

# Corporate Social Responsibility Statement

At ESSA, our vision is to enhance performance, health and wellbeing through the science of exercise and sport. We lead and promote excellence in exercise and sports science for the benefits of society and the professions ESSA represents.

ESSA is committed to social responsibility as an organisation through respect and consideration for all our stakeholders and the environment in which we operate. We embrace the ethos of "consistently doing the right thing" and embedding it in our daily operations.

In order to achieve this, we have in place appropriate policies and practices that guide us to act in an economically, environmentally and socially conscious way.

## Commitment to our Community

As leaders in our field, we recognise our responsibilities and influence on physical activity, exercise and sport and the resulting community engagement. We strive to be a trusted source of information and provide the latest research to support evidence-based practice to our stakeholders and the Nation.

We aim to inform and influence the interests of the community by:

- Employing robust frameworks to ensure the quality and advancement of our health professionals through a robust accreditation process and professional development that is fit for purpose;
- Provide effective regulation of our health professionals to ensure highest standards of practice in the community;
- Undertaking, supporting and providing evidence-based research in exercise and sports science;
- Advocating for appropriate funding and policy support to ensure all groups of society have access to exercise services appropriate to their needs;
- Channelling resources to lobby for support to access sustainable exercise for underserved or disadvantaged areas within our community, including people with disabilities and older Australians;
- Awarding research grants to Australian member researchers dedicated to advancing the field of exercise and sports sciences;
- Providing qualified, professional advice to community-based exercise challenges that encourage exercise for a variety of Australians; and
- Supporting Australian suppliers, where possible.

## Commitment to our Environment

ESSA is committed to a long-term approach to reducing our negative impact on the environment and fostering a sustainable future. We are committed to continuing to reduce our carbon footprint through sustainable practices and environmentally conscious choices.

ESSA understands the impact of humans on our global environment and accepts that we all have a role to play in striving for the United Nation's goal of Net Zero emissions by the year 2050. Our emissions are reduced at ESSA by:

- Renting a 4.5 star [NABERS](#) rated office;
- Various recycling programs for:
  - Drink containers and Food packaging
  - Printer Toner
  - Old electronic equipment
- Maintaining a near paperless office, with all filing being digital;
- Minimising electricity use, turning off lights and air conditioning in offices and meeting rooms not in use;
- Work-from-home options for all staff reduce transport emissions;
- Professional development courses for members are provided digitally.

We strive to educate and empower our people to implement positive individual change that collectively helps our organisation to improve sustainable business practices. At a community level, ESSA advocates for active transport initiatives, to increase the health of Australians through physical activity and to reduce our Nation's environmental footprint.

## Commitment to Corporate Governance

ESSA is committed to maintaining the highest standard of corporate governance and a transparent and accountable approach to business across all areas. The Financial and Investment Strategy is intended to ensure that ESSA's financial position continues to provide the strength to underpin investment in strategic initiatives that benefit members and promotes efficient and effective business administration. ESSA's Investment Strategy guides our investing activity towards socially responsible investment that aligns with the intent of this CSR Statement and is consistent with the values of ESSA. This is supported through our robust governance framework outlined in our Constitution, Frameworks, Policies, Procedures and By-laws.

We are dedicated to conducting business in strict compliance with applicable laws and with the highest personal and corporate integrity standards. These standards are defined in our Code of Conduct and apply to all ESSA workers. We maintain mechanisms for ESSA workers and the community to lodge complaints or whistleblowing for any breaches of the Code or laws.