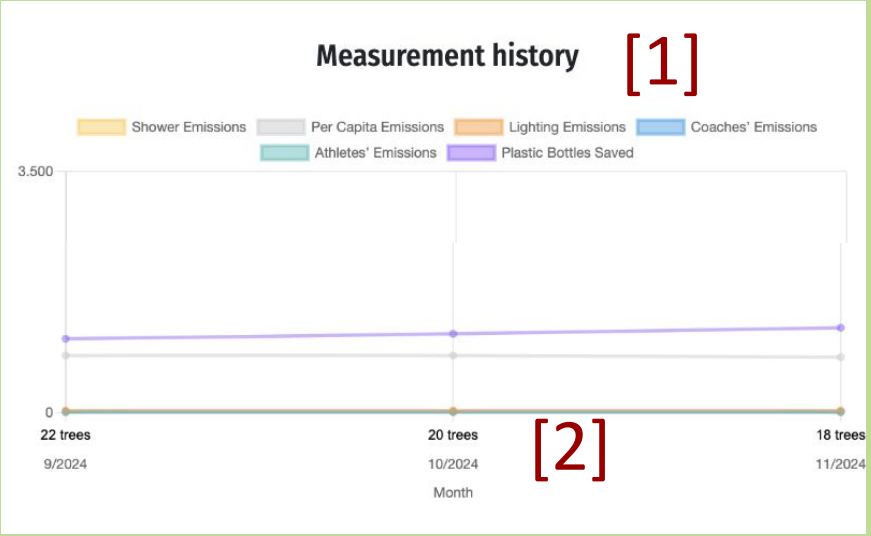
Below the drop down menus you will then see four different indicator.

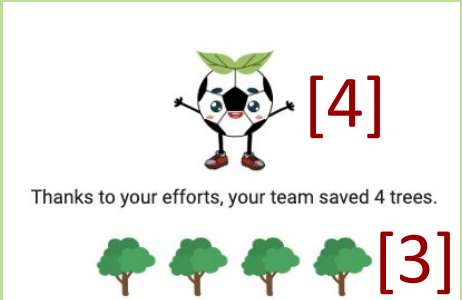
First you can see the last entered measurement [1], visualized as an histogram with the carbon footprint indicators in KG of CO2 per year. [2]

Second you will find an estimate of the number of trees that should be planted to offset this emissions. [3]

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HOW TO SEE YOUR DATA (3)

After the last measurement, you will see a **measurement history** [1] visualized as **line chart** with the variation between the first and the subsequent measures of the carbon footprint indicators [2]

Then you will find an estimate of the **number of trees "saved".** [3] This is the difference between the trees needed to offset the emissions after the first measurement and the trees needed after last measurement.
If the difference is positive (i.e., you have reduced your carbon footprint), you would need to plant less trees, meaning that you have saved some and FUTURE - the mascotte of the project - is happy. [4]

If the difference is negative (i.e., you have not reduced your carbon footprint) FUTURE tells you that the values have not been improved. [5]

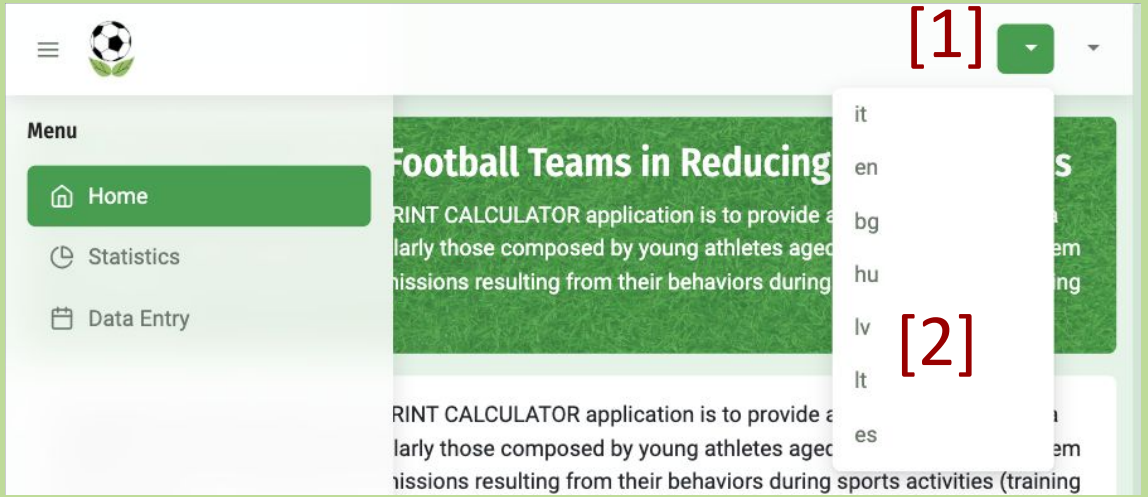
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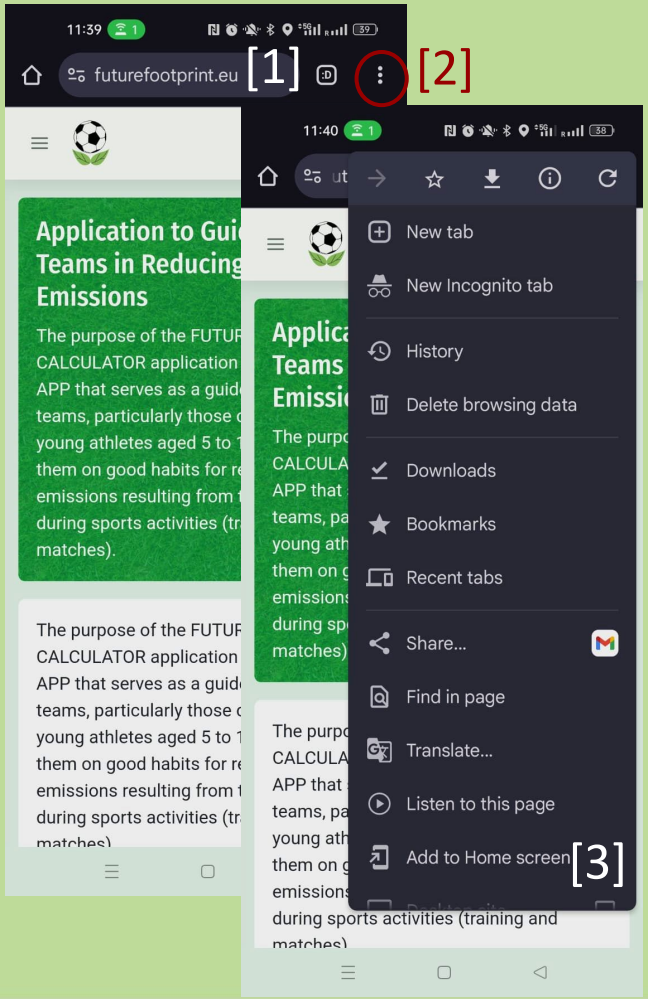
HOW TO CHANGE THE LANGUAGE ON THE APP

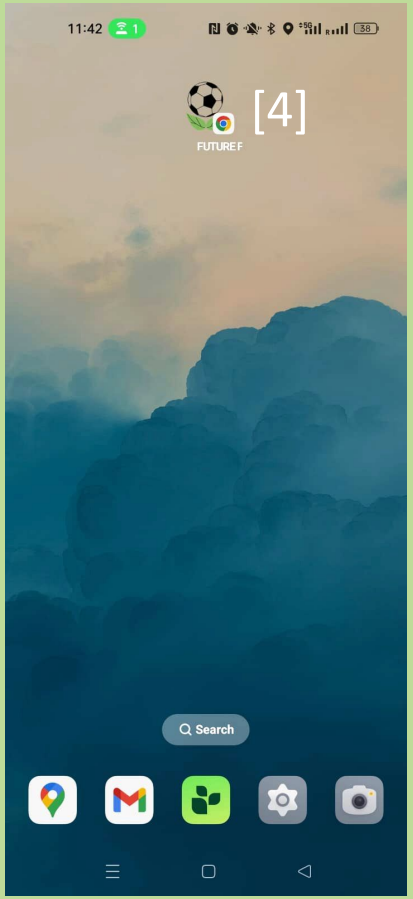
The app is available in 7 languages: English, Bulgarian, Hungarian, Italian, Latvian, Lithuanian and Spanish.

To change the language click on the first arrow on the right part of the header [1] and select your preferred language [2].



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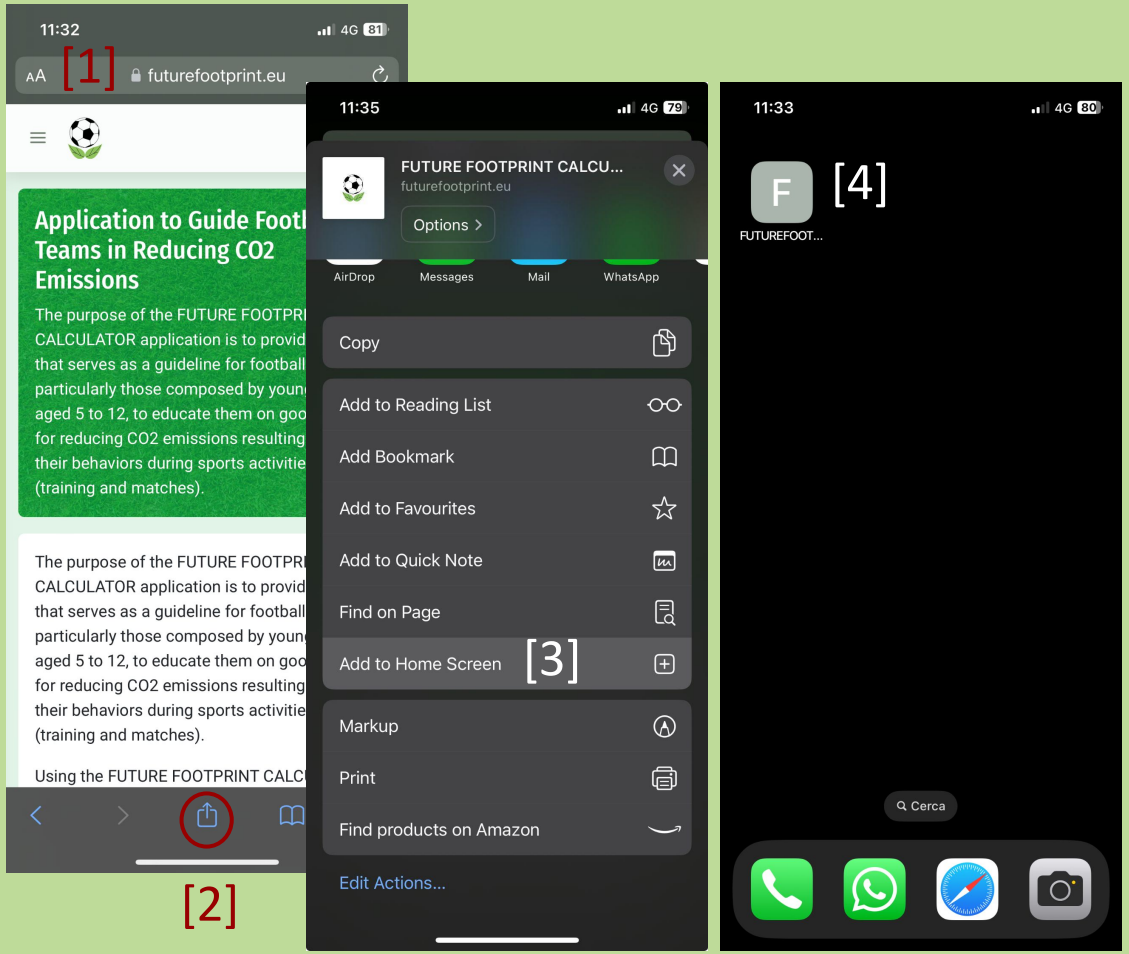
HOW TO ADD THE APP ON YOUR SMARTPHONE SCREEN?

For ANDROID:

- Open your phone browser (e.g. Chrome) and go on https://futurefootprint.eu/ [1]
- Click on the “settings” button on the left header of the screen (the one with 3 dots) [2]
- Search for the “Add to home screen” option [3] and click on it
- The link to the app should appear on you screen as a regular app [4].

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HOW TO ADD THE APP ON YOUR SMARTPHONE SCREEN?

For iOS (Apple devices):

- Open your phone browser (e.g. Safari) and go on https://futurefootprint.eu/ [1]
- Click on the “share” button at the bottom center of the screen (the square with a little arrow) [2]
- Search for the “Add to home screen” option [3] and click on it
- The link to the app should appear on you screen as a regular app [4].

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THANKS FOR USING

https://futurefootprint.eu/

For feedback or any questions you may still have contact us via email.

Dr. Giovanni Telesca (UNIMORE) - giovanni.telesca@unimore.it

Prof. Loris Vezzali (UNIMORE) - loris.vezzali@unimore.it

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