



Sailors for the Sea Clean Regattas Platinum Submission

Event: Irish Sailing Pathfinder Women at the Helm

Venue: National Yacht Club, Dun Laoghaire, Co Dublin

Date: 16-18 August 2019

Organiser: Gail MacAllister
Irish Sailing
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Irish Sailing is the national governing body for sailing, powerboating and windsurfing in Ireland

In our efforts to achieve Platinum Status with Clean Regattas we have fulfilled 73 of the listed practices and an extra 6 practices.

Working on this project has been a fantastic learning curve to help us understand better how to communicate the messages of reducing environmental impact and has left us with a legacy of actions, protocols and assets for future events nationally.

Thank you

Gail MacAllister

Development, Sustainability and Cruising Officer
Irish Sailing
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Useful links

- Event Page : <https://www.sailing.ie/Events/Irish-Sailing-Pathfinder-Women-at-the-Helm>
- Event Sustainability Page : <https://www.sailing.ie/Events/Irish-Sailing-Pathfinder-Women-at-the-Helm/-Event-Sustainability>
- NOR : <https://www.sailing.ie/Portals/0/Irish-Sailing-Pathfinder-Woman-at-the-Helm-Regatta-NOR.pdf>
- SIs : https://www.sailing.ie/Portals/0/2019%20Women%20Pathfinder_SI_Rev%209%20FINAL.pdf
- Showing of Movie Maiden and fund raiser : <https://www.eventbrite.ie/e/maiden-the-documentary-movie-tickets-66526846589>
- Our Environment Page : <https://www.sailing.ie/Our-Environment#1113>
- Get Ready to Be Green : <https://www.sailing.ie/Our-Environment/Get-Ready-to-be-Green-and-Keep-the-Waters-Blue>

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Event Management

Event Management			
1	1. Assemble a Green Team		
a	Invite the community to help with the sustainability challenge.	1	Club members, staff and volunteers were all invited to join in with the challenge of reducing our environmental impact. The initial warm up to this was a "Get Ready" campaign sent out to sailing audience. https://www.sailing.ie/Our-Environment/Get-Ready-to-be-Green-and-Keep-the-Waters-Blue Other events and classes were invited to join the challenge at their own events. Posters created for the event are shared on line for other events and venues to use.
b	Create a dedicated team of volunteers/staff to assist liaison with running a Clean Regatta.	1	Gail MacAllister, Susan Spain, Tim O'Brien Damian Foxall, Volvo Ocean Race veteran supported the initiative as Irish Sailing Sustainability Ambassador
c	Identify and recognize your Green Team to participants.	1	On Sustainability Page – SEE 2a
2	2. Public Engagement		
a	Create a sustainability page on your regatta website.	1	https://www.sailing.ie/Events/Irish-Sailing-Pathfinder-Women-at-the-Helm/-Event-Sustainability
b	Share Sailors for the Sea ocean conservation message with competitors and display sustainability signs throughout event.	1	Message posters placed around site. Reminders at registration. Reusable bottle users encouraged and congratulated. Posters now all now available for clubs and centres to use https://www.sailing.ie/Our-Environment#1113 SEE IMAGES BELOW
c	Promote Clean Regattas to media through press releases, social media and in news stories.	1	Placed on web site, adverts, posters and web site. Plus tagging during event. SEE IMAGES BELOW
3	3. Paperless Regatta Management		
a	Use an online Regatta Management System to handle all electronic registration.	1	Bookings all came through National Yacht Club on line booking system here https://www.nyc.ie/irish-sailing-pathfinder-women-at-the-helm/ . Results displayed on www.sailing.ie
b	Use 100% Post-Consumer Recycled Paper or FSC-certified paper. Ensure all printouts to be double-sided.	1	Recycled and FSC paper was used and plenty left for future work and events. Very few printouts made, all that could be were double sided. Only one copy of Sailing Instructions made for display and had to be single sided. SEE IMAGE BELOW
c	Switch to a flat screen monitor or whiteboard to broadcast event results.	1	White board used for Sis and messages. WhatsApp used for organisers. SEE IMAGE BELOW

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4	4. Environmental Outreach		
a	Invite local environmental groups to host an information booth.	1	Flossie and the Beach Cleaners (a local beach clean organisation of volunteers) had a stand at the event to educate the participants on the organisation and the work they do.
b	Create Green Awards to highlight best practices by a specific individual or boat.	1	Boats, sailors and the venue can be nominated for Irish Sailing's new sustainability award, which is given at the annual Irish Sailing Awards in front of an audience of 500 people. Another 6,700 watch the Awards live on Facebook.
c	Host a photography or art contest to coincide with the Clean Regatta.	1	Facebook photography competition was run to encourage people to share images that captured the beauty of our coast and sailing. Winners joined the facebook banner. An environmentally impactless prize and fun for everyone to share what they saw. This encompassed the entire sailing community of Ireland.
5	5. Regatta Awards		
a	Create or use a perpetual trophy.	1	Perpetual trophy made from ancient Irish bog oak and copper. SEE IMAGE BELOW
b	Award gear or usable items as trophies.	1	Bags and purses were 1 st and 3 rd prizes 2 nd prize inspirational message pictures
c	Use sustainably sourced or upcycled items in the trophy creation process.	1	1 st prizes – bags from repurposed old sails 2 nd prizes – pictures with inspirational message from drift glass and crockery from beaches 3 rd prizes – purses from upcycled wetsuits 3 rd prize donated 10% of proceeds to Seal Sanctuary Ireland
Food and Beverage			
6	6. Water Bottle Reduction		
a	100% elimination of all single-use plastic water bottles at your event.	1	Single use plastic bottles were banned
b	80% elimination of all single-use plastic water bottles at your event.	1	Single use plastic bottles were banned
c	Either provide or require participants to bring their own reusable water bottle.	1	In the Notice of Race and Sis SEE IMAGES BELOW
7	7. Water Refilling Stations		
a	Make water coolers or water jugs available to refill water bottles on land.	1	Outside tap labeled, signs directing to tap. Water bottles with glasses on hand for land volunteers and staff. Bar welcomed refills. SEE IMAGES BELOW
b	Provide water to participants out on the water via coach boats or designated water boats.	1	Coach boats had water tanks available for sailors to access
c	Install permanent or semi-permanent water filtration systems.	1	Water from taps is clean, no filtration needed.

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8	8. Sustainable Food Options		
a	Work with catering company to offer locally sourced or organic foods.	1	Chef extremely accommodating and proud to use local sourced foods where available
b	Ensure that all seafood is sustainably sourced.	1	Fish sourced from Dublin Bay fishermen
c	Offer vegetarian alternatives to lower your menu's carbon footprint.	1	Generous and delicious vegetarian option available in both evening meals and in the race official packs.
9	9. Responsible Dinnerware		
a	All single-use dinnerware is recyclable or compostable. No Styrofoam.	1	So single use was used.
b	Eliminate straws.	1	No plastic straws – paper and biodegradable
c	Eliminate 85% of single-use dinnerware, including plates, cups, and cutlery.	1	All metal crockery, glass and earthenware dinnerware. No single use.
Waste Reduction			
10	10. Recycling		
a	Ensure 1:1 ratio of Landfill to Recycling bins.	1	1:1 plus compost bins
b	Divert 50% of all waste from entering the landfill.	1	Achieved by having suitable bins well positioned.
c	Hand out compostable bags to competitors to encourage recycling on the water.	1	Had Rule 55 and encouraged use of their own bags and return of rubbish to designated and well labeled bins ashore. Compostable bags with recycling in do not work well in Ireland as the recycle machines get snagged.
11	11. Compost		
a	Ensure 1:1 ratio of Landfill to Compost bins.	1	Had Landfill, Recycle and Compost bins well labeled.
b	Divert all food scraps from landfill.	1	Kitchen has food scraps bin in regular use and bin was outside and labeled for participant compost.
c	Coordinate with outside group to collect food scraps or create a compost bin on site.	1	Kitchens of club have collection of foods.

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12	12. Trash Free Regatta		
a	Have Green Team and participants monitor event site and remove litter.	1	The Green Team and other volunteers keep all areas clear. An external team of Harry Hermon & Liz Hall monitored the standards throughout the event. Tom Dolan visited the event to offer his support.
b	DO NOT alter Rule 55 (Trash Disposal) from the ISAF Racing Rules of Sailing and remind sailors of this rule at skippers' meeting.	1	Rule 55 in place, signs to remind, mentioned in briefing and on Sis.
c	Organize a beach or boatyard cleanup with volunteers and/or participants.	1	Area kept clear throughout and clean sweep done after event. But very little required.
13	13. Eliminate Single-use Bags		
a	Use reusable bags while shopping for event.	1	Always
b	Offer competitors reusable bags to hold event documents.	1	No documents printed, so no bags needed.
c	Eliminate lunch bags or ensure that they are compostable.	1	Sailors brought own bags, Race Officials informed to bring own bags.
14	14. Good Waste Management		
a	Ensure that a Recycle and Compost bin (if applicable) are placed adjacent to all Landfill bins.	1	Done and labled well
b	Conduct a Waste Audit to determine what kind of waste your participants are primarily tossing.	1	Bins were checked regularly. There was occasional throwing of plastic wrapping in recycle bin, as this is a new rule that it causes problems. Main rubbish was paper wrappers, ends of bread rolls, banana skins, tape, bits of rope.
c	Educate staff and participants about what can be recycled versus composted or landfill.	1	Good signs on all bins. SEE IMAGES BELOW
Venue Management			
15	15. Responsible Signage		
a	Make sure all waste bins are clearly marked RECYCLING, COMPOST, or LANDFILL.	1	SEE IMAGES BELOW
b	Reuse signage year after year.	1	Club wanted their logo on signs, so we put it at the bottom and had it cut off after, so it can be used for other venues in the future.
c	Make sure all signage is made from fabric or sustainably sourced material, not PVC.	1	Banners made from woven Recycled plastics

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16	16. Promote Alternative Transportation		
a	Provide secure bike racks to promote bicycling.	1	Provided. SEE IMAGE BELOW
b	Encourage public transportation, carpool, or hybrid cars to/from event in all print/online communications.	1	On web page and sustainability page.
c	Give a parking discount or VIP parking spots for participants who carpool or drive hybrids.	1	Free parking in Electric car spaces. SEE IMAGE BELOW
17	17. Sustainable Energy Sources		
a	Use biodiesel in any onsite generators, committee boats or race boats.	1	No bio diesel boats, but club manager is driving electric car. SEE IMAGE BELOW
b	Purchase renewable energy credits from electric company.	1	Not available in Ireland. Electricity supplier is Energia – that supplies a 100% green energy.
c	Install solar panels or wind turbine onsite or aboard race boats.	0	NOT POSSIBLE
18	18. Runoff Reduction		
a	Set up a rain barrel(s) to collect precipitation at your event.	1	Club has barrels on down pipes
b	Reduce fertilizers and/ or pesticides on venue property.	1	None used
c	Discuss long-term solutions for reducing runoff at your venue.	1	Management discussed options.
19	19. Carbon Offsets		
a	Conduct an energy audit of your venue.	1	Club manager has installed movement lights in bathrooms. Lighting turned off in rooms not in use. Printers etc turned off at night.
b	Invest, find sponsorship or collect donations to offset full or part of your events carbon dioxide emissions.	1	Collected at film event on first night and funds raised to offset carbon footprint. €264.35 is being donated to the https://oceanfdn.org/projects/seagrass-grow/ €264.35 is being donated to the Maiden Factor to help provide education to girls around the world
c	Track participant travel and include in calculation of carbon footprint.	1	Calculated carbon footprint of travel. Totalling 3.23 tonnes of CO2e SEE CALCULATIONS BELOW

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Race Management			
20	20. No Discharge		
a	Remind all participants in Notice of Race (NOR) and at skippers' meeting that sewage discharge is illegal.	1	Done. See Sustainability sections of NOR and SIs below. Full NOR here https://www.sailing.ie/Portals/0/Irish-Sailing-Pathfinder-Woman-at-the-Helm-Regatta-NOR.pdf Full SIs here https://www.sailing.ie/Portals/0/2019%20Women%20Pathfinder_SI_Rev%209%20FINAL.pdf
b	Coordinate to make sure that affordable or free pump-out services are available for all boats.	1	Dun Laoghaire Marina next door has pump out available
c	Require and provide dye tablets for all participants' holding tanks.	0	NOT AVAILABLE
21	21. Toxic-free Cleaning		
a	Eliminate the use of any harmful cleaning products at event site.	1	None used
b	Suggest a "Water Only Washdown" protocol for boats at your event.	1	Protocol in place and on SIs
c	Require use of nontoxic cleaning products.	1	Eco cleaning product provided to club manager if any may have been required for serious clean up
22	22. Oil Spill Prevention		
a	Provide all motorboats with ONE bilge sponge and ONE fuelling spill pad.	1	All participants with engines were provided with a BioSock
b	Create "Safe Refuelling Areas" and ensure proper training to all staff.	1	Safe refuelling site set in club
c	Coordinate with nearby organizations or marinas to have emergency plan in case of large oil spill emergency.	1	Club has emergency action plan and oil spill buffers at the ready at all times.
23	23. Maintenance		
a	Ensure all fiberglass sanding/fairing be contained and collected.	1	All sanding and fairing must be cleared up by boat owners. Maintenance crew on hand to enforce.
b	Provide secure and enclosed location for all boat maintenance.	1	Any boat maintenance prior to event was contained to one side of yard
c	Do not allow boats with bottom paint to scrub while in the water.	1	Not allowed

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24	24. Efficient Power Boats		
a	Replace any two-stroke engines with more fuel-efficient four-stroke engines.	1	All engines are 4 stroke
b	Invest in fuel-efficient rigid inflatable boats (RIBs) instead of fiberglass.	1	All safety boats are RIBs
c	Limit number of crash boats on racecourse by having coaches "carpool" with each other.	1	No coaches. Strictly safety boats, marker boats and 1 media boat. Boat pooling encouraged if spectators interested – weather really bad so not needed. Event was also visible from shore – which is important for reducing spectator boats.
25	25. Wildlife and Habitat Protection		
a	Integrate key marine wildlife information into your event and notify participants in advance of any protocols around wildlife encounters (Wildlife Disruption Prevention Plan).	1	Displayed posters in registration room. Gave links to local wildlife organisations <ul style="list-style-type: none"> • Cetacean identification information is available from IWDG https://iwdg.ie/species/. • Cetacean encounters are to be reported directly to IWDG - https://records.iwdg.ie/sighting.php?sid=x SEE IMAGES BELOW
b	Provide participants with data reporting forms to be completed at sea, collecting any relevant information about wildlife.	1	Link to on line data reporting on cetaceans given.
c	Prepare participants to report collisions, injured wildlife, or damaged habitat.	1	Link to on line collision reporting given
	Total number =	73	
26	Extra works		
a	Seabin installed on pontoon	1	Sea bin to collect waste particles in water near club pontoon SEE IMAGE BELOW
b	Sustainability notice in Notice of Race	1	SEE 20a BELOW
c	Event vests made from recycled plastics and collected for reuse	1	Made from reclaimed waste by www.rashr.com SEE IMAGE BELOW
d	Following the Leave No Trace standards	1	Nationally recognised standards for outdoor pursuits
e	Working with World Sailing Sustainability 2030 Agenda	1	Using this event as a learning flagship for creating standards for future events nationally
f	Promoting Spill Kit equipment and making it readily available to the public to purchase	1	Researched availability and understand of spill kits for general public purchase and use. Discovered little was known. Managed to get a manufacturer in America to supply a box of sample Bio Soks and a local distributor agreed to look at supplying oil eating spill liquid in domestic size bottles for boat users. More work is progressing on this for 2020.
	Total Extras =	6	
	Total of Initiatives and actions =	79	

Future works

Facebook group for boat and equipment sharing and reusing in Ireland
Re purpose and reuse / swap kit promotion planned for 2020 – using high profile sailors to promote sharing their kit and examples of repurposing

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IMAGES AND TABLES

2b Plenty of signs promoting Sailors of the Sea and messages on what and where to recycle etc



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2c Samples of Clean Regattas used in posters and adverts

Pathfinder
WOMEN AT THE HELM
IRISH SAILING IN PARTNERSHIP WITH National Yacht Club

Movie Cruising Racing Party Craic

56 Entries in Dinghy, Sportsboat and Keelboat

Sis, Info, Results and updates Here

16-18 Feb '18

20x20

SAILORS FOR THE SEA



Pathfinder
WOMEN AT THE HELM
IRISH SAILING IN PARTNERSHIP WITH National Yacht Club

Results

20x20

SAILORS FOR THE SEA

Pathfinder
WOMEN AT THE HELM
IRISH SAILING IN PARTNERSHIP WITH National Yacht Club

Take the Helm JOIN THE ACTION

FRI 16 AUG	SAT 17 AUG	SUN 18 AUG
Showing of MAIDEN 1989 Whitbread all female boat documentary	Dinghy & Keelboat Racing CAI Cruise in Company Yacht Rock Party with Buffet	Dinghy & Keelboat Racing Prize Giving

www.sailing.ie

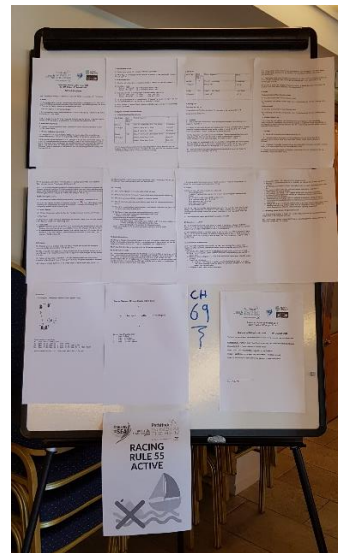
20x20

SAILORS FOR THE SEA

3b Recycled and Responsibly sourced paper



3c Sis and notices on white board

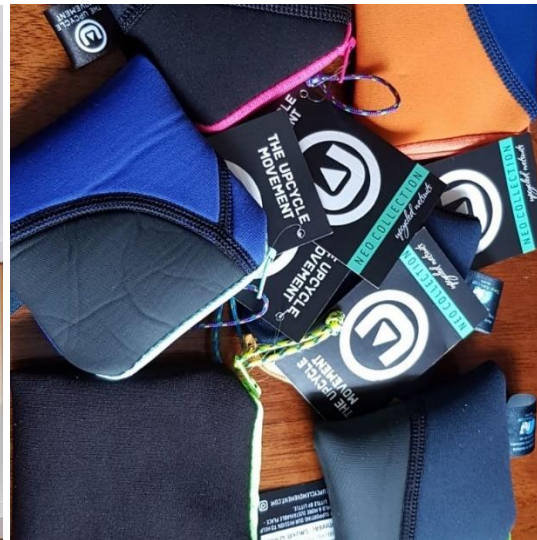


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5a Perpetual Trophy for Club Team



5c Prizes made from upcycle sails, drift glass / pottery and wetsuits



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6a Bring your own bottle



7a Water available and refill encouraged



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16 a Bike racks



17a Free Electric car parking



17b

Survey was taken of 50 attendees direct travel to and from event.

%	Method	Average distance	Total number of people	Total no based on averages	Total miles for transport method	*tonnes of CO2e	Calculated on www.carbonfootprint.com
63.41%	car	103.66	240	152	15776.41	3.21	
14.63%	public transport	20.83	240	35	731.5	0.02	
21.96%	cycled or walked	-	240	53	0	0	
						3.23	Total Tonnes of CO2e

20a

Notice of Race

18. Environment Sustainability

18.1 As part of the events commitment to reducing the environmental impact of the event, competitors, team leaders, coaches, volunteers, race officers and all stakeholders will be asked to follow Irish Sailing event sustainability guidelines. Details will be published, guidelines are available here <https://www.sailing.ie/Clubs-and-Centres/Our-Environment>

18.2 Irish Sailing and National Yacht Club will be reducing paper printing by issuing Sailing Instructions and other notices as pdfs and notice board posters where possible.

18.3 This event is registered with Sailors for the Sea Clean Regattas.

Sailing Instructions

22. Environment Sustainability

22.1 This event is registered with Sailors for the Sea Clean Regattas. Competitors, team leaders, coaches, volunteers, race officers and all stakeholders will be asked to follow these guidelines.

a) Results will be displayed on line at www.sailing.ie/pathfinderwomenatthehelm/results

b) Bring your own reusable bottles and lunch containers – event will have a zero single use plastic policy.

c) Care to be taken to dispose of all waste in the appropriate bins provided – landfill, recycle, compost.

d) Rule 55 will be imposed – • 55 TRASH DISPOSAL A competitor shall not intentionally put trash in the water. This rule applies at all times while afloat. The penalty for a breach of this rule may be less than disqualification.

e) Complete an event travel audit on registration.

f) Request for “Water Only” wash down and only as required.

g) Zero use of harmful clean products at event site – bio cleaning fluid is made available if required.

h) All support motor vessels to have a bilge pad on board – available from registration desk.

i) Any waste created in yard from maintenance to be collected and disposed of appropriately. No wash off allowed.

j) Any collisions with wildlife or site of injured wildlife to be reported to race office.

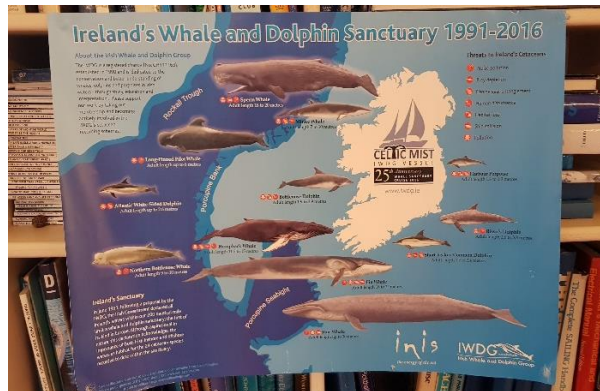
k) All support boats to register and numbers will be kept to a minimum, with pooling recommended where possible.

l) See event sustainability page for further details on sustainability efforts and advise <https://www.sailing.ie/Events/Irish-Sailing-Pathfinder-Women-at-the-Helm/-EventSustainability>

m) Sewage discharge is not allowed for the duration of the event. Dun Laoghaire Marine has a holding tank pump-out facility available from the fuel pontoon. Please contact the Marina Administration Office for further information regarding this service

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25a Education Posters suitable for adult participants



26a Seabin in action



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26c Rashr bibs made from Ocean Plastic Waste – also returned for reuse

