

Sailors for the Sea Clean Regatta Platinum Level Sustainability Report



2023 Spanish Optimist Championship

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Prepared by: Helena Geis Sarrats
Press and sustainability manager
helena.geis@nauticescala.com

Green Team Members include: Roger Botargues, Núria Martínez, Luca Castelli, Helena Martínez, Núria Puig, Aina Oliveras, Arnau Jou, Arnau Carrés, Olivia Pare, Paula Ballana, Gemma Ferrer, Cristina Planellas, Alba Gasull, Ydris Lapere, Enric Vicens

1. Eliminate Single-Use Water Bottles and Provide Water Refill Stations:



We offered two water refilling points in the village regatta's tent with the idea that the participants brought their own reusable bottles. We communicated this measure previously through a news published on the regatta website, by email and during the event through social media and the regatta's Telegram group.

2. Eliminate Plastic Straws:

We didn't offer straws of any kind during the event.

3. Serve Food with Plastic-Free Dinnerware:

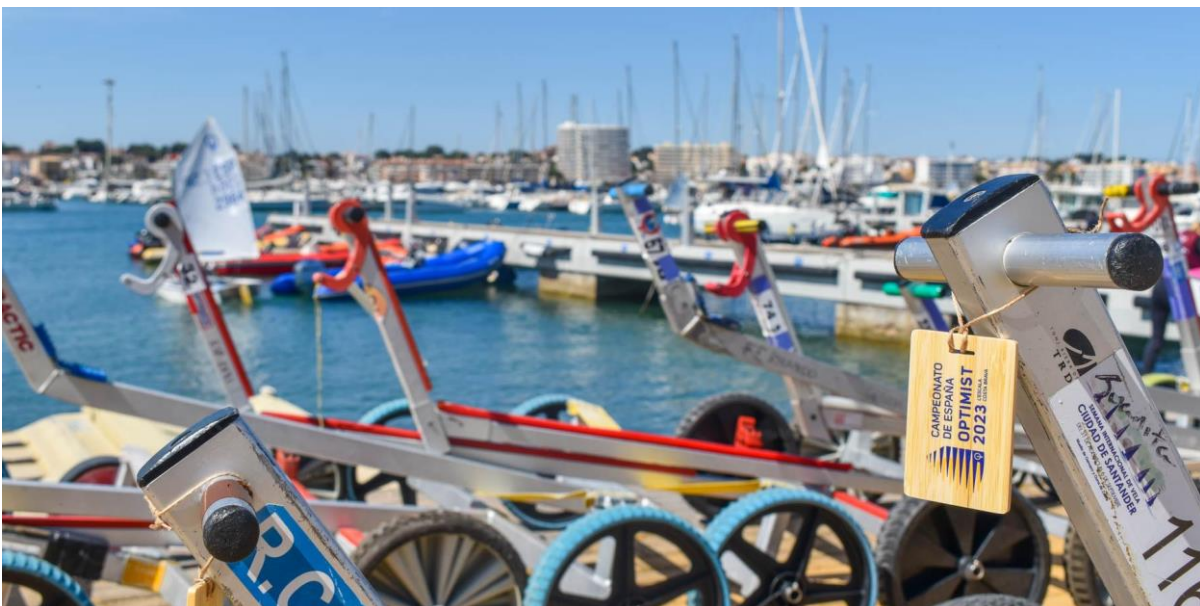


We offered pasta most of the days, which we served with compostable dishes and forks, while cups and napkins were made of paper. During the opening ceremony snacks were served, so we only used cups, napkins and glass cups for champagne while for the closing ceremony we served pizza with a paper triangle plate and champagne with glass cups.

4. Use or Provide Reusable Bags:

Each sailor received an official T-shirt of the regatta and two key rings, without any kind of bag.

5. Award Practical Items or Use a Perpetual or Upcycled Trophy:





All sailors received an official T-Shirt of the regatta, a wooden keyring to be used to identify their boat trolleys as well and another reusable keyring with the class symbol. On top of that, the prizes given to sailors were wood made in order to be more sustainable.

6. Publicize Your Sustainability Efforts:

Links to the news and posts published about sustainability related to 2022 EurILCA Master European Championships:

- Club Nautic l'Escala website. Special page with all the information related to the sustainability program accessible through the event website and shared via the Telegram group and a mailing sent prior to the event: <https://nauticescala.com/es/noticias/esdeveniments-sostenibles/>
- [Club Nautic l'Escala: Press release 4/4/2023](https://nauticescala.com/es/noticias/campeonato-espana-optimist-2023-dia-3/)
- <https://nauticescala.com/es/noticias/campeonato-espana-optimist-2023-dia-3/>
- Club Nautic L'Escala - Youtube 8/4/2023: <https://www.youtube.com/watch?v=GbMUBYuFTec>
- Spanish Sailing Federation 8/4/2023: <https://rfev.es/default/actualidad/ficha/text/3558/return/index/page/0>
- RTVE (Spanish Television): <https://www.rtve.es/play/videos/vela/campeonato-espana-optimist/6863240/>
- Club Nautic l'Escala Instagram

23/03/2023: <https://www.instagram.com/p/CqH1-apM1wz/>

8/4/2023: https://www.instagram.com/p/Cqx9yOQI_JN/

7. Involve Local Organizations:



In 2023, the 2023 Spanish Optimist Championship was integrated into the Community Service Project of the El Pedró high school of L'Escala. The Club Nàutic l'Escala and the Department of Education of the Catalan Government signed a collaboration agreement which integrated the 2023 Spanish Optimist Championship regatta into the Community Service Project of the local El Pedró school. Eight fourth-grade students from the local school participated in the organization of the regatta. They helped in tasks of support and accompaniment of the sailors, which allowed them to expand their learning in the active exercise of citizenship, as well as to put their knowledge and abilities into play at the service of the community.

The Community Service Project is an educational action, within the framework of the compulsory secondary school students' educational curriculum, which aims to promote civic engagement among students. Through community service actions such as the collaboration in this regatta, the development of students' social and civic competence is promoted, while allowing them to analyze their environment and commit to improving it.

8. Post Educational and Reusable Signage:



Plástico / latas



Evento sostenible - ayúdanos



Water and waste points were signaled to help its location and use. Waste bin signals included a QR code linked to all the sustainable measures to be checked by the sailors as well as the signal Sustainable event (included as a picture), which was available at the race office and next to the water point, at the regatta's village tent. All the signal supports can be reused for further events by just sticking the new images on to them. In fact, some of them were used first for the EurILCA Masters European Championships 2022.

9. Serve Local Food or Source Seafood Sustainably:

The main food supplier was the Club's restaurant, in charge of the meals offered during the opening ceremony and the pasta served most of the days. The Club's restaurant normally buys from local sources. The pizza for the closing event was provided by a L'Escala's restaurant called Pizza Pazza.

10. Organize a Green Team:



We created what we called the Blue Team easily located thanks to its blue t-shirt. They helped sailors during their stay, launching and recovering their boats, but also maintaining cleanliness in all areas. They also assisted the participants with any sustainable questions they had.

11. Ensure Proper Waste Bin Placement and Signage:



Eight waste management points were distributed between the race office, the race village tent and the launching area with waste, paper and plastic bins. The days where bottled beer was offered, they were asked to return the bottles at the bar (inside the race village tent) to be properly recycled. It was not possible to include a compostable waste bin as this service is not available in L'Escala at this moment.

13. Use Paperless Event Management:

All the documents of the Notice Board were available through the event website (<https://nauticescala.com/es/compra-actividades-costa-brava/2023-campeonato-de-espana-optimist/>). We used the sailti service (<https://2023nauticescala.sailti.com/es/default/races/race>) which allowed sailors to check the results at the moment. All questions were submitted through email, while all the public protest documents were shared only through the Notice Board.

14. Host a Beach or Marina Clean-up:



On the 8th of April, all sailors were invited to participate in a Coast clean-up held before sailing. The area selected was Les Planasses, an area located next to the marina which is integrated into the Montgrí Natural Park. The most commonly found items were paper (used as toilet paper), cans and plastic bags.

15. Promote Alternative Transportation:



There was a rental bike service available during all championships with all information needed at the race office.

16. Increase Awareness of Wildlife and Habitat Protection:

GESTIÓN DE RESIDUOS

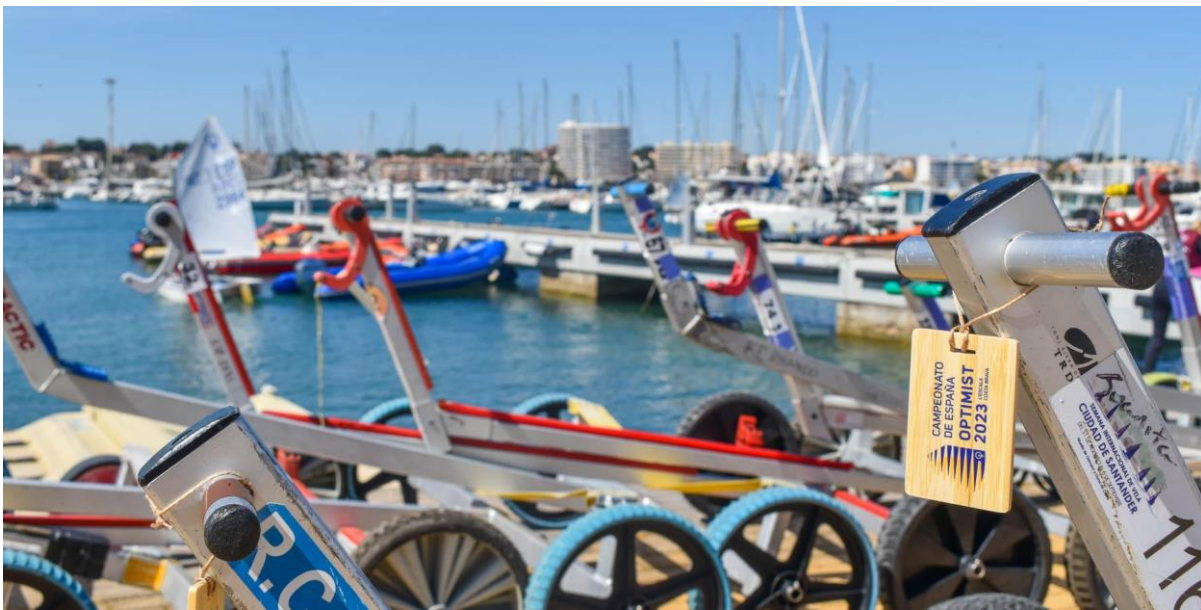
- El Club Nàutic se encuentra justo al lado del Parque Natural del Montgrí, un área protegida y de gran valor natural. Recordamos que está totalmente **prohibido arrojar residuos tanto al agua como al suelo** durante toda la competición. Los residuos podrán ser depositados en las embarcaciones oficiales o de apoyo. La penalización por la infracción de esta Instrucción de Regata será decidida por el Comité de Protestas, pudiendo ser la descalificación de las pruebas celebradas ese día u otro que se crea conveniente.

Club Nàutic l'Escala is located next to the Montgrí Natural Park. There was an information totem about the Natural Park located next to the launching area. It shows information about the protected area and its regulation in order to conserve it. Its conservation for future generations has been the main argument to ask all participants to maintain a responsible behavior as well to participate at the Coast Cleaning. This activity held on the 8th of April before sailing allowed them to help protect and get to know the Natural Park. Before the start of the activity all the participants were informed about that, and during the cleaning we talked about the area and why it is protected.

17. Offer Vegetarian or Vegan Alternatives:

From 4th to 9th April, food was served to sailors after sailing. From 5th to 8th pasta was served. During two of these days, 6th and 7th, the recipe was vegan with different kinds of vegetables both days. On the other hand, the pizzas ordered for the closing ceremony were prosciutto and vegetables, so vegetarian people had an option for them. Between the snacks offered during the Opening Ceremony there were chocolate cream sandwiches.

18. Use Eco-Smart Race Management Techniques



Since the successful result of the use of wooden key rings to identify boat trolleys instead of plastic sticker, once again, we offered this item to sailors.

19. Prevent Toxins from Entering the Water

The use of soap for cleaning boats was regulated throughout the port area and only ecological and biodegradable soap could be used to do so. If needed, they could get the product at the race office. This measure was publicized through the sustainability web page of the event:

<https://nauticescala.com/es/noticias/esdeveniments-sostenibles/>

20. Encourage Green Boating Practices



All measures taken encouraged the responsible attitude of all sailors. They were also able to check the Green Boating practices promoted by the Montgrí Natural Park through an information panel located next to the launching area.

Bonus Opportunities:



1. To optimize water savings, only members of the Blue Team could rinse the boats after sailing. For this purpose, each day of the regatta, the organization had several members of this team dedicated solely to providing this service to the sailors.
2. The 2023 Optimist Worlds will be held in La Ballena Alegre Sailing Club, situated just a few miles from the Club. For this reason, both organisations have been collaborating and the 2023 Spanish Optimist Championship served as a platform to publicize some of the details of the next Worlds Championship as well to develop joint initiatives. For example: during the event all sailors were encouraged to leave their old neoprene wetsuits inside a wooden box offered by Turtl Project. This collection will continue during the World Championship and will serve to donate the neoprene suits in good condition to sailing schools with fewer resources, while the most damaged ones will be recycled and turned into objects such as wallets or computer cases. The box was signaled and situated inside the Race Office and the initiative communicated through the Telegram Group and the Club's Instagram account.
3. Friday, April 7th began with the conference-workshop entitled "For an inclusive sport with the same opportunities for everyone", which featured Maria Solé, graduate in physical activity sciences and specialized sport in gender and sport and Mònica Azón, sports director of Arenys de Mar Nautic Club and professional athlete since Barcelona 92'. This activity was supported by the General Secretariat of Sport of the Catalan Government and took place motivated by the fact that this competition was the first national competition of the Optimist class in which male and female results were separated with the aim of giving greater visibility to the girls of the fleet. The conference ended by inviting all sailors to write their messages to encourage more girls to sail on a blackboard that was located in the regatta Village for the rest of the Championship.