

How to organize plastic free championships

EurILCA Sustainability
Programme

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Objectives

With our sustainability programme we aim to raise awareness about plastic pollution and to have eco-friendly championships. This is why we must:

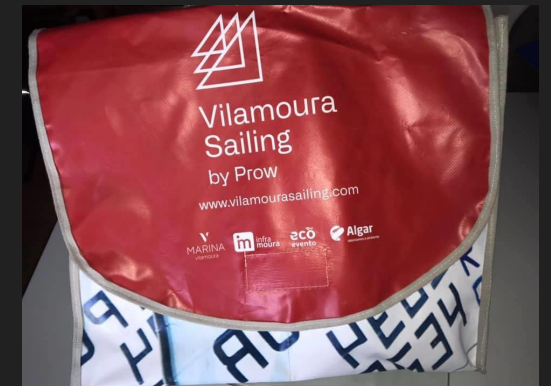
- Eliminate single-use plastics from the racecourse as much as possible
- Recycle the waste as much as possible
- Raise awareness about the plastic/ocean pollution and promote eco-friendly habits

Main single-use plastic sources

- Water bottles
- Food containers
- Stickers
- And now, masks

Example of Club Vilamoura 2020 Laser 4.7 European Championship

For water bottles,
recycling waste and
stickers



Water bottles → Filtered water tanks & reusable water bottles



Many water dispensers with filtered water where sailors and coaches could fill their bottles were available on the venue.

Aluminum water bottles were given as a gift at the beginning of the regatta.



Giving water bottles is a good idea although not as crucial as water tanks.

Water tanks are indispensable to eliminate single-use plastics

Stickers → Reusable lycra

These laser mast sleeves are made from lycra. They are used both for identifying the fleet colour and the bow number. This way no sticker is used on the boat and no extra material is needed to identify fleets. They can be reused in different regattas hosted by the club 😊

Also, it would be great to print slogans like “Refuse Reduce Reuse Recycle” “No to single-use plastics” on the other side of the lycra. This way sailors will see it all the time and it might be visible in the pictures too!



Refuse
Reuse
Reduce
Recycle

Refuse
plastic
straws

Sailing
against
pollution

Stickers → Trolley number tags

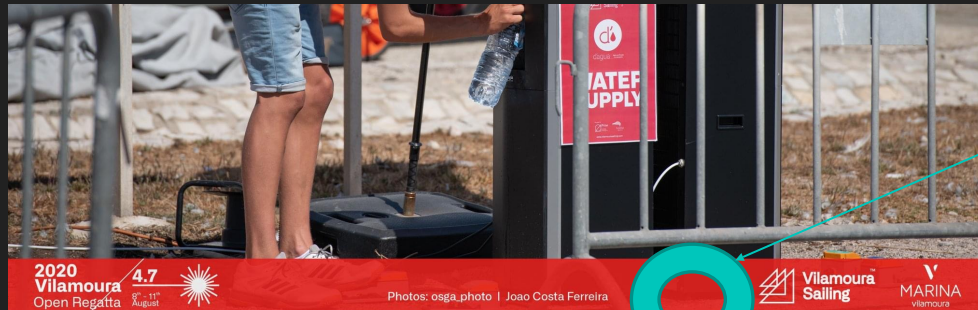
These trolley number tags are made from recycled materials. They can also be reused for different events hosted by the club.

These alternatives to single use plastic stickers are not only eco-friendly but also a long term investment for the club! You make them once and reuse them multiple times!



Sponsor's stickers → Flags

- Instead of having stickers for sponsors, their flag can be displayed in the race venue
- Another option may be putting their logo at the bottom of pictures by editing



To recycle the waste

- Recycling trash bins must be available around the race venue
- In Vilamoura, they transformed the “waste” into cash and gave that as a monetary prize to a local charity institution
- Coaches had bags to separate organic/plastic trash on water



Vilamoura

Food containers → Non plastic alternatives

- Food containers and plastic cups are a huge source of plastic waste in Regattas
- Polystyrene is even worse than plastic



Alternatives

There are different more eco-friendly alternatives such as plates made from **sugar cane**, **bamboo** forks, or other **compostable elements**. There are also biodegradable cups but if you can't find any, at least paper ones are still better than plastic ones. These are easily accessible through Amazon. (If there is a local store that you know that's even better.)



Masks → A new waste problem

- With the pandemic, masks are becoming an environmental problem. Some ideas to prevent masks floating around:
- Warning sailors, coaches and organizers
- Having a closed trash bin just for the masks in the racing area might be a good idea
- Vilamoura Sailing Club offered reusable masks



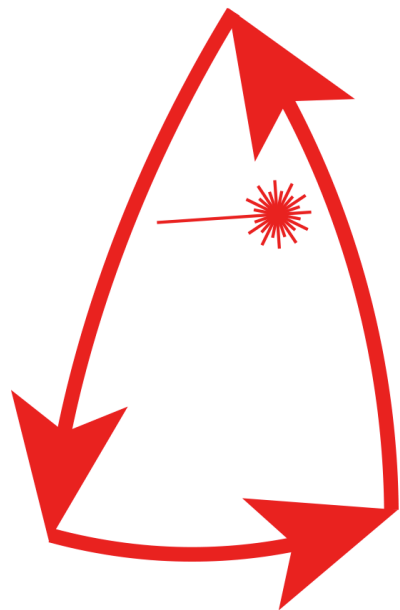
To raise awareness about ocean/plastic pollution

- A guiding leaflet showing the alternatives (I will send it) can be given during registration
- A beach clean up
- Making sure that athletes/coaches are aware of the efforts that have been put to make the championship eco-friendly and why it is so important

A further step

- To encourage sustainability and our oceans' health even more:
- Asking sponsorships from eco-friendly brands (e.g. eqlove a French eco-conscious sunscreen brand) thus maybe giving those sunscreens as a gift at the registration
- These sponsorship items can be metal straws, sunscreens, water bottles... items that will help athletes eliminate single-use plastics from their lives
- Results can be displayed on a TV screen instead of using papers

**Let's sail against pollution!
Thank you for being with us in this
journey** 



#Sustainability

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