The Net Zero Carbon Supplier Tool

Carbon Reduction Plan for Pulse Fitness Ltd

We are declaring our commitment to Net Zero 2050.

This commitment covers our emissions from direct energy use, indirect energy use and transport but currently does not include emissions from refrigerant gas loss or any scope 3 activity. The calculation of our carbon footprint follows guidance within both the international Greenhouse Gas Protocol and the UK government guidance. The calculation is based on our best available information and will be regularly reviewed.

The carbon calculation for our organisation is: 496.10 tCO2e.

Heating and Cooling

Your issues		Your action plan
1 We will assess where we can improve the insulation across our portfolio and implement where beneficial Benefits of insulation include noise reduction and of course reducing heat loss. Reviewing your portfolio to identify your priorities will help you manage your investment.	→	**Insulate boilers and associated pipework** In progress Pipe insulation has a number of benefits including. Maintaining temperature for improved process control, reducing utility costs and energy loss, protects against elevated surface temperatures and helps absorb operational noises.
		Fit draught excluders to doors and windows In progress A simple action that requires little investment.
		Install energy efficient secondary/triple window glazing In progress
		Install reflective insulating radiator panels In progress This simple action will make sure you get the maximum benefits from your radiators.
		Install roof insulation In progress A quarter of heat is lost through the roof in an uninsulated buildings. Insulating your roof is an effective way to reduce heat loss and reduce your heating bills. Installed correctly, loft insulation should pay for itself many times over in its 40-year lifetime.
		Install wall insulation In progress Develop a plan and commit to improving the energy efficiency of your building.
2 We will assess if HVAC systems would be of benefit across our facilities and implement where beneficial HVAC, or heating, ventilation and cooling, is a system that cleans your air and provides cool air or warm air depending on your climate needs. HVAC systems are installed by certified technicians and are valued for their energy saving principles. Optimisation and regular maintenance will ensure you can take advantage of the opportunities they present.	→	**Set up regular monitoring and leak testing for air conditioning systems** In progress Regular servicing of your air conditioning system will increase efficiency, save money and reduce your carbon footprint.
		Ensure boilers and HVAC systems are regularly serviced In progress Regular servicing will ensure your system is efficient and maximises the energy efficiency of your system.

Install a low carbon heat pump In progress
This could be a ground source heat pump or an air source heat pump

Install smart boiler accessories such as weather compensation device In progress
Smart boiler accessories allow you greater control over your heating requirements.

Set up manual heating control systems In progress
Manual heating control systems will provide you with the flexibility to adjust the temperatures of your building in line with variable weather conditions.

Resource Use

Your issues		Your action plan
1 We will ensure waste management is optimised on site The chances are waste disposal costs will continue to increase. So starting to think about waste as a resources makes a lot of business sense. This is often called circular economy thinking. More information on this can be found on the Ellen MacArthur Foundation website.	→	**Undertake a waste review and explore opportunities to reuse the resource** In progress A systematic review of the waste you produce can help identify re-use opportunities. Viewing waste as a resource can help generate income opportunities and lead to savings in waste disposal costs.
		Improve bin signage Completed Making it clear what goes where keeps it simple for everyone.
2 We engage/will do more to engage our suppliers with sustainability Engaging and influencing suppliers is a long term commitment. Having a clear plan and understanding where to start will help you move this forward. If you ask the question of suppliers to find out what they are doing and what they can do for you, you may be surprised by the results.	→	**Ask your waste provider to guarantee reducing the amount of waste to landfill** In progress Waste providers can more often than not provide you with statistics on recycling rates and commitments to reduce waste to landfill. This can then be used to set targets or even look at other options.
		Ask suppliers to offer waste take back schemes In progress Increasingly suppliers are offering take back schemes on packaging and waste. Start the conversation to see what the options are.
		Ask suppliers to reduce the packaging on the products you purchase In progress As part of your supplier engagement ask about packaging options. Can they reduce the amount of packaging or use recycled packaging materials.
		Ask your suppliers to commit to being net zero In progress As part of your journey to net zero there are opportunities to stimulate activity within your supply chain. This can be built into existing supplier engagement programmes or be added as part of a code of conduct. If you do ask for a commitment it is worth asking them as a minimum to share Scope 1 and Scope 2 reduction activities.
3 We want to reduce paper consumption Reducing consumption of paper has long been on the agenda. If you have already made progress in this areas select this issue and share evidence of what you have done. If not select this issue and make the commitment.	→	**Use recycled paper across your business** In progress Where you have to print, shift to use of recycled paper. The quality has improved over the years and you should publicise the fact that you are doing it.
		Develop a commitment to becoming a paper free business In progress A commitment to becoming paper free to can help transform working practices and is a transformational undertaking. Steps include, securing leadership sign off, carry out an initial review of paper usage and then carrying out the appropriate actions.

Encourage a reduction in printing and photocopying In progress
Put a policy or a commitment in place to reduce printing and photocopying. It is a simple commitment which will save your business money

4 We want to reduce waste in the products we develop
Waste management is an important part of your carbon reduction plan. Looking at the products you develop, those you buy and seeking to avoid single use plastics sends a powerful message to stakeholders and staff.

→ **Put a policy in place to avoid single use items** In progress
Having a simple but achievable plan to remove single use items from your product portfolio sends a very clear message to the marketplace that you are serious about your stated public commitments. Finding the balance between ambition and achievability will help build confidence in your brand.

Carry out a waste review of the products you develop In progress
A review is essential to gather information on the wastes produced during product development. The review also provides important information to inform on product development focussing on waste minimisation, reuse and recycling.

Conduct a Life Cycle Analysis of products, processes and/or services In progress
LCAs can help quantify the impact of a particular product or service and identify areas for improvement or the design out of waste.

Find ways to reduce the packaging on the products you produce In progress
The first step in reducing the amount of plastic used in your packaging is to undertake a plastic packaging review. Where third party packaging is used speak to your provider. If packaging is manufactured in-house the product design teams will need to be engaged.

Travel and Transport

Your issues

Your action plan

1 We are commited to reducing the impact of our fleet vehicles
Government policy is that all new cars and vans sold in the UK must be fully electric by 2035. The government is currently on course to ban the sale of new cars and vans powered entirely by petrol and diesel by 2030 and ban the sale of new hybrid vehicles by 2035. What this means is that it is good to start planning ahead. The rapidly increasing cost of fuels also means that looking at the carbon impact of your fleet also makes very good business sense.

→ **Undertake a feasibility study of electrifying your fleet vehicles** In progress
Take steps to understand what it would mean for your business to transition to electric vehicles. This would include things such as cost to the business, charging facilities, capital versus revenue costs. Taking a long term approach now will put you in a good position to reap the benefits in the long term.

Develop a plan to move to electric vehicles for your fleet In progress
If you have already been thinking about a move to electric vehicles why not develop a simple plan highlighting how and when you plan to make the switch. This will need to include things like charging facilities and travel planning.

Reduce fuel consumption through driver awareness training In progress
Whilst you are still using the existing fleet, driver training can really help with fuel efficient driving. Advanced driver training can save up to 20% on your fuel bills.

2 We commit to reducing the impact of our business travel
Understanding and planning to reduce business travel is an easy way to save time, money and carbon. We are not suggesting that people never travel but better planning and understanding why, when and how people travel can have a real positive impact on your business bottom line and carbon footprint.

→ **Set a target to reduce business travel** In progress
Understanding your baseline and setting targets to reduce business travel can help motivate and help you calculate the can=bon and financial savings.

Develop a travel policy which reduces your carbon footprint In progress
Develop a simple travel policy to help you commit and communicate your intent to staff and stakeholders.

Reduce the impact of your travel by implementing the sustainable travel hierarchy In progress
The sustainable travel hierarchy is a useful tool to help you think about improving the impact of your journeys. The higher up the hierarchy, the more sustainable and greener the travel option.

3 We support our employees with sustainable commuting options
Staff commuting has both cost and carbon impacts. Encouraging sustainable travel options demonstrates clearly to staff and stakeholders your commitment to achieving net zero

→ **Set up electric vehicle charging points for staff** In progress
Setting up electric vehicle charging points for staff will help encourage more sustainable travel options.

Install accessible, secure and sheltered cycling storage In progress
Keeping cycles safe on site is important for staff to feel secure about cycling to work. If you were to look at the possibility of changing and showering facilities - even better.

Introduce a cycle to work voucher scheme Completed
For some staff cycling to work may be an option. The government approved Bike2 work scheme is a good place to start.

Promote electric vehicles as part of your employee lease scheme Completed
There are numerous benefits of supporting electric vehicles as part of a lease car scheme including reduced running costs, lower emissions and tax advantages. A good place to start is by speaking to your current lease provider.

4 We make use of remote working and make use of software to reduce business travel to meetings
One of the impacts of Covid has been the increase in frequency of home working. However, many businesses are finding positive benefits in terms of efficiency, staff satisfaction and some financial savings. Whilst experiences have of course been mixed there are also carbon savings to be made by having a clear commitment and plan to get the most our of home working opportunities.

→ **Review your software requirements to increase agile working** In progress
Ensuring home working software and office packages are compatible is important to ensure communication is safe and efficient. Staff feeling comfortable working from home can reduce the need for commuting and make them more productive.

Identify ways to support and manage remote workers In progress
Whilst the carbon savings of home working are clear for your business. Home working needs to managed effectively. This includes both physical and mental wellbeing.

Increase the use of video conferencing software Completed
Ensuring staff have the most appropriate tools available is important. Deciding on the best package for the business and ensuring online security is considered can help improve the home working experience.

Energy Management

Your issues

Your action plan

1 We will explore purchasing renewable energy
Committing to renewable energy can make a big difference in your pathway to net zero. Speak to your energy provider about switching to a renewable energy tariff.

→ **We are committed to switching to a 100% renewable energy tariff** In progress
Change to a certified 100% Renewable Green Energy Tariff

We already purchase 100% renewable energy In progress
Ensure existing renewable tariffs are backed up by a valid REGO certificate by your energy supplier. A REGO, or Renewable Energy Guarantee of Origin scheme provides complete transparency to customers about the proportion of electricity in the National Grid that is supplied by renewable sources

2 We will find ways to improve energy efficiency across our building portfolio
Implementing energy efficiency across your building portfolio will reduce your energy costs, save you money and support the implementation of your carbon reduction plan

→ **We have optimised energy efficiency across our building portfolio** In progress
Please explain what measures have been installed to improve energy efficiency

Replace lighting with energy efficient LEDs and controls (daylight or occupancy sensors) In progress
Many organisations waste energy from poor lighting controls and inefficient lighting. Ensure this is reviewed and replace /improve where possible.

Run an energy-based employee engagement campaign In progress
Getting buy-in from staff is crucial to achieving your ambitions. Why not run a specific energy management programme.

3 We will find ways to improve energy efficiency across equipment
Looking at how you use equipment on site and reviewing your future purchases of equipment will save energy and money.

→ **We will optimise energy efficiency across equipment and processes** In progress
Implement a policy to purchase energy efficient equipment. This can save you money off your bottom line.

Review your IT systems and server rooms to identify ways to reduce energy consumption In progress
The carbon footprint of our gadgets, the internet and the systems supporting them account for about 3.7% of global greenhouse emissions, according to some estimates. Undertaking a thorough review of your requirements and looking for energy efficient alternatives can have a significant impact.

We have optimised energy efficiency across equipment and processes In progress
Please explain what measures have been installed to improve energy efficiency.

Commitments and Engagement

Your issues

Your action plan

1 We have made a commitment to reduce our carbon emissions
When delivering a carbon reduction plan it is essential that a net zero carbon target is in place with a target date. NTU has committed to being net zero by 2040, however, the UK government has plans for 2050.

→ **Commit to achieving net zero carbon emissions** In progress
When committing to achieving net zero carbon please include the target year to achieve this by. The term net zero means achieving a balance between the carbon emitted into the atmosphere and the carbon removed from it and includes a commitment to reduce emissions as much as possible. This balance – or net zero – will happen when the amount of carbon we add to the atmosphere is no more than the amount removed. Is the target externally verified? e.g. SBTi. Please add a link to your plan in the evidence box.

Commit to achieving carbon neutrality In progress
When committing to achieving carbon neutrality please include the target year to achieve this by. The term carbon neutral means not adding new emissions in to the atmosphere, where emissions continue they must be offset. Although not a substitute for net zero, carbon neutrality can be attained whilst working towards net zero. Is the target externally verified? e.g. PAS2060. Are the offsets verified as carbon removal and verified to an internationally recognised standard? e.g. Gold Standard or Woodland Carbon Code. Please add a link to your plan in the evidence box.

2 We will commit to monitoring and managing our sustainability commitments
Plans do not deliver themselves. To avoid the 'implementation gap' ensure your have a clear structure for managing your commitments. Make sure this includes regular reporting and review.

→ **Set up a process to manage and monitor your progress towards carbon reduction** In progress
Governance is important as it allows you to demonstrate progress and effectively manage your implementation.

Appoint a lead to drive the delivery of carbon reduction In progress
Carbon reduction commitments work better what there is a named person responsible for moving things forward. It is important that the lead person is supported by a member of the senior leadership team.

Commit to reporting progress on your carbon reduction journey annually In progress
Transparent reporting on progress will become increasingly important as you reduce your carbon impact. In many cases it is required by the public sector.

3 We will improve engagement with employees on sustainability issues and principles
Staff engagement will make the difference to how quickly and easily your carbon commitments are delivered. Take the time to plan a long term engagement plan over the lifetime of your carbon action plan.

→ **Offer carbon literacy training across your business** In progress
Helping people understand the basics of climate change and how they can contribute to reducing the carbon emissions of the business by offering carbon literacy training will help you achieve your stated targets

Include carbon reduction commitments in employee objectives In progress
Linking your carbon commitments to the performance objectives of staff will ensure that carbon reduction is brought to life throughout the organisation.

Include sustainability awareness in employee inductions Completed
Introducing new staff to your sustainability and carbon reduction commitments through inductions will ensure that they understand the commitments you have made and they can actively contribute.

4 We will improve engagement with key stakeholders on sustainability issues and best practice
There are numerous stakeholders who will be interested in your commitments and action; clients, customers, business partners and suppliers. Take the time to prioritise who need to be informed.

→ **Share your carbon reduction action plan with current and potential clients** In progress
Telling people what you are doing, can build confidence amongst your clients and stakeholders that you are committed to action. It can also help you win contracts.

Join local networks focussing on delivering carbon reduction In progress
Engaging with other business who are on the same journey is a great way to get ideas and learn from others. The only cost is often a little bit of time and it can really help build your confidence to move things forward.

Publish your commitment to carbon reduction on your website In progress
Make it clear to everyone you are committed!