



CARBON FOOTPRINT REPORT



**International Society for Physical Activity and Health
2024**

**ISPAH Climate Action Group
20th August 2025**

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INTRODUCTION

Overview

In 2024, the International Society for Physical Activity and Health (ISPAH) contracted ClimatePartner to calculate both a Corporate Carbon Footprint (CCF) and an Event Carbon Footprint (ECF).

The CCF quantifies the total carbon emissions (CO₂) attributable to ISPAH's organizational activities within the defined system boundaries for the reporting year. The ECF estimates the total carbon emissions associated with the planning and execution of the 2024 ISPAH Congress, within specified system boundaries.

The methodology applied to these calculations adheres to the Greenhouse Gas Protocol Corporate Accounting and Reporting Standard (GHG Protocol), the globally recognized framework for greenhouse gas accounting.

The overarching aim of this initiative was to enable ISPAH to measure and better understand its environmental impact as a foundation for future sustainability actions.

Carbon footprint calculation as the foundation for climate action

The systematic calculation of carbon emissions provides the basis for effective climate action. By quantifying its carbon footprint, an organization can identify the primary sources and magnitude of its emissions. This evidence-based understanding is essential for developing mitigation strategies and for supporting climate protection initiatives. Such efforts align with the objectives of the Paris Agreement, which emphasizes limiting global temperature rise through collective emission reductions and the financing of climate-related projects.

The foundation of all climate action is calculating emissions. A company that knows its carbon footprint also knows the areas that cause emissions and how high the emissions are. This forms the basis of climate action, including setting emissions reduction targets or financing climate projects in accordance with the Paris Agreement.



CALCULATIONS

Principles

In preparing the carbon footprint calculation and this report, ClimatePartner followed five basic principles in accordance with the Greenhouse Gas Protocol Accounting and Reporting Standard (GHG Protocol):

Relevance:

The carbon footprint accurately reflects the GHG emissions of the subject and enables informed decision-making.

Completeness:

All GHG emissions within the defined system boundaries are included. Any exclusions are documented and justified.

Transparency:

All relevant aspects are documented in a clear, factual, and coherent manner.

Consistency:

Comparable methodologies are used to allow emissions to be tracked over time, with any methodological changes clearly documented.

Accuracy:

Calculations aim to minimize uncertainty, ensuring that results are neither systematically overestimated nor underestimated.

Data Collection and Calculation

CO₂ were calculated using consumption data and emission factors. Wherever possible, primary data were used. If no primary data were available, secondary data from credible sources were used. Emission factors were taken from scientifically recognized databases such as ecoinvent and DEFRA.

The carbon footprint calculates all emissions as CO₂ equivalents (CO₂e), which this report also refers to as "CO₂". This means that all relevant greenhouse gases, as stated in the IPCC Assessment Report, were taken into account in the calculations. These include carbon dioxide (CO₂), methane (CH₄), nitrous oxide (N₂O), hydrofluorocarbons (HFC), perfluorocarbons (PFC), sulfur hexafluoride (SF₆), and nitrogen trifluoride (NF₃).

Corporate Carbon Footprint:

- Emissions for electricity were calculated using both the market-based method and the location-based method. This dual reporting approach is recommended by the GHG Protocol. For the market-based method, the company provided specific emission factors for the electricity they purchased, if available. If these specific factors were not available, factors for the residual mix in the country of operation were used, or, if this was unavailable, the average grid mix of the country was used. The report also states the location-based method. In this method, the average electricity grid mix for the country is calculated. This enables a direct comparison of the company's values with the country-specific average.

- Operational system boundaries indicate which activities are covered by the carbon footprint. The various emission sources are divided into three scopes in accordance with the GHG protocol. Scope 3 emissions (or indirect emissions) include emissions that are not under direct corporate control.

Event Carbon Footprint:

- The GHG Protocol does not offer explicit instructions tailored for events. However, ClimatePartner has established mandatory system boundaries for event calculations. The mandatory emissions sources include electricity, heating, cooling, vehicle fleet, travel by employees/contractors, fuel and energy-related activities, consumables and services, and waste disposal.
- An ECF Appendix is provided outlining all the assumptions made in the calculation of the ISPAH Congress 2024.



ISPAH 2024 CARBON FOOTPRINT SUMMARY

Event Carbon Footprint (ECF)

Emission sources	tCO ₂	%
Waste		
Disposal	0.02	0.0
Consumable & Services		
Food & Drink	6.27	0.2
Hotel nights		
Hotel nights of visitors	116.89	4.0
Mobility of visitors		
Flights	2192.66	75.8
Train travel	549.80	19.0
Vehicle journeys	24.55	0.8
Energy Consumption		
Electricity	0.75	0.0
Cooling		
Purchased cooling	0.54	0.0
Overall Result	2,891.48	100%

ISPAH 2024 CARBON FOOTPRINT SUMMARY

Corporate Carbon Footprint (CCF)

Emission sources	tCO ₂	%
Scope 3		
Home office	1.32	62.2
Employee commuting	0.73	34.2
External data centre	0.08	3.6
Overall Result	2.13	100%

Total tCO₂ associated with ISPAH in 2024: 2893.61

CONGRESS CARBON MITIGATION

Mitigating Carbon Emissions during the ISPAH Congress 2024

Event mitigation strategies implemented

In planning and delivering the ISPAH Congress 2024 in Paris, several measures were implemented to minimize environmental impact and reduce carbon emissions at their source.

Key mitigation strategies included:

- Minimal carpet was used in event spaces, reducing waste and the emissions associated with production, installation, and disposal.
- Water refill stations were provided throughout the venue, reducing reliance on single-use plastic bottles.
- Digital programs, signage, and communications replaced most printed materials, minimizing paper use and printing-related emissions.
- The IT platform that supported the congress is carbon neutral.
- Attendees were encouraged to use public transport, active travel, or shared shuttles to reduce travel-related emissions.

Financing Climate Projects

While ISPAH has already taken steps to minimize emissions during the congress, additional action will be taken to address society-generated emissions.

Specifically, ISPAH will offset its corporate carbon footprint for 2024 and a portion of event-related emissions to a value deemed feasible by the board. Full offsetting remains beyond the current financial capacity of the society.

Communicating Transparently

Transparency and accountability will remain central to ISPAH's sustainability efforts.

To ensure members are informed and engaged, ISPAH will:

- Publish the full 2024 carbon footprint report and measurement appendix on its website.
- Share a blog post summarizing the methodology, results, and mitigation measures.
- Use social media channels to highlight the organization's climate commitments and achievements.
- Develop and share a set of guiding principles for sustainable practices in future ISPAH activities.

CONCLUSIONS

This report documents ISPAH's carbon footprint for 2024, providing a benchmark for the society's environmental impact and a foundation for future climate action. The analysis acknowledges the mitigation strategies, as well as unavoidable emissions associated with international congresses; however, by recognizing these impacts, ISPAH can continue to advance more sustainable practices in its operations and events.

Published jointly with this report, ISPAH's Carbon Management Plan and Guiding Principles will serve as a framework to embed sustainability considerations across all aspects of ISPAH's future activities. Together, these initiatives demonstrate ISPAH's ongoing commitment to reducing its carbon footprint and aligning with global climate objectives.



APPENDIX

ISPAH Event Carbon Footprint Appendix

Introduction

The Appendix is a supplementary document which highlights assumptions within the methodology used to calculate the event carbon footprint of the 2024 ISPAH Congress event held in Paris, France. Data was collected between Fall 2024 & Spring 2025.

Scope

The ISPAH event carbon footprint (ECF) reflects the total carbon emissions generated to organize and conduct the event, for the entire duration of the event and within the defined system boundaries. The calculation was based on the guidelines of the Greenhouse Gas Protocol Corporate Accounting and Reporting Standard (GHG Protocol). The calculation includes:

- All of the waste generated from the ISPAH Party and Welcome Reception.
- All of the food & drink consumed at the ISPAH Party, Welcome Reception, and general congress activities.
- The hotel nights, flights, & general mobility (Car Travel, Public Transport, Trains, etc.) for each attendee.
- The electricity, heat, and cooling consumed during the congress and events.

Assumptions

The Appendix is a supplementary document which highlights assumptions within the methodology used to calculate the event carbon footprint of the 2024 ISPAH Congress event held in Paris, France. Data was collected between Fall 2024 & Spring 2025.

The following assumptions were made during the calculation:

Waste

1. Waste for each event (ISPAH Party & Welcome Reception) was estimated based on standard waste generation rates from the BSR Abfallrechner and density factors for different waste types. The calculation follows three main steps:

- **Estimating weekly waste volume (L):** the amount of waste generated per week is determined by applying a default waste factor to the total area of the facility. This factor represents the typical waste volume produced per square meter and varies on the type of waste.
- **Conversion to annual waste mass (kg):** The weekly waste volume is then converted into an annual waste mass by factoring in the number of operation weeks per year and applying a density factor specific to each waste type
- **Conversion to daily waste mass (kg):** The annual waste volume is then converted to a daily waste mass by dividing the annual number by the total days of the event/party

Food & Drink

- Food & Drink driven emissions were calculated through a mixture of primary data and assumptions
 - Primary data – ISPAH was able to provide specific food data for each event/party and specific food data for the congress as a whole.
 - Welcome Reception
 - Vegetarian Snacks (5-6 per person)
 - Beer/Wine/Soft Drinks (2-3 per person)
 - ISPAH Party
 - Snacks (~24 per person)
 - Beer/Wine/Soft Drinks (2-3 per person)
 - Coffee Breaks (2 per day)
 - Coffee/Tea (2 per person)
 - Vegetarian Snacks (2 per person)
 - Lunch (1 per day)
 - Salad
 - Sandwich
 - Fruit
 - Daily (outside of breaks and lunch)
 - Assumptions – Using the primary data available some assumptions had to be made to complete the data
 - Extrapolating the per person data and applying it to each event to account for consumption of food (252 attendees of Welcome reception, opted for conservative value of 6 per person, total of 1,512 snacks).
 - When multiple beverage or meal options available, assumed one of each consumed per person (Lunch includes 1 salad, 1 sandwich, and 1 fruit, each assigned to be consumed by each person).

Mobility

- **Hotel Nights** – Hotel stays during the conference were calculated using a mixture of primary data and assumption-based data derived from the primary data received. Primary hotel stay data was received from 64 individuals noting the amount of nights stayed along with the hotel star rating. Averages were pulled from this and then extrapolated for the remaining attendees and delegates.
- **Flights** – Flight emissions were calculated using a mixture of primary data and assumption-based data based on starting location of the attendees. Primary flight data was received from 46 ISPAH individuals, this data included airport locations, flight class, and if it was round-trip or one-way. ISPAH was able to provide a full list of all delegates, this shared the country they traveled from, excluding the ISPAH individuals who provided primary data, the delegates were then grouped into respective regions (Africa, Europe, Oceania, etc.). From this, it was assumed that each delegate within each of the regions would fly from the highest traveled airport in the region to Paris, France.
- **Car Travel** – Rented car/rideshare emissions were calculated using a mixture of primary data and assumption-based data. Primary data was received from 22 ISPAH individuals noting the vehicle type as well as the distance travelled (km). Average distance was pulled from this data and then applied to the full list of delegates without primary data.
- **Rail Travel / Public Transport** – Rail travel and public transport emissions were calculated using a mixture of primary data and assumption-based data. Primary public transport data was received from 22 ISPAH individuals noting the distance travelled (km). Primary rail travel data was received from 36 ISPAH individuals noting the distance travelled (km). Average distance was pulled from these data sets and then applied to the full list of delegates without primary data.

Electricity, Heat, and Cooling Consumption

- **Electricity, Heat, & Cooling** – Primary electricity, heat, and cooling data was not something that could be collected during the time of this measurement. With the lack of primary data, electricity, heat, and cooling consumption was calculated using internal ClimatePartner calculation methods which utilize the square meter size of the various event spaces and the time spent in each location to estimate consumption and the emission outputs within the GHG Protocol.

