

# *Environmental Programme*

*Finnish Center for  
Integrity in Sports  
FINCIS Environmental  
Programme 2023-2026*



**Finnish  
Center for  
Integrity  
in Sports  
FINCIS**

# Introduction

The purpose of the Finnish Center for Integrity in Sports FINCIS is to promote responsibility in sports in co-operation with its partners. As an integral part of this mission, FINCIS has been assigned specific tasks in the areas of anti-doping activities, prevention of competition manipulation and promoting spectator safety and comfort. FINCIS is also responsible for investigating serious ethical violations and submitting disciplinary provisions in a centralised disciplinary system. In addition to these, FINCIS brings current ethical topics into public discussion and produces information on them to support the entire community.



## Reliably - Fairly - Together

The Environmental Programme and the values it represents are important to FINCIS. FINCIS wants to both develop its own operations and, by setting an example, support other sports stakeholders both nationally and internationally. The first Environmental Programme of FINCIS includes three objectives:

- 1) We improve the environmental sustainability of our own operations.
- 2) We encourage other sports stakeholders in the sports community to take better account of environmental issues.
- 3) We influence the international anti-doping community in a way that better takes environmental issues into account in future codes and standards as well as in operations.

The concrete measures included this Environmental Programme have been determined so as to ensure that can be realistically accomplished and that their performance can be monitored or measured. In addition to the general measures, anti-doping activities are emphasised, which are the largest operating area of FINCIS and involve a special environmental burden. For this reason, a separate chapter with the proposed measures was prepared.

This plan was prepared together with all FINCIS staff. The programme is based on the preliminary work carried out by intern Laura Lehto in summer 2022. The preparation of the programme involved the Sustainable Development Goals of the UN Agenda 2030 insofar as they are related to FINCIS's activities.

## Nykytilan kuvaus

FINCIS has paid attention to environmental issues in its operations even before the completion of this programme. This has been seen in practice, but a comprehensive and planned environmental viewpoint has not been applied before. Three of FINCIS' four tasks are based on state agreements, of which anti-doping activities in particular are heavily regulated globally. The Environmental Programme aims to take into account the issues that can be influenced nationally and internationally within the framework of the Anti-Doping Code and standards. With the exception of doping testing and exercise, FINCIS' operations correspond to ordinary office work in terms of both emissions and means of reducing emissions.

FINCIS' most environmentally harmful activity is travel, which resulted in a carbon footprint of 88 tCO<sub>2</sub> in 2019. Of this, flying accounted for 68%. More than 150,000 passenger-kilometres of flights with a carbon footprint of more than 56.54 tCO<sub>2</sub> take place each year. The remainder of the footprint consists mainly of costs from driving for doping control purposes. 2019 was chosen as the reference year as it was the last normal year of operations before the COVID-19 pandemic. This programme focuses on reducing emissions caused by travel.

The preparation of FINCIS' Environmental Programme applied the WWF Finland's Climate Calculator service, available at [www.ilmastolaskuri.fi](http://www.ilmastolaskuri.fi).

Whether it is possible to compile the carbon footprint of FINCIS's entire operations for one financial year is investigated. A compilation shall be carried out if the systems allow for this.



## Toimiston ja yleisen toiminnan ympäristövastuullisuus

### Toimitilat

SUEKin toimisto sijaitsee Sporttitalossa, jossa on myös muita urheilujärjestöjä. Tämä haastaa osaltaan omien toimien arviointia, sillä esimerkiksi tietoa jätteiden määrästä, sähkön- tai vedenkulutuksesta ei ole saatavilla. SUEK voi kuitenkin vaikuttaa yhdessä muiden sporttitalolaisten kanssa, että talon ja sen yhteisön ympäristövastuullisuuden taso ja mitattavuusmahdollisuudet nousisivat.

### Our environmental promises in order to achieve this include:

- We request information about the electricity supply contract every year from the real estate company. We insist that the electricity supplied will continue to be 100% renewable.
- We influence the real estate company so that we can monitor the consumption of water in the premises of sports organisations and, thereby, reduce water consumption.
- We influence the real estate company so that the indoor temperature of the property in the winter will remain at 19-20 degrees Celsius in order to mitigate emissions caused by heating.
- We investigate the possibility of installing lighting fixtures equipped with motion sensors in the common areas.
- We encourage employees to commute by bike by providing safe and dry storage for their bikes in the parking garage and allowing employees to recharge their e-bike batteries in the office.
- We provide safe storage facilities with the possibility of frame locking for the most valuable bicycles.

### **Commuting to home and work**

Depending on their tasks and employment contract, the staff have the possibility to work remotely. This helps to reduce the carbon footprint of commuting.

Staff commuting is supported by a parking benefit during the working day, bicycle maintenance service and a public transport commuting benefit. The measures currently in use to reduce the carbon footprint of commuting include:

- supporting commuting with public transport
- EUR 90 bicycle maintenance benefit per year

In the future, the possibility of providing a company bike will be investigated. In addition, the current sums of commuting benefits are assessed from an environmental perspective.

### **Travel**

FINCIS is the only operator in its field in Finland and its colleagues are mainly based in other countries. This causes a lot of travelling to various meetings and events. Some meetings are available remotely in an environmentally friendly manner, but this option is not available in all cases. It is also worth noting that in some cases remote participation in discussions and workshops, for example, is not always possible. For these reasons, the form of participation must be considered in advance and there must be a strong reason for choosing it.

#### **Environmental promises related to travel:**

- We assess in advance whether in-person participation in meetings and events is necessary, useful or comfortable. We participate in meetings and events remotely, if possible.
- We use eco-certified hotels or hotels that visibly and reliably communicate their environmental sustainability for accommodation.
- We use public transport where possible.
- We always ask car rental companies for vehicles with the lowest possible emissions.

### **Events**

FINCIS organises its own training and events every year and participates in various events, for example, with information stands. Some events can be arranged as hybrid events to reduce the environmental impact of travelling. However, it is worth noting that in some cases being face-to-face brings significant added value and enables better interaction, for example. FINCIS events are organised in accordance with the Checklist for Environmentally Sustainable Events.

By participating, FINCIS is able to influence the environmental sustainability of the event. For this reason, public transport is favoured. In order to transport goods, the aim is to rent vehicles with as low emissions as possible.

In Finland and abroad, hotels with an environmental certificate or a clear and credible public environmental or responsibility report are selected for accommodation. FINCIS staff stays in hotels that are within walking distance of the venue or reachable by public transport as easily as possible.

The use of private cars and taxis is avoided. For travelling and accommodation, the office's internal checklist of environmentally responsible events is taken into account.

#### **Environmental promises related to events:**

- We select venues for events, training sessions and meetings as well as places of accommodation in accordance with the Checklist for Environmentally Sustainable Events.
- We allow for remote participation in events where it is purposeful in terms of the nature of the event.
- We always ask car rental companies for vehicles with the lowest possible emissions.

## Procurements

The necessary purchases made by the office are related to ordinary office work needs, which include not only work equipment but also catering services for meetings and breaks. These purchases are made with an environmental perspective in mind. The order quantities are kept as realistic as possible to keep loss at a minimum. The disposal of goods and products is carried out in accordance with regulations and data security while taking into account the environmental aspect and recycling. With regard to the disposal of printed and distribution products, re-use is primarily considered, such as donating the products to another party as an ingredient. Procurements are made in accordance with the office's internal Checklist for Environmentally Responsible Procurements.

FINCIS' recognitions and distribution products take the environmental aspect into account. At the same time, giving out traditional material products is questioned and efforts are made to develop either fully or partially virtual products. An example of an environmentally sustainable distribution product is the biodegradable dishcloth with the "Clean win" hashtag given out to athletes tested at home. The virtual nature of the product is realised by athletes sharing images of the product on social media with the hashtag #puhtaastiparas. Recognitions and distribution products are procured in accordance with the office's internal Checklist for Environmentally Responsible Procurements.

Small everyday actions for the environment are also made, such as using stairs, conserving electricity, the proper handling of waste and other discharges, both from the perspective of data security and the environment.



## Environmental promises related to procurements:

- We take environmental sustainability into account in all office procurements and meeting and break services by choosing products that have a certificate that communicates environmental sustainability.
- We support a culture of recognition and gifts focused on virtual or immaterial gifts.
- The FINCIS work community draws attention to the fact that, among other things, these everyday actions for the environment are realised at the office:
  - + empty rooms are not illuminated
  - + we use stairs instead of the lift
  - + full loads are washed in the dishwasher
  - + we sort waste
  - + we do not use disposable containers
  - + we only print what is necessary
  - + coffee is environmentally certified

## Anti-doping activities

Anti-doping activities require a lot of individual people to move from one place to another, which has the biggest single effect on the environmental in FINCIS's operations. Doping control is governed by strict international codes and standards. This programme sets the things that we can influence without compromising the rules as an area of development.

For the purpose of doping control, Doping Control Officers are looking for athletes at competitions, home, training sessions and camps, among other places. Doping Control Officers usually move in pairs in private cars. These car trips account for approximately 160,000 kilometres per year, with greenhouse gas emissions of 25.44 tCO<sub>2</sub>. In order to reduce emissions from doping control activities, FINCIS will start an investigation into the possibility of long-term rental of electric cars for two full-time Doping Control Officers.

Samples are transported to the laboratory using a courier service. In our future tenders, we will attempt to favour courier services that are committed to environmental action and low-carbon operations.

Näytteenoton lisäksi dopingtestauksessa ympäristöä kuormittaa dopingtestivälineistö. Vaikka kilpailutuksissa on jo otettu huomioon ympäristönäkökulma, keskitytään tähän vielä enemmän tulevaisuudessa. SUEK kannustaa ja vaikuttaa osaltaan myös kansainvälisesti erilaisiin innovaatioihin, joilla testauksen ympäristövaikutusta voidaan vähentää. Lisäksi ympäristöasioita nostetaan esille kansainvälisissä vaikuttamisen paikoissa ja haastetaan tarvittaessa järjestelmää ja valmistajia ottamaan ympäristöasiat entistä paremmin huomioon.

### Environmental promises related to testing:

- We strongly recommend carpooling for doping control operations. Having only one person in a car is an exception.
- We are investigating the possibility of acquiring electric cars for full-time Doping Control Officers, for example, through a leasing service.
- We require low-emission operations from external courier service providers and monitor sustainability reports.
- We participate in and influence the international innovation discussion on doping control and keep the environmental aspect a priority on the agenda, for example, in order to introduce dried blood spot testing.
- We will only send out invitations to tender related to the procurement of doping control equipment to environmentally certified manufacturers. In the selection criteria, we also take into account the size and weight of the equipment, which affect the carbon footprint of the transport.
- We aim to influence the testing laboratory to dispose of and recycle the equipment in a low-emission manner and in accordance with regulations.

## Vaikuttamistoiminta

SUEKilla on mahdollisuus olla edelläkävijä ja samalla esimerkki maailmanlaajuisessa urheilun vastuullisuus- ja antidopingyhteisössä ja auttaa niitä kansallisia toimijoita, joilla on vähemmän resursseja ympäristötööhön. Tämä ympäristöohjelma julkaistaan myös englanniksi.

### Environmental promises related to influencing:

- We actively raise the importance of the environment, especially in the international development of anti-doping activities.
- We actively communicate about environmental sustainability both in Finnish and English.



# Measures 2023–2026

- Common ethical rules are re-evaluated from an environmental point of view.
- Whether it is possible to compile the carbon footprint of FINCIS's entire operations for one financial year is investigated. A compilation shall be carried out if the systems allow for this.

## • Supporting the commuting of staff

- + The possibility of providing a company bicycle is explored.
- + The current sums of commuting benefits are assessed from an environmental perspective.

## • Influencing the Sporttitalo building and its solutions

- + We request information about the electricity supply contract every year from the real estate company. We insist that the electricity supplied will continue to be 100% renewable.
- + We influence the real estate company so that we can monitor the consumption of water in the premises of sports organisations and, thereby, reduce water consumption.
- + We influence the real estate company so that the indoor temperature of the property in the winter will remain at 19–20 degrees Celsius in order to mitigate emissions caused by heating.
- + We investigate the possibility of installing lighting fixtures equipped with motion sensors in the common areas.
- + We encourage commuting by bicycle by providing safe storage facilities with the possibility of frame locking for the most valuable bicycles.



## • Office procurements

- + We take environmental sustainability into account in all office procurements and meeting and break services by choosing products that have a certificate that communicates environmental sustainability.
- + We support a culture of recognition and gifts focused on virtual or immaterial gifts.
- + The FINCIS work community draws attention to the fact that, among other things, these everyday actions for the environment are realised at the office:
  - Empty rooms are not illuminated,
  - we use stairs instead of the lift,
  - full loads are washed in the dishwasher,
  - we sort waste,
  - we do not use disposable containers,
  - we only print what is necessary,
  - coffee is environmentally certified.

## • Travel:

- + We assess in advance whether in-person participation in meetings and events is necessary.
- + We participate in meetings and events remotely, if possible.
- + We use eco-certified hotels or hotels that visibly and reliably communicate their environmental sustainability for accommodation.
- + We use public transport where possible.
- + We always ask car rental companies for vehicles with the lowest possible emissions.

## • Events:

- + We select venues for events, training sessions and meetings as well as places of accommodation in accordance with the office's internal Checklist for Environmentally Sustainable Events.
- + We allow for remote participation in events where it is purposeful in terms of the nature of the event.
- + We always ask car rental companies for vehicles with the lowest possible emissions.





• **Anti-doping activities:**

- + *We strongly recommend carpooling for doping control operations. Having only one person in a car is an exception.*
- + *We are investigating the possibility of acquiring electric cars for full-time Doping Control Officers, for example, through a leasing service.*
- + *We require low-emission operations from external courier service providers and monitor sustainability reports.*
- + *We participate in and influence the international innovation discussion on doping control and keep the environmental aspect a priority on the agenda.*
- + *We will only send out invitations to tender related to the procurement of doping control equipment to environmentally certified manufacturers. We include the size, material and recyclability of the equipment in the selection criteria.*
- + *We aim to influence the testing laboratory to dispose of and recycle the equipment in a low-emission manner and in accordance with regulations.*

• **Influencing:**

- + *We actively raise the importance of the environment, especially in the international development of anti-doping activities.*
- + *We actively communicate about environmental sustainability both in Finnish and English.*

## Implementation, monitoring and evaluation

All members of the staff are responsible for the implementation and incorporation of the programme into daily operations. In order to implement the programme, an environmental responsibility working group will be set up with the following duties:

- Updating and specifying the programme
- Verifying annual measures in the action plan
- Reporting on the implementation of the Environmental Programme in the annual report
- Monitoring of environmental sustainability issues in the sports community and participation in events
- Addressing potential shortcomings

Members of the working group serve are appointed for one-year terms. One of the members will serve for an additional term. This ensures the natural and uninterrupted continuity of operations. The goal is for each member of the staff to be included in the group.

Everyone has the right to bring to the attention of the working group new issues that arise and affect our environmental sustainability, as well as possible negligence of the Environmental Programme. In this way, it is possible to address shortcomings and solve challenges as early as possible.

The programme will be discussed with the staff. At the same time, the plan will be updated according to any comments made. After this, the management will evaluate the changes caused by the Environmental Programme to other internal guidelines of the organisation, such as the common ethical rules.





The Environmental Programme is approved by the FINCIS Board of Directors. It is the responsibility of the entire staff to ensure that the programme is incorporated as part of daily operations.

The completed Environmental Programme will be published on FINCIS' website and translated into English for our international colleagues. We will report on our Environmental Programme and its implementation. For example, we will highlight the topic in our communications on World Environment Day 5 June. We will also communicate about the topic in English in order to influence the international community.

In August 2026, the success of the programme will be reviewed with the entire staff. Areas of success and development will also be critically assessed and a group that will develop the next environmental programme together with an external environmental expert will be set up. The update work will take into account the global situation and the conditions in which FINCIS will operate in 2026.




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