



## CLEAN REGATTAS PLATINUM REPORT



August 2022

The Irish Sailing Women at the Helm is now a national event to give women a platform to perform together and encourage women to step and broaden their sailing experience

The environmental message was embedded throughout the event to ensure all participants, volunteers and employees were on board and could learn how they can implement small changes in their own actions.

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## Elimination of Single-Use Items

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

- The event was a “No Single Use Plastic” event. Participants, volunteers and employees all used reusable bottles and the club hydration stations.



### 2. Eliminate Plastic Straws

- Paper straws available.



**3. Serve Food with Plastic-Free Dinnerware**

- All meals were served in reusable crockery.



**4. Use or Provide Reusable Bags**

- Cloth bags provided for every participant, volunteer and employee.
- Volunteer lunches were provided in paper and on the water volunteers encouraged to bring their own dry bags.



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

- All awards made by repurposed materials and /or practical items
  - i. Towels made from certified recycled consumer plastics
  - ii. Thermal reusable bottles and cups
  - iii. Repurposed sail cloth bags
  - iv. Art from beach glass
- Additional prize of biosoc to promote clean engine management





The event perpetual made from bog oak

## Community Involvement

### 6. Publicize Your Sustainable Efforts

- Environmental message on web page <https://www.sailing.ie/Events/Irish-Sailing-Women-at-the-Helm/-Event-Sustainability>
- And the Irish Sailing Our Environment page provided further advice and details for this and other inspired events <https://www.sailing.ie/Our-Environment>

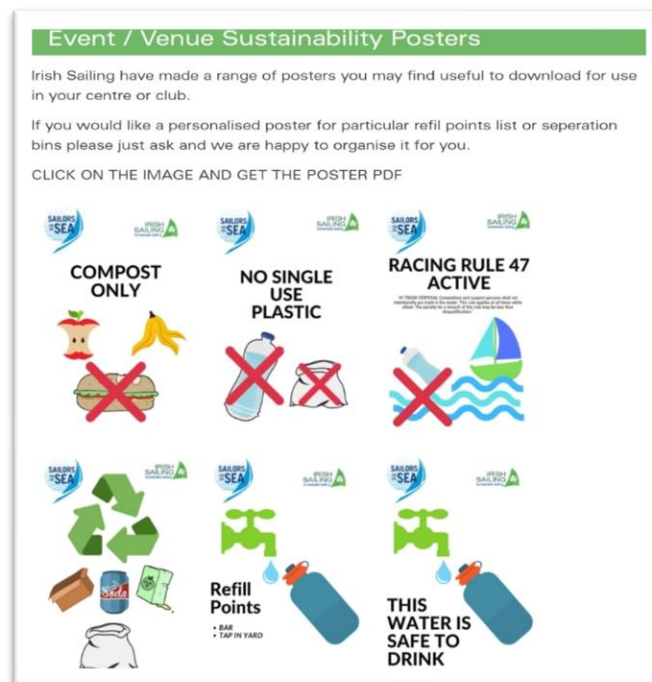
### 7. Involve Local Organisations

- Supplies sources locally for catering, boat repair, management.
- Volunteers from local community.
- The National Yacht Club maintains the community funded Sea Bin



## 8. Post Educational and Reusable Signage

- The National Yacht Club training provides the Irish Sailing Cara na Mara programme teaching an awareness of the environment along with safety and sailing.
- Set of updated signs are available on line and used by this event and available for others too.



Downloadable posters on [sailing.ie](http://sailing.ie)

## 9. Serve Local Food or Source Seafood Sustainably

- Meats are sourced from responsible suppliers and all goods purchased from local suppliers where possible.

## Responsible Waste Management

### 10. Organize a Green Team

- The National Yacht Club manager, event manager Gail MacAllister and Rear Commodore Rosemary Cadogan were the green team.

### 11. Ensure Proper Waste Bin Placement and Signage

- A wide variety of waste disposal options and locations are made available for participants, including additional bins for compost and cigarette waste. The venue has an established sorting system. Small waste bins are emptied into the large wheely bins for recycling and landfill. The small composting bins were brought to the kitchen big composting bin for correct disposal as the club cannot have a compost bin on site.



### 12. Divert Food Waste from the Landfill

- The kitchen of National Yacht Club has food waste bin, which is then composted professionally.
- All organic waste collected is composted in an environmentally friendly manner.



Kitchen food waste management

### 13. Use Paperless Event Management

- All documents were made available on the website, including parental consent, jury documents, SIs, denial letter and more on the 'Official Notice Board'  
<https://www.sailing.ie/Events/Irish-Sailing-Women-at-the-Helm#2036>

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#### Official Notice Board

Protest of J80 3, The Georgettes by Jamiroquai J80, 743. Convening at 15:15.

- [SAILING INSTRUCTIONS Sia Partners Irish Sailing Women at the Helm 2022](#)
- [Click Here to Join Event Whats App](#)
- [2022 Notice of Race](#)
- [2022 Entry Registration](#)
- [Special rate ECHO standard €10 available in the Irish Sailing shop](#)
  - You need to log into the site [www.sailing.ie](http://www.sailing.ie) in order to buy in the shop. You will be asked to complete a simple form for boat details.
- [2022 Entries](#)
- [Download Protest Form](#)
- Expressions of Interest from helms, crew and volunteers [HERE](#)

## Environmental Stewardship

### 14. Host a Beach or Marina Cleanup

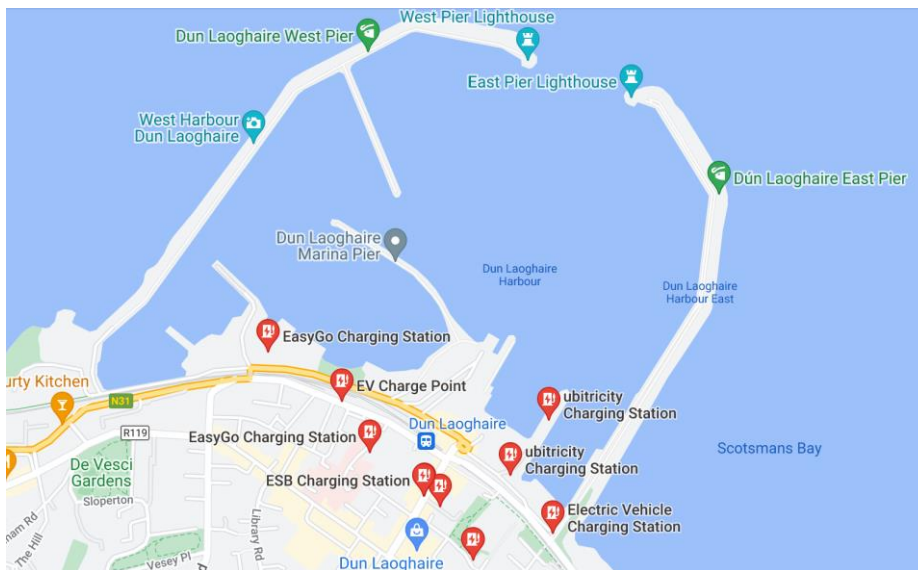
- The ethos of the event was to all be part of the big clean up and to collect any drifting trash that may have filtered onto the boat yard. Clean up efforts were announced in the briefing and registration to give a direct and personal call out. We thought this would bring the participants "on board" more effectively than signs that end up as trash. Building up a "norm" to "see it, pick it" naturally creates a greater awareness and habit forming. Waste in boat yards like this is accidental now rather than blatant lazy dropping.



### 15. Promote Alternative transportation

- Bicycle racks are available and encouraged.
- Dun Laoghaire transport options for cycling and public transport are excellent and the active school travel program provides the infrastructure for events.
- Dun Laoghaire town has create one-way traffic flow systems throughout the town to create dedicated cycle lanes.
- Eight electric car charging points within 2 minute walking distance of venue.





**16. Increase Awareness of Wildlife and Habitat Protection**

- Habitat awareness posters were on display to give a gentle reminder of the sea we play in has a living habitat at all levels and we all need to do our bit to protect it.



**17. Offer Vegetarian or Vegan Alternatives**

- Vegetarian option was made available on each night's menu



Mushroom Risotto

## Green Boating

### 18. Use Eco-Smart Race Management Techniques

- Whats App groups created to provide consistent communication of results etc to participants
- No paper Sailing Instructions
- Whats App for all comms
- No sponsor bow stickers
- Viewing platform awareness
- Media boat active on the water time kept to minimum required
- Committee boat anchored, engine off, use of holding tank
- Using racingrulesofsailing.org for all protest hearing information, submissions, and reports
- Online briefings to reduce sound pollution with speaker systems

### 19. Prevent Toxins from Entering the Water

- The Sea Bin is maintained for collecting any drifting waste.

### 20. Encourage Green Boating Practices

- All participants were reminded of the Environmental standards of the event and Rule 47 active.
  - i. 47 TRASH DISPOSAL Competitors and support persons shall not intentionally put trash in the water. This rule applies at all times while afloat.

## PLUS

- Class flags were home made with scrap materials

