

# ENERGY HEALTH CHECK

## Considerations

## Checked?

## Action/comments

### Lighting

Are lights switched off outside of opening hours?  
Are they internal or external?

Are energy-efficient LED light bulbs being used  
throughout the club? Look for an 'LED' or 'LED LAMP'  
marking on the bulb.

Are motion sensors or timers installed in areas that are  
used infrequently?

Are any outdoor floodlights or photocells  
left on when not needed?

Are light switches labelled correctly?

### Heating

Have club users had issues with the temperature  
being too warm or too cold?

Has the heating system been serviced within  
the last 12 months?

Do you use air conditioning during warmer weather?

Do you have thermostatic radiator valves?  
If so, in how many rooms?

Is anything blocking the heaters/radiators?  
Do you have any radiator reflectors?

Are any unoccupied areas being heated?

Are the set times on the thermostat correct  
for the time of year?



ENGLAND FOOTBALL

If you do need to print me,  
I'll use less ink in black.

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**Catering/bar**

Are fridge/freezer doors closing properly?

Are fridges/freezers positioned away from heat sources like ovens and radiators?

Is there enough space around fridges/freezers for ventilation to prevent them from overworking?

Are any fridges stored inside cold rooms? Fridges produce heat that reduces the cooling efficiency of the cold room.

**Insulation/ventilation**

Are there any draughts coming from windows or doors?

Are windows and doors left open interfering with your heating or air conditioning?

Are windows double-glazed or have secondary glazing?

Does your building have roof and wall insulation? You'll need a professional to check if it meets UK regulations.

**Appliances/equipment**

Are appliances that use power/electricity switched off when not in use?

Are vending machines and drinks fridges in use 24/7, or can they be switched off at times?

Are any older, inefficient appliances in need of replacement?

Are you underloading your washing machine or tumble dryer?

**Showers/toilets**

Are any taps, toilets, urinals or showers dripping?

Are shower durations monitored or limited with a push button valve?

Are water heaters set to a reasonable temperature (around 60°C)?