Workbook
Environment and Sustainability Champions Training

Name:.......................................................................................................................................................................

Club:............................................................................................................................................................................

Date:............................................................................................................................................................................

Training presented by Conservation Council SA in partnership with the Office for Recreation and Sport

Conservation Council SA

Government of South Australia
Office for Recreation and Sport
Exercise 1: Why are you interested in attending this training?  
What are the issues with energy and water at your club?

Exercise 2: What does your ideal sustainable club look like?  
What are the benefits of addressing sustainability in the club environment?
Exercise 3: Draft your own club pledge.
Tip: Relate to existing values/commitments.

Energy and Water Mythbusters

<table>
<thead>
<tr>
<th>TRUE OR FALSE?</th>
<th>TRUE</th>
<th>FALSE</th>
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</thead>
<tbody>
<tr>
<td>Lights should be left on because the energy wasted in starting them is greater than the energy used if they are left on.</td>
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<tr>
<td>Fridges can be switched off when they are not needed, as long as perishable goods have already been removed.</td>
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<td>Commercial fridges are as energy efficient as domestic fridges.</td>
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<td>Taking shorter showers only decreases the amount of water used and doesn’t have any impact on energy bills.</td>
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<td>Turning the thermostat down (in summer) or up (in winter) by one degree can increase energy bills by 10%.</td>
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<td>A few small leaks don’t make much of a difference to water bills.</td>
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</table>
Electricity meters record energy used in kilowatt hours (kWh). An electricity meter can be used to calculate the energy used during a period by subtracting the present reading from a previous reading.

A digital meter shows the reading as a row of numbers like the kilometers driven indicator in a car. This reading is the number of kWh used over the life of the meter.

When reading a dial or clock-face meter:

- Always read the dials from left to right, ignore the dial marked 1/10 (it is only for testing).
- Each dial revolves in a different direction to the one next to it.
- Always note the number the pointer has just passed. This isn’t necessarily the number closest to the pointer. For example, if it is between 7 and 8, write down 7.
- If the pointer is directly over a number, say 4, write down that number and then underline it.

Look at the numbers you have written down. If any are underlined we need to look at them further. If the number is followed by a nine then reduce the underlined figure by one. If not leave it as it is.

This meter reading is 73958 kWh
What are the meter readings for the following meters?

Meter one reading: ___________ kWh

Meter two reading: ___________ kWh

Meter three reading: ___________ kWh

The **Energy Advisory Service** offers free independent home energy saving advice.

**Online**  sa.gov.au/energy

**Email**  dmitre.energy@sa.gov.au

**Phone**  8204 1888 or 1800 671 907*" (Freecall™ from fixed lines only)
Exercise 4: What would you put in your action plan?

Exercise 5: How will you engage with your community about club sustainability initiatives?
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Environment and Sustainability
Champions Training

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