Sustainable Buddhist Centre Certification Scheme - User Guide

This short document has been created to help the sustainability champion or kula achieve the Sustainable Buddhist Centre (SBC) Certificate and carry the Logo. Bear in mind the Trustees of the Centre will need to agree this at a Council meeting and minuted as follows.

"The Trustees of this Buddhist Centre have agreed that they wish to make a strong commitment towards becoming a low-carbon, sustainable community. As a spiritual community we take our practice of ethics seriously and it is a consideration in all the decisions we make. In our training within the Triratna community we have always linked our practice of the first precept to a commitment to vegetarianism. However the time has now come when we recognise the need to explicitly extend our practice of ethics to include a global perspective: what we consume and buy has a direct effect on communities across the globe, what we do and how we live now has a direct effect on future generations. This Centre has therefore committed to the 10 Steps of the Triratna Sustainable Centre Scheme"

The following 10 points are needed to obtain certification, and guidance on each is provided where appropriate.

Any questions or information for certificate issue should be sent to Amalaketu at amalaketu@rocketmail.com.

BECOMING AWARE

1. We have measured the carbon footprint of our Centre and conducted an Energy Audit

There is a draft energy audit template available for the Centre to use at the appendix at the rear of this guide.

Carbon footprints can be measured by using greenhouse gas conversion factors to calculate the amount of emissions caused by energy use. They are measured in units of kg carbon dioxide equivalent. In order to convert 'energy consumed in kWh' to 'kg of carbon dioxide equivalent', the energy use should be multiplied by a conversion factor.

Carbon factors are available from:

http://www.carbontrust.com/media/18223/ctl153_conversion_factors.pdf

Currently a kW of electricity emits 0.45kg/CO_2 and 1 kW/5.39 therms of gas emits 0.18kg/CO_2. Therefore to calculate the footprint of your Centre multiply the kW/gas therms used from your gas/electricity bills over 1 year by the carbon factor used.

2. We have a sustainability champion or kula reporting to the Centre Council

It would be expected that the kula would report to the trustees at least once per year.

TAKING ACTION

3. We have taken steps to adopting the recommendations of our Energy Audit

Not every recommendation needs to be adopted.

4. We have taken steps to become a Fairtrade Centre

To become a Fairtrade Place of Worship, your centre needs to meet three goals which are about pledging to use and promote Fairtrade products.

The three goals

- Serve Fairtrade tea and coffee for all meetings and events (for which you have responsibility)
- Move forward on using other Fairtrade products such as sugar, biscuits and fruit
- Promote Fairtrade during Fairtrade Fortnight and during the year through events, worship and other activities whenever possible

Please complete the places of worship form and send it via email (mail@fairtrade.org.uk) or post to Fairtrade Places of Worship, 3rd Floor, IBEX House, 42-47 Minories, London EC3N 1DY.

Once they receive your application and it is approved, you will be sent an official Fairtrade certificate and other materials to help you get started with your campaign.

5. We have changed the Centre's electricity supplier to 100% Green Energy

We would recommend switching to Good Energy, quoting GE2190, £25 will go towards the Triratna Buddhist Community European Chairs Assembly. http://www.goodenergy.co.uk/

However there are other suppliers; the green electricity marketplace is a good place to compare costs and choices: http://www.greenelectricity.org/

If you are locked into a contract it is acceptable to issue the SBC Certificate on the basis of a commitment to changing once the contract comes to an end.

6. **We are promoting being vegetarian, and a move towards veganism, at the Centre**

   If the Centre is already strongly vegetarian an alternative exists:

   “We are promoting veganism at the Centre”

   This would entail full vegan alternatives at all Centre events. Please advise if you would prefer this statement on the certificate.

7. **We are promoting public transport and car-sharing to the Centre and retreats**

   Any simple sign-up sheet offering car-sharing would be acceptable.

8. **We are moving towards a comprehensive recycling policy in the Centre**

   The policy should include: glass, paper/card, plastic, batteries, composting (if possible), as a minimum.

   SPREADING AWARENESS

9. **We are displaying this certificate proudly!**

   The certificate should be displayed in the reception area, visible to visitors to the Centre

10. **We take part in BAM (Buddhist Action Month) and asking our Sangha members to take a personal ‘Green Precept’**

    BAM is the UK’s Buddhist Action Month, promoted by the Network of Buddhist Organisations UK. See: https://thebuddhistcentre.com/BAM for more details.

    Green precepts may include walking or cycling to the centre, being vegan for a limited time, not flying, or buying only ethical products. The choice is yours!

For any advice or further information do contact Amalaketu at amalaketu@rocketmail.com

Appendix: Energy Audit Template

Introduction

Conducting energy audits on a regular basis helps identify energy waste and identify opportunities for improving energy practices.

On the following pages is an audit checklist. It is designed to stimulate questions about energy practices. Not all questions will be applicable but I've tried to make them as relevant to as many people as we can. Some questions may be difficult to answer without external help (e.g. is there roof insulation?). However, these questions are still worth asking as issues may have been overlooked.

Most of the measures are simple good housekeeping measures which can be implemented immediately. Other measures are low cost (e.g. fitting timers, pipe insulation or draught proofing) and will involve some expenditure.

1. Basic Information

Date of energy audit:	
Building:	
Person conducting audit:	
Normal occupancy hours of building:	

2. Lighting

Are any tungsten lights present? Can they be replaced with compact fluorescents (energy saving bulbs)? Look particularly in store rooms, uplighters, desk lamps etc.	
If there are several light switches, can they be labeled to make it more obvious which switches relate to which appliances?	
Can lights be switched off to make use of daylight? (e.g. lights parallel to windows or in corridors)	
If space is intermittently occupied (e.g. store rooms, toilets, kitchen areas, copying rooms, corridors) is there scope for automatic lighting controls?	

Are any external lights on during daylight hours?	
Can main lighting ever be switched off and use made of desk lamps?	
Do any light fittings need cleaning?	
Do windows and skylights need cleaning to allow in more natural light?	

3. Heating

What is the actual temperature in the space?	
Does the temperature vary much during the day?	
Do occupants complain it is too hot or too cold?	
If there are Thermostatic Radiator Valves (TRVs), are they set correctly? Do they actually work or are they broken?	
Are radiators effective and giving consistent heat? They may need bleeding of air or maintenance to remove dust and sediment.	
If there is a room thermostat, is it correctly set?	

If the room tends to overheat, is there any bare pipework that could be insulated?	
Are radiators blocked by boxes and furniture restricting air circulation?	
Are portable electric heaters in use? If so, why is the heating system not adequate?	
If there are permanent electric heaters with individual temperature and time control, are they set correctly?	
Are external doors and windows closed when heating is on?	
Are any window panes cracked or broken?	
Is there evidence of problems with double glazing (e.g. moisture between panes).	
Is there adequate draught proofing on windows and external doors?	
If there is a roof space, is it insulated?	
Are blinds closed at the end of the day during winter to cut down on heat loss?	
Is heating or air conditioning on in unused spaces, such as cupboards, corridors?	

4. Cooling and Ventilation

If there is air conditioning with local controls, make sure it is only on when necessary. Is it obvious how to control it? What temperature is it set to?	
Is air conditioning running at the same time as heating?	
Could the building reduce heat by closing blinds or fitting reflective film to windows which reduce solar gain? Remember, unnecessary lights and electrical equipment also produce heat.	
Are all external doors and windows closed when air conditioning is on?	
Are you making the most of natural ventilation? Opening windows overnight in the summer, where it doesn't present a security risk, will help cool the building down and reduce the need for air conditioning.	
Is heating or air conditioning on in unused spaces, such as cupboards, corridors?	

5. Electrical Equipment

Are computers, printers, photocopiers and other equipment switched off at the end of the day?	
Can screens and other equipment be switched off during the day?	
Can computers be programmed to 'power down' mode?	
Can standby settings be avoided? (e.g. TVs, LCD projectors, printers etc.)	
Are photocopiers, fax machines and other equipment on 'Energy Saver' mode during the day?	
Are photocopiers in a well ventilated area – not where there is air conditioning?	
Can a 7 day timer be put on some equipment? (e.g. photocopiers, water coolers, cold drinks machines). These cost less than £10 and can be purchased online or from electrical and homeware shops.	
Can any equipment be switched on later and switched off earlier?	
Could timers be fitted to water coolers?	
Are kettles overfilled for hot drinks?	

Can kettles be removed if there is a wall mounted boiler?	
Are fridges places next to heat sources? They run more efficiently when in a cool environment.	
Is the office fridge/freezer defrosted regularly?	
Is the fridge thermostat working and set to the right temperature (2-4 °C)?	
Are microwaves switched off at the plug after use?	
Is equipment clearly labeled so that staff know how to activate energy saving features or switch it off?	

6. Water Use

Is there any evidence of water leaks? (e.g. wet pathways on a dry day)	
Are taps left running? Are there any dripping taps? Do taps need maintenance?	
Is there scope for push button taps?	
Are hot water heater timers set correctly?	

If there is no timer should one be fitted?	
Is water escaping from overflows either inside or outside buildings?	

7. Awareness

Are there posters/stickers/guidance displayed to remind people of good practice?	
Would it be of benefit to have a formal energy audit?	