

Sport and Leisure sector walk around checklist

Use this walk around checklist to help identify key low or no cost energy saving opportunities within your organisation. Conducting regular housekeeping walk arounds will help form the basis of an action plan to reduce your energy use and carbon footprint.

This checklist should be read in conjunction with the [Sport and Leisure](#) sector overview (CTV006) downloadable from the website, which provides further detail on most of the topics outlined below.

Space heating and cooling	Complete	Actions/ comments
Ensure the heating temperature in pool areas is a couple of degrees warmer than the water temperature to prevent water evaporation.		
Check that filters are being replaced at the manufacturer's recommended intervals and that heat exchanger surfaces, grilles and vents are clean to allow unobstructed air flow.		
Check thermostats and humidistats are accurate and calibrate if necessary. Keep the relative humidity in pool areas between 55-65%.		
Are boilers serviced regularly? By maintaining combustion efficiency you can save around 10% on annual energy bills.		
Ensure time controls are accurately set. 7-day timers can be used to accommodate demand where occupancy patterns differ.		
Saunas, steam rooms and spas are very energy intensive so switch off heaters and pumps when not in use. Similarly, switch off air conditioning plant and apparatus in fitness suites when not in use.		
Water heating	Complete	Action/ Comment
Check pool temperature controls are set and operating correctly.		
Is technical equipment – such as swimming pool probes – regularly calibrated to ensure efficiency?		
Check that pool covers are used to reduce heat loss from pool water and ventilation demand. This also applies to spa baths.		

Water heating (cont)	Complete	Action/ Comment
In summer, make sure unnecessary boilers are taken offline. Often one boiler will be enough to provide hot water during the summer months.		
Staff should know how the plant and control systems operate – provide additional training if necessary.		
Fans and pumps	Complete	Action/ Comment
Employ humidity sensors in swimming pool halls to control the rate of ventilation and dehumidification according to the moisture content in the air.		
Keep the introduction of fresh pool water to a sensible minimum, consistent with maintaining water quality.		
Building fabric	Complete	Action/ Comment
Check for signs of damage to walls, fixtures and fittings including damp/mould growth and metal corrosion. Adjust humidistat settings accordingly.		
Check insulation levels and top up or replace where necessary.		
Lighting	Complete	Action/ Comment
Replace older fluorescent tubes with modern, slim equivalents which consume around 12% less energy.		
Make the most of natural daylight and keep windows clean. If blinds are closed to reduce glare, they should be opened again later in the day before switching on artificial lighting.		
Do you have a maintenance schedule for cleaning and replacing lamps and diffusers?		
Ensure all unnecessary lights are switched off after work hours. Encourage awareness among cleaning staff and security personnel.		
Where lighting areas are arranged in zones, ensure that only those areas that require artificial lighting are lit.		
Replace tungsten halogen flood lamps in car parks and security lighting with discharge lighting.		
Sports halls and courts should be lit with sodium lamps or other types of discharge lamp as these are most efficient for large spaces where good light levels need to be maintained.		

Maintenance	Complete	Action/ Comment
Ensure all motorised valves and dampers open and close fully without sticking.		
Check swimming pool covers and associated equipment for wear and tear. Repair or replace if required.		
Check for draughts and damage to windows, window frames and doors. Repair any damage and install or maintain draught seals.		
Check taps/showers and pipework for damage. Repair if necessary.		

For further advice on how to improve existing systems across the above areas, please visit www.carbontrust.co.uk/energy/startsaving/technology.htm

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