



# Quality Inn Central Park

## Fredericksburg, Virginia

**Virginia Green Lodging** is the Virginia Department of Environmental Quality's (DEQ) initiative to promote pollution prevention (P2) practices in the tourism and hospitality industry. **Green Lodging** encourages hotels, resorts, and other hospitality operations to be aware of their impact on the environment and to take steps to reduce these impacts. **Green Lodging** is a non-regulatory program, and participation is completely voluntary and free of charge.

### Quality Inn Central Park

The Quality Inn is located near Central Park in Fredericksburg, near the University of Mary Washington. Quality Inn offers 166 guest rooms, free deluxe continental breakfast, free wireless high-speed internet, free access to the nearby Gold's Gym, and a seasonal outdoor pool and garden courtyard. Quality Inn is committed to environmental excellence and works to minimize environmental impacts whenever possible.



**Green Lodging Activities.** When visiting Quality Inn Central Park, you can expect the following practices:

### CORE ACTIVITIES for Green Lodging

- Optional Linen Service.** Sheets and towels are not automatically changed every day during your stay.
  - Train house cleaners on process of optional linen service
  - Purchase water efficient washers and dryers
  - Use non-phosphate, non-toxic, biodegradable laundry detergents
  - Minimize the use of bleach and chlorinated chemicals
  - Use linen service providers that employ "wet" versus "dry" cleaning
- Recycling and Waste Reduction.** Green Lodging Facilities must provide recycling. Recycling should be highly visible and made available to guests with clear signage. A general commitment to reducing total amount of waste should be made.
  - Recycle: Toner Cartridges and Electronics Equipment
  - Track overall waste bills
  - Instruct housekeeping to save and reuse unopened items
  - Implement effective food inventory system to minimize waste
  - Purchase recycled-content paper-towels and toilet tissue
  - Encourage suppliers to minimize packaging and other waste materials
  - Purchase from vendors and service providers with a commitment to the environment
  - Use two-sided copying and printing
  - Use electronic correspondence and forms
  - Purchase "low-VOC" carpets and fabrics
  - Use reused building materials or those from sustainable sources
  - Use latex paint
  - Recycle/dispose of thinners and solvents properly
  - Use preventative maintenance on all appliances, HVAC systems, plumbing, and vehicles
  - Effective inventory system and labeling of last-in/first-out
  - Use least toxic materials

- Minimize use of pesticides and herbicides and use integrated pest management

**Water Conservation.** The facility must have a plan for conserving water that should consider plumbing modifications and landscaping.

- Track overall water usage and wastewater
- Preventative maintenance of drips and leaks
- Flow metering to discover leaks and areas of high use
- High efficiency dishwashers
- Use dry clean up methods over water-based methods
- Low flow toilets and restrictors on faucets and showerheads
- Effective landscape management plan



**Energy Conservation.** The facility must have a plan in place that encourages replacement of lighting and equipment to energy-efficient alternatives.

- Track overall energy bills and set a numeric goal to reduce
- Use high efficiency compact fluorescent light bulbs in rooms and spotlights
- Use high efficiency fluorescent ballasts and lamps
- Install LED Exit Signs
- Have High Efficiency Heating & Air Conditioning and individual thermostats in each room
- Use natural lighting whenever possible

**Green Events Package.** The facility must offer a “green” or “environmentally-friendly” package for conferences, meetings and other events. Even if the facility only offers occasional, small events, at least recycling will be provided.

For more information on **Quality Inn Central Park**, see [www.qualityinn.com/hotels/va463](http://www.qualityinn.com/hotels/va463) or contact Randal Dowdy at [r.dowdy@guestsinc.com](mailto:r.dowdy@guestsinc.com).

For more information on **Virginia Green Lodging** program, see [www.deq.virginia.gov/p2/lodging](http://www.deq.virginia.gov/p2/lodging).



**Virginia Green Lodging** program is a supporting partner of **Virginia Green**, the Commonwealth’s campaign to encourage environmentally-friendly practices in all aspects of Virginia’s tourism industry. Virginia Green is supported through a partnership between the Virginia Department of Environmental Quality, the Virginia Hospitality & Travel Association, and the Virginia Tourism Corporation.

