

PITCH IN

Pitch In to reduce microplastic loss
from artificial pitches:

Guidelines for Pitch Users



Pitch In to reduce microplastic loss from artificial pitches: Guidelines for Pitch Users

Have you ever noticed the little black granules in your shoes and kit after a game of football on an artificial pitch? These black granules can get everywhere and are a regular sighting after using a 3G artificial pitch, but did you know that these little specks are usually made of rubber, and are classed as a type of microplastic? If they escape the pitch, these granules can find their way into the surrounding environment; into soil and water ways via drains in changing rooms, the home, the pitch surroundings. Once loose in the environment, microplastic can cause harm by being mistaken for food by wildlife and could even end up back on our dinner plates.

By following these simple steps, you can help to keep infill on the pitch, and reduce the environmental impact of your local field.

On the pitch

- Before leaving the pitch, check clothing, kit, including shoes, for rubber granules and leave what you can on the pitch by brushing yourself off before leaving.
- If brushes are available, make sure you use them to dislodge the granules from your shoes and clothes
- If the official exit includes a stamp-off tray, please make sure you use it to shake off any excess rubber crumb.

Off the pitch

- In the changing room, make sure to shake out your kit over the bin, rather than outdoors or over drains.
- If washing you're in charge of washing your kit, make sure to shake out kit over a bin before putting in the washing machine.
- Don't wash granules down the sink or shower. Don't throw granules away outside. Instead, you could
 - Collect granules and throw them in the waste bin
 - Collect granules and return them to the football field.

Pitch In

- Do you think your pitch can do more to reduce microplastic loss? We have loads of ideas for how to do this in our [GUIDE FOR PITCH OWNERS](#). Sign up to our Pitch In project to help us spread the word and encourage your pitch to do its bit for the environment.
- [SIGN UP](#) to our Pitch In community , let us know how you're getting on and link up with other community groups who are helping to keep infill on the pitch.