



# ENERGY REDUCTION GUIDE

TIPS FOR THE HOSPITALITY  
AND SPA INDUSTRY

# START SAVING MONEY & ENERGY TODAY

We are all acutely aware of the **rising cost of living**; it's at its highest level in a decade, with businesses reporting dramatic increases in energy costs.

Equally, due to the **current climate crisis**, it has never been more important to reduce our carbon footprint and environmental impact.

With this in mind, here are some hints and tips from FuturePlus to help you **save energy, lower your bills, and reduce your carbon footprint**.

# STRATEGIES

**IMPLEMENT THESE GOALS AND INITIATIVES TO ENACT  
ORGANISATIONAL-WIDE CHANGE**

## WHERE TO START

There are many different actions you can take to start making energy reductions, but the first step is to **understand your energy use**:

- **Monitor** your energy consumption over a specified period of time (usually 12 months) to obtain a **baseline figure**. Be aware this may involve monitoring oil and gas use as well as electricity.
- This baseline will enable you to better understand your 'normal' energy usage, and give you a starting point from which to set **reduction targets**.
- Monitoring the different ways your business uses energy will also help to highlight the best **energy saving opportunities**.
- **Check your tariff**. Finding the best rate is difficult at the moment, but it's still worth shopping around.
- We would also strongly encourage you to consider options to use **green energy**, as this will help lower your emissions footprint.

## HOW TO SET REDUCTION TARGETS

- You don't *need* to have reduction targets in place in order to start saving energy, but setting **realistic, achievable goals** will give you something to aim towards and will help to keep everyone motivated.
- Reduction targets might include reducing energy consumption across the whole business, or just for particular departments.
- It can also cover factors such as increasing the percentage of your energy budget invested into **energy-saving measures**, or measuring an increase in **energy saving actions** by employees.
- If you need help monitoring you energy use or setting reduction targets, please get in touch: [team@futureplus.co.uk](mailto:team@futureplus.co.uk)

## ARRANGE AN ENERGY AUDIT

- For larger businesses in the UK, an energy audit is mandatory under the government's **Energy Savings Opportunity Scheme** (ESOS).
- For smaller companies, the Carbon Trust's **energy benchmarking tool** for is a useful resource for UK-based businesses looking to assess typical energy use in their sectors, including hospitality and leisure.



# POLICIES AND TRAINING

**THE GOVERNANCE OF AN ORGANISATION MAKES A HUGE  
DIFFERENCE TO ITS IMPACT**

## THE RIGHT POLICIES AND TRAINING

Having policies in place to guide employee behaviour and set standards in terms of your approach to energy saving is a great place to start. It will help to set expectations and you can use the guidelines to create incentives for more sustainable behaviours company-wide.

- Include a section on **energy saving** in your Employee Handbook or Employee Code of Conduct.
- Carry out energy saving **training** for all employees.
- Put an **Environmental Policy** in place and be sure to highlight the importance of cutting energy use.
- Review your **business travel provisions** and put in place a Sustainable Business Travel Policy.
- You can also encourage and incentivise **sustainable commuting practices**, and provide flexible working arrangements where possible.
- Think about your supply chain. Incentivise suppliers to reduce their energy where possible with a **Supplier Code of Conduct**

# RENEWABLE ENERGY

SUPPORT THE TRANSITION FROM FOSSIL FUELS  
TO CLEAN ENERGY



## SWITCHING TO RENEWABLES

- Be aware that if a tariff is marketed as 'green' or 'renewable', it doesn't usually mean the energy supplied to your business will be from 100% renewable sources. It's not technically possible (currently in the UK) for 100% renewable power to be directed to your operational sites, unless you have a direct line to a generator powered by solar panels, for example.
- UK electricity is generated from a variety of sources, including renewables, but is mixed together with fossil fuel-produced energy as part of the National Grid.
- Look for a tariff from a producer that is consistently generating enough renewable electricity themselves to match customer use, or buying the equivalent directly from generators. If you need help decoding your tariff, please ask: [team@future-plus.co.uk](mailto:team@future-plus.co.uk)



## PRODUCING YOUR OWN ENERGY

- Investing in generating your own energy can help **cut long-term costs** as well as giving your organisation a **reputational boost** for environmental awareness.
- According to a **survey** carried out by the Economist, one in three businesses in the UK operating in energy-intensive sectors are currently generating their own energy.
- Solar panels (photovoltaics) are the most common source of renewable energy, but you could also consider looking into biomass systems, or ground / air-source heat pumps.
- Please ask if you would like more information: **[team@future-plus.co.uk](mailto:team@future-plus.co.uk)**

# HEATING AND COOLING

**SAVE ENERGY ON HEATING AND AIR CONDITIONING SYSTEMS  
WITH THESE TIPS**



## LOW COST ACTIONS

- Turn down or zone heating and air-conditioning where appropriate.
- Keep windows and doors closed during winter, and open during warmer months for ventilation.
- Encourage staff to dress for the weather, and/or ensure any staff uniforms are appropriate for the season or temperature.
- Provide bedding suitable to external temperatures for guests, i.e. breathable sheets in summer, warm duvets and thick blankets in winter.
- Ensure radiators and vents are regularly cleaned and are not blocked by items of furniture.

## MEDIUM COST ACTIONS

- Make sure your buildings have adequate temperature regulation features, i.e. natural or installed solar shading for warmer climates, and robust insulation for colder.
- Install heat covers over swimming pools to reduce heat loss and evaporation.
- Installing ceiling fans will improve air circulation and reduce the demand on air conditioning.

## HIGHER COST ACTIONS

- Consider how you're heating your pools; systems like air source heat pumps can be more effective than traditional methods of heating.
- Consider installing a heat recovery ventilation system.
- Replace single-glazed windows with double glazed.
- The installation of a green roof can cool buildings down through shading and evaporation.
- Solar reflective glass controls and filters the sun's rays, allowing natural daylight into a room without uncomfortable visual glare.



# APPLIANCES

**SWITCH TO ENERGY SAVING APPLIANCES AND CUT COSTS IN THE LONG-TERM**

## LOW COST ACTIONS

- Replace traditional light bulbs with LEDs. For every traditional halogen bulb you switch to a LED, you save around 5 kg of CO<sub>2</sub>e emissions.
- Install dimmer switches to save energy where appropriate.
- Install occupancy sensors for light fittings to avoid wasting energy, or use timer-controlled lighting.

## MEDIUM COST ACTIONS

- Upgrade water heaters and hot water taps.
- When buying any new appliances, prioritise those with higher energy efficiency ratings.
- Replace end of life gas burning hobs with induction.

## HIGHER COST ACTIONS

- Install a demand-controlled variable speed kitchen extraction system.
- Replace old gas boilers with more energy efficient hydrogen-ready boilers.

# USING APPLIANCES

**ENERGY SAVING RITUALS AND CUSTOMS TO INCORPORATE INTO  
YOUR OPERATIONS**



- Go paperless. Avoid printing wherever possible.
- Only run dish and glass washers when full, and run on eco-settings.
- Wash linen at lower temperatures or find an eco-friendly laundry provider.
- Make sure fridges and freezers are operating efficiently. Check seals and ensure minimum loss of air.
- Defrost freezers and fridges regularly and avoid overfilling.
- Only boil the water you need, and avoid washing up or defrosting food under running water.
- Set a maximum water temperature for taps. This avoids unnecessary water heating (but also prevents burning and scalding).
- Switch off lights and appliances (including ovens and burners) when not in use.
- Ensure appliances are not left on standby mode.
- Switch off lights, TVs and radios in unoccupied hotel rooms overnight.
- Consider your digital footprint, including your website, marketing materials and advertising campaigns.



# OTHER THINGS TO CONSIDER

1

**Communicate with your guests.** Be transparent about the energy-savings actions you are taking and explain why you are doing it.

2

**Healthy competition.** Ask employees to check their own carbon footprint (click [here](#)) and ask for their input and ideas in lowering the energy footprint of the business.

3

**Remember that small actions all add up.** Remind employees that even small changes to daily routines can soon add up to much bigger impacts.

# GET IN TOUCH

Want some assistance with any of those tips? We can help! Check out our [website](#) or get in touch at [info@future-plus.co.uk](mailto:info@future-plus.co.uk)

