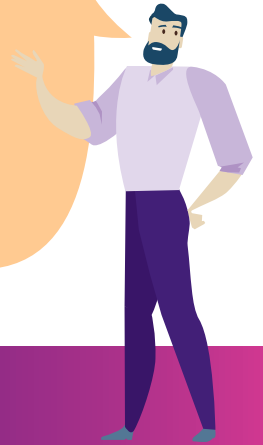


Energy Efficiency Tips Around the Clubhouse

Behavioural changes, building renovations and low-cost measures can help lower your club's energy usage and produce long term financial savings.

Rugby clubs all across the island of Ireland can save energy quickly by taking simple steps to become more energy efficient around the clubhouse.

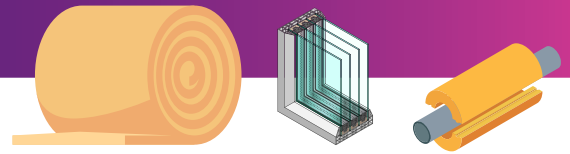


Energy Efficient Behaviour

- Determine what are the biggest energy users in the club. If lighting and heating account for most of your club's energy use, minor **adjustments to timings and temperature** settings could save a lot of money.
- **Schedule when to heat the water** in the club for showers around peak times, such as matches and training sessions.
- **By lowering your heating temperature** by even **1 °C**, you could potentially **save up to 10%** on the club's energy output and reduce your costs overall.
- **Seal off all draughts** where possible and don't leave windows and doors open when the heating is on.
- Keep boilers and generators operating efficiently by **servicing and inspecting** them at regular intervals.
- **Conduct thorough checks** of all equipment and controls related to lighting and heating to see what is being left on longer than necessary. Do this several times throughout the year.
- **Cleaning the filters** in refrigerators and any ventilation points will help reduce energy waste.
- **Switch off** any lighting, heating or equipment that isn't needed during the off-season.
- If you identify that your club may be a particularly high energy user, it may be wise to investigate **installing an energy management system**.
- **Share all plans and methods** to save energy around the club to all club members and regular users. Sharing to non-members can be useful too.



Insulation



Having well insulated facilities can help save energy and lead to financial savings down the line for your club.

- Windows with **double or triple glazing** will significantly cut down on heat loss.
- **Reduce draughts** by checking the seals on windows and doors for any air leaks. Insulating these spaces correctly will keep out cold air.
- **Floor insulation** can reduce heat loss by up to 10%.
- **Wall insulation** can prevent up to 30% of a buildings total heat loss.

- If your club has a roof space or an attic, this can also be insulated. An **insulated attic** can save you up to 30% of the heat energy that is normally lost in a building.
- Your water tanks and pipes can also be insulated. Insulating all you **exterior and interior pipes** can assist in preventing freezing during the colder months and save on heat expenses.



Find out more
about insulation

Lighting

Clubs can save energy just by simply controlling lighting usage:

- **Consider replacing any older lightbulbs** for LED alternatives where possible. LED bulbs are more energy efficient and can **save on costs**.
- **Place stickers and signs** at light switches to serve as a reminder to all club users and visitors to shut off the lights when not in use.
- **Think about applying usage timers and sensors** around the club. Timers are inexpensive and provide instant savings, while sensors can cut lighting usage by up to 30%.
- **Make spot checks** to ensure that there are no lights on when they are not needed.

- **Keep blinds and curtains open** in all rooms during the day to maximise natural light.
- **Control the exterior lighting** around the club. Outside doors and entrances, car parks, and any other external lights only need to be on when necessary.
- It's important to **make sure illumination levels are suitable** for the surrounding environment. For example, if your club is based in a local park or green area, there may be local wildlife present.

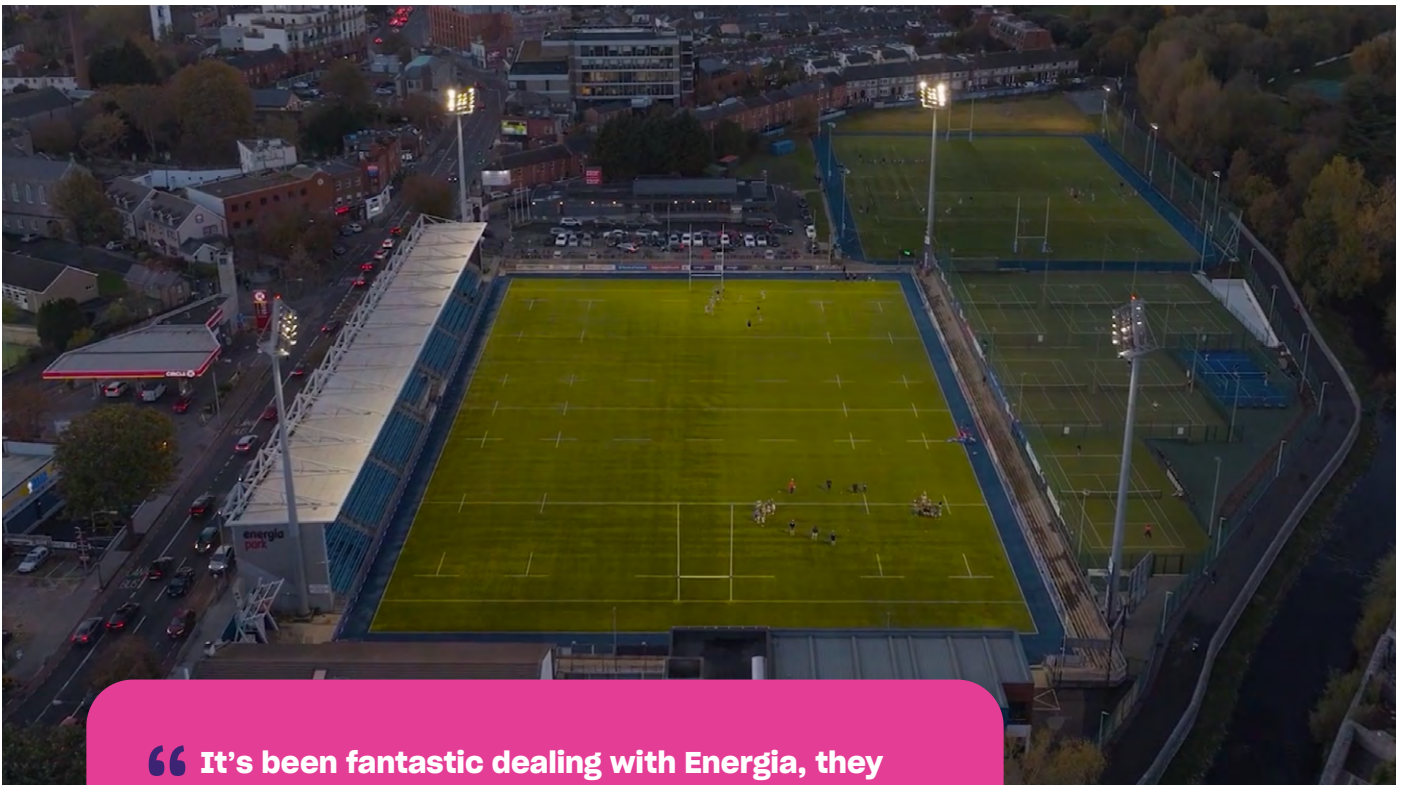


Find out more about
lighting: **Energy-Efficient
Lighting Solutions for
Businesses | Energia**



Energia Park Lighting Upgrade With Leinster Rugby

Energia partnered with Leinster Rugby to help deliver an energy efficiency lighting upgrade at Energia Park. We upgraded the floodlights on the pitch and replaced the older lighting systems, reducing the number of fittings in the stadium by 50% while still ensuring great visibility. This saved an estimated 120 tonnes of carbon annually.



“ It’s been fantastic dealing with Energia, they took over the entire process from start to finish and really took all the stress and effort away from us.

Eamon de Búrca,
Commercial & Partnerships Manager Leinster Rugby,
on the recent upgrade at Energia Park



See the full video here:

Energia Park Energy Efficiency Lighting Upgrade With Leinster Rugby – YouTube

Find out more about a lighting upgrade here:

Energy-Efficient Lighting Solutions for Businesses | Energia