



Principle 2 of the Sports for Nature Framework

Restore and regenerate nature wherever possible

Principle 2 of the [Sports for Nature Framework](#) emphasises the importance of not just conserving, but actively restoring natural environments. Restoring nature encompasses a variety of actions such as rewilding, native tree planting, coral rehabilitation, invasive species removal, addressing litter and water, air and soil pollution, managing water resources effectively, or creating wetlands or green spaces.

Importance of protecting nature

Restoring natural spaces is crucial for the environment, and for the health and well-being of people and communities. Healthy ecosystems help improve air and water quality and offer a physical space to accommodate for sport practices, competitions, and large-scale events. The aim of restoration is to ensure an area regains its former biodiversity and can sustain itself.

Relevance to sports organisations

Sport should, first and foremost, make sure that any damage or disturbance to nature during the organisation of an event or in the construction or re-fitting of infrastructure is avoided or minimised through careful and diligent risk assessment, planning, and implementation. While new construction of a venue or other type of sport facility may in effect damage or destroy a habitat unintentionally, well-planned restoration measures developed in cooperation with nature partners and

specialist institutions can go a long way in quickly returning an area to its original condition (pre-development), or even improving it.

Small actions can make a difference in overarching restoration initiatives, from the way a venue is managed, spaces around fields of play 'rewilded', bird and bat boxes installed, the removal of non-native plants around nature aquatic facilities, etc. On a broader scale, these actions can deliver systemic outcomes, especially if sport collaborates with local stakeholders such as environmental groups, city authorities, and local communities.

Full text of Principle 2

Restore and regenerate nature wherever possible

Goal: Our organisation takes positive action to restore and regenerate nature in and around the indoor and outdoor environments where we operate.

We will

assess the ways we can restore and regenerate nature, evaluating options that could include allowing natural regeneration and rewilding, native tree planting, coral rehabilitation, invasive species removal, tackling litter and pollution, water management, and wetland or green space creation.

act to restore and regenerate nature, including by building opportunities into the planning and implementation of infrastructure and events, restoring nature on any land or facilities we manage, and creating community plans and projects with nature partners and specialist institutions to restore degraded areas and create new natural spaces.

use relevant information and guidance to restore and regenerate nature, and share this with our staff, athletes, teams and other key stakeholders.

Putting Principle 2 into practice

- **Act quickly after an event:** Identify and restore any natural areas that have been damaged during the event as quickly as possible. Trampled vegetation or eroded riverbanks or coastal areas should be actively restored where natural recovery is not likely or will take too long (more than a few years). In many cases, trampled or minimally disturbed vegetation cover will recover on its own and in some cases, disturbance can help maintain plant diversity.
- **Use native species** in landscape design and eliminate the use of non-native species that may change the natural biodiversity, be more water-intensive, or have other unintended consequences.
- **Increase the diversity** of native plant species, grasses, and trees to improve a habitat. For example, low-growing wildflowers can be introduced into a green field to increase the species mix; indigenous grasses can be grown on the margins of a football pitch, hockey field, or tennis court; and buildings can be partially or completely covered with vegetation to create living 'green' roofs and/or walls.
- **Build a pond instead of a fountain,** introduce reed beds to clean a body of water and attract biodiversity, or use log walls instead of cement walls and fences to benefit insects and other invertebrates.
- **Include ecological considerations** in the planning and execution of infrastructure projects and sporting events.
- **Collaborate with local communities and environmental specialists** to develop and implement restoration projects. This could involve workshops, informational materials, and hands-on activities.



Definitions

Restoration is broadly defined as “the process of halting and reversing degradation, resulting in improved ecosystem services and recovered biodiversity, depending on local conditions and societal choice” (FAO et al., 2021; UNEP, 2021).

Regeneration is often used as a synonym for restoration, but it also considers design and economic approaches.

The mitigation hierarchy



* Note: The coloured square is supplied by the authors of this fact sheet, to highlight the importance of this measure.

Source: Adapted from *Sport and Biodiversity* (IUCN, 2018, p. 8).

The mitigation hierarchy comprises a sequence of actions to address negative impacts on biodiversity. Wherever possible, impacts should be avoided. Where avoidance is not possible, impacts are to be minimised. These impacts should then be mitigated through restoration actions, and, where significant residual impacts still remain, biodiversity offsets should be implemented.



Kunming - Montreal

GLOBAL BIODIVERSITY FRAMEWORK

Principle 2 strongly aligns with the targets of the **Biodiversity Plan**, a UN-led global landmark agreement for nature to safeguard and sustainably use biodiversity with global goals and targets to be achieved by 2030 and beyond.

Principle 2 relates to the following Biodiversity Plan targets, in particular:

- Target 2: Restore 30% of all degraded ecosystems
- Target 8: Minimize the impacts of climate change on biodiversity
- Target 11: Restore, maintain and enhance nature’s contributions to people
- Target 12: Enhance green spaces and urban planning for human well-being and biodiversity

Join the Sports for Nature community

By committing to the Sports for Nature Framework, sport organisations join a community dedicated to leveraging sports towards the protection and restoration of nature. Contact the Sports for Nature team to learn more about the Framework and discuss how you can get involved.

sportsfornature@iucn.org
www.sportsfornature.org



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