



## IDENTIFY:

# THE FIVE-MINUTE SHOWER CHALLENGE

1. Identify a team or teams to take part – secure the support of team management or mentors.
2. Hold a quick briefing with full team and management to explain the challenge as well as the water and energy conservation reasons behind it.
3. Nominate a Shower Challenge Champion or leader for each team.
4. Establish a baseline by recording initial shower times (optional – see sample template on next page).
5. Team members commit to showers that are at most five minutes long.
6. The Shower Challenge leader(s) make the five minutes call – or nominate teammates to do so – after each training or match when showers are in use.
7. Calculate your water savings using the tips below.

## HOW TO MEASURE YOUR CLUB SHOWER FLOW

### Step-By-Step Guide



1

Place a bucket or bowl under the showerhead.



2

Have your phone timer or stopwatch ready.



3

Turn the shower on fully and start your timer.



4

Let the water run into the bucket or bowl for ten seconds (ensure the shower is turned off or the bucket/bowl removed after ten seconds exactly).



5

Measure the amount of water captured in the bucket, e.g., by using a measuring jug.



6

Multiply the amount of water by six to get your shower flow rate. For example, if you collected 2 litres of water your shower flow rate is  $2 \times 6 = 12$  litre/min.

## HOW MUCH WATER DID WE SAVE?

**A. Baseline Use** = shower flow rate\* x average team baseline x no. team members x no. trainings/matches in challenge period.

\*If available. Otherwise use 9 l/min

**B. Challenge Use** = shower flow rate x 5 (mins) x no. team members x no. trainings/matches in challenge period.

**Water Saving = A - B**

**Example:** For a team of 18 using showers twice a week for two months (16 showers each in total), with an average baseline shower time of 9 mins and a flow rate of 8 l/min.

**A** =  $8 \times 9 \times 18 \times 16 = 20,736$  litres

**B** =  $8 \times 5 \times 18 \times 16 = 11,520$  litres

**Water Saving: 9,216 Litres**

