



SPORTS & LEISURE SECTOR

Water Resilience Guide



For busy centre managers water resilience is about Maximising Efficiency & Minimising Risk

Welcome to your guide on Water Resilience for the Sports & Leisure sector. From swimming pools and gyms to community centres and spa facilities, your operations rely heavily on water. Reliable and responsible water management is not just about sustainability, it's about maintaining customer satisfaction, safeguarding budgets, and ensuring uninterrupted operations. This guide will help you understand your water footprint, identify risks, and implement practical strategies to make your centre more resilient in the face of rising water costs and supply pressures.



Why Water Matters to Business, Right Now:

- **Hidden Costs:** Pools, showers, and spas are intensive water users. Even small inefficiencies can cost thousands.
- **Operational Risk:** Any disruption to water supply impacts customer experience and can force closures.
- **Reputation Risk:** Customers expect visible sustainability action. A leaking tap or overfilled pool undermines your image.
- **Real Savings:** A mid-sized leisure centre with a pool can spend £40,000–£100,000 annually on water. A 10–20% saving could free up £4,000–£20,000+ per year.

Your Water Footprint: Where It Goes & Why It Matters

- **Swimming Pools (30–50%):** Top-ups, backwashing filters, splash loss, evaporation.
- **Changing Rooms & Showers (20–30%):** Heavy daily use by customers.
- **Saunas & Steam Rooms (10–20%):** Require water for humidity and cleaning.
- **Cleaning & Hygiene (10–15%):** Floors, gyms, studios, washrooms.
- **Catering & Cafés (5–10%):** Dishwashing, food preparation.
- **Landscaping & External (5%):** Car parks, outdoor areas, sports fields.

Knowing your centre's footprint helps target the biggest impact areas first.

Quick Wins: Immediate Savings, Minimal Effort

- **Low-Flow Showerheads:** Reduce from 15–20 LPM to 6–9 LPM without affecting comfort.
- **Timed Push-Button Showers:** Prevent showers running continuously.
- **Tap Aerators & Infrared Controls:** Cut water use in changing rooms.
- **Smart Pool Covers:** Reduce evaporation and heat loss when pools are closed.
- **Efficient Backwashing:** Only backwash pools when necessary, not by default.
- **Cleaning Protocols:** Switch from hosing to microfibre or targeted washing.

These low-cost measures save thousands annually with no disruption to service.

Smart Investments: Future-Proofing for Long-Term Value

- **Pool Water Recycling Systems:** Filter and reuse water from backwashing, reducing demand.
- **AMR & Smart Metering:** Real-time monitoring highlights leaks and anomalies.
- **Heat Recovery from Pool Backwash:** Reuse energy and water simultaneously.
- **Rainwater Harvesting:** Use for cleaning, toilets, and landscaping.
- **Greywater Systems:** Capture shower/sink water for reuse in flushing.
- **Spa Efficiency Systems:** Modern saunas and steam rooms with water-efficient dosing controls.

These upgrades deliver long-term cost stability and protect against rising water and energy prices.

Your Hidden Drain

- **Leaking Showers & Toilets:** A single faulty shower can waste upwards of 50,000 litres per year.
- **Pool Leaks:** Undetected leaks cause huge costs. Compare daily top-ups with evaporation rates to spot problems.
- **Sauna & Steam Overuse:** Poor controls can waste both water and energy.
- **Night-Time Monitoring:** If meters are moving when the centre is closed, investigate.

Proactive leak detection prevents waste and reputational risk.

Engage Staff & Members: Build a Water-Wise Culture

- **Staff Training:** Spotting leaks, efficient cleaning, optimal pool management.
- **Member Messaging:** Discreet signage in showers/washrooms on saving water.
- **Performance Incentives:** Recognise staff who reduce water waste.
- **Community Engagement:** Link your sustainability actions to local schools, swim clubs, or councils.

Water savings stick when staff and members are part of the solution.

Be Prepared: Manage Water Supply Risk

- **Know Your Risks:** Burst pipes, drought restrictions, or system failures.
- **Emergency Plan:** Steps for keeping pools/spas safe and hygienic in outages.
- **Backup Storage:** Consider tanks for hygiene-critical uses.
- **Supplier Engagement:** Understand your water provider's resilience plans.

Preparedness protects revenue and customer trust during disruptions.

Specialist Focus: Swimming Pools, Saunas & Steam Rooms Pools:

- Use covers to reduce evaporation.
- Monitor for leaks and unusual water loss.
- Optimise backwashing frequency; explore recycling systems.

Showers & Changing Rooms:

- Fit push-button or timed showers.
- Use spray taps or aerators.
- Improve ventilation to reduce excess use of showers for cooling.

Saunas & Steam Rooms:

- Install water-efficient dosing systems.
- Regular maintenance to prevent leaks.
- Automate controls to prevent over-running.

Pools and spa facilities are high-intensity users. Smart management here makes the biggest difference.

Sustainable Drainage Systems (SUDS): Smarter Surface Water Management

Sports and leisure centres often sit on large plots with car parks, pitches, and landscaped areas. Traditional drainage moves rainwater off site quickly, leading to flooding risks, higher sewerage charges, and missed opportunities for reuse. Sustainable Drainage Systems (SUDS) provide a more resilient, cost-effective alternative.

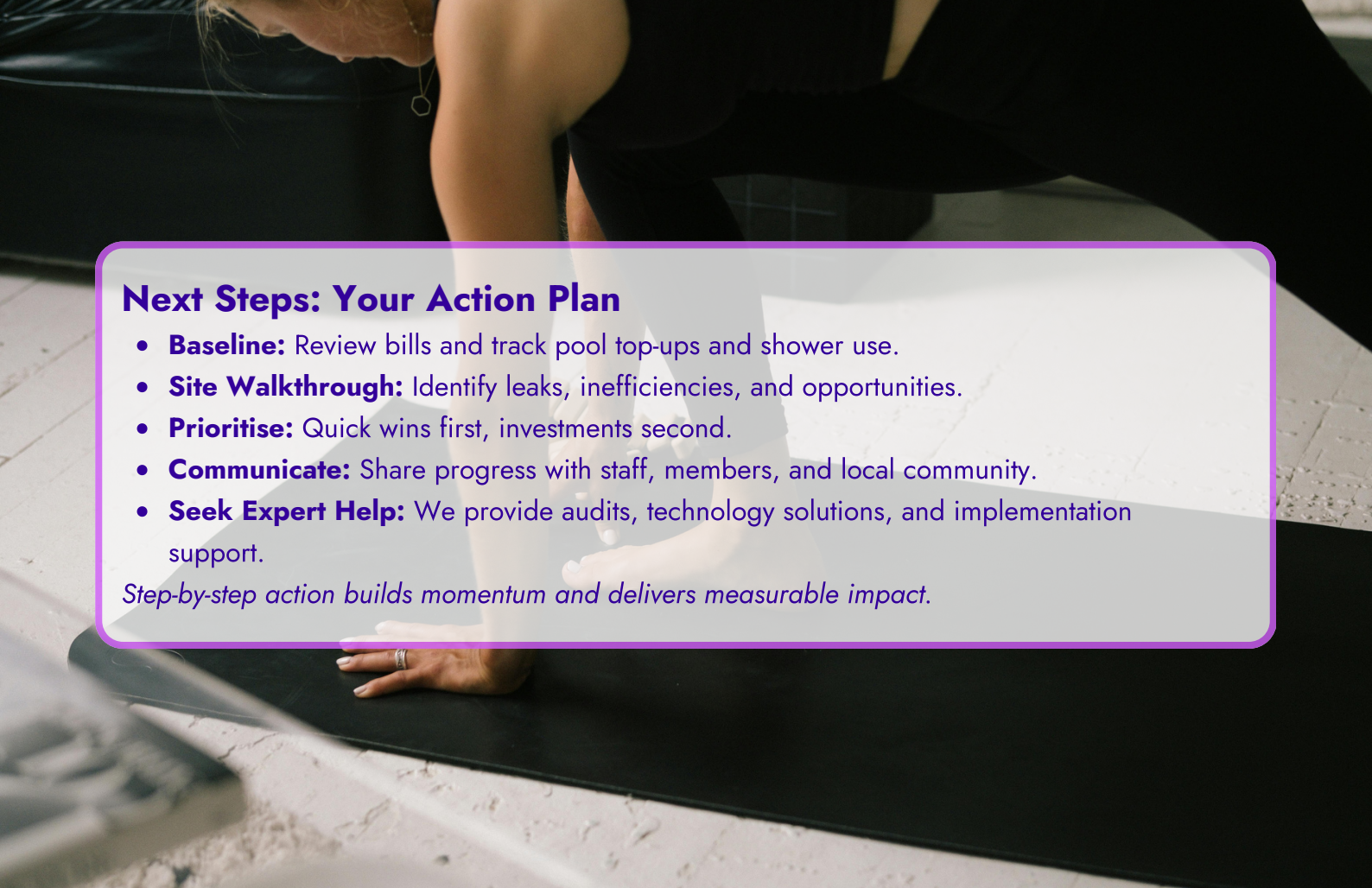
Key Benefits for Centres:

- **Flood Risk Reduction:** Prevents surface water build-up in car parks, play areas, and pitches after heavy rain.
- **Cost Savings:** Cuts sewerage bills by reducing surface water runoff sent to drains.
- **Operational Continuity:** Minimises site flooding that can disrupt access and events.
- **Community Value:** Green features such as rain gardens and swales enhance amenity space for members.
- **Biodiversity:** Creates habitats for wildlife, adding visible sustainability credentials.

Practical SUDS Options for Leisure Centres:

- **Permeable Paving:** For car parks, pathways, and external areas.
- **Rain Gardens & Swales:** Attractive planted areas that capture and filter runoff.
- **Detention Basins or Ponds:** Store water temporarily, slowly releasing it to prevent downstream flooding.
- **Green Roofs:** On gyms or facilities to absorb rainfall and reduce runoff.
- **Link with Rainwater Harvesting:** Capture stormwater to use in toilets, irrigation, or cleaning.

SUDS are more than just drainage, they reduce costs, improve resilience, and visibly demonstrate sustainability to your members and community.



Next Steps: Your Action Plan

- **Baseline:** Review bills and track pool top-ups and shower use.
- **Site Walkthrough:** Identify leaks, inefficiencies, and opportunities.
- **Prioritise:** Quick wins first, investments second.
- **Communicate:** Share progress with staff, members, and local community.
- **Seek Expert Help:** We provide audits, technology solutions, and implementation support.

Step-by-step action builds momentum and delivers measurable impact.

Need Support? Let's Talk

Want support optimising your facilities water resilience?

We help leisure centres, sports centres, swimming pools and community hubs cut consumption, reduce waste, improve control, and save money, without disruption.

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