



345 PLEDGE

FOR SPORTS CLUBS

Take the 345 Pledge to live a more plastic-free life.

WE WILL...

encourage all of our members to take the **345 Pledge for Individuals**.

avoid using Styrofoam™ products.

encourage all of our members to carry a reusable water bottle.

encourage all of our members to use reusable or "to-go" containers.

get a team together to participate in a clean-up event.

have a water refill station available.

have recycling bins at our club.

have reusable cutlery to use at events.

not distribute nor use plastic cups.

not distribute single-use plastic water bottles.

supply a large cooler of water for events.

WE PROMISE TO DO...

3

THINGS
IMMEDIATELY

4

THINGS
IN 6 MONTHS

5

THINGS
A YEAR FROM NOW

Additional Comments

Date

Name/Signature

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