



LOWISA 55
August 1 - 8, 2021

Sustainability Report

About Lake of the Woods International Sailing Regatta

Lake of the Woods International Sailing Regatta (LOWISA) is a unique freshwater race week on the majestic Lake of the Woods in Ontario Canada. Departing from Kenora on the first Saturday of every August, the fleet spends a week out on lake, racing point to point, taking anchorage near each finish line, with a lodge layover for two-nights mid week. Each boat provisions for the entire week, while LOWISA provides events such as skippers meeting, evening social events, kids activities, lodge dinners, and an awards ceremony.

Elimination of Single-Use Items

No single use plastic items were provided or used in any aspect of LOWISA that was ran by the organizing committee. Crews were advised in advance that this would be the new normal and to come prepared with their own reusable cups and mugs to all events. LOWISA provided one Kleen Kanteen reusable mug in each of the registration packages as well as sold them leading up to the event and throughout the week.

Mugs on Instagram:

<https://www.instagram.com/p/CQ3Z4nqgBPF/>

Eliminate Single-Use Water Bottles and Provide Water Refill Stations

LOWISA unlike other events that have water stations do not provide water, rather crews provision for their entire week individually. In efforts to eliminate single use items the Sustainability Team prepared an extensive *Sustainability Package* (see attachments) which was provided to the fleet prior to the event which includes the infographic *12 Ways to Reduce Plastic*. LOWISA promoted transitioning from single use water bottles to 5 gal reusable water jugs for those who don't have onboard water treatment or tanks, buying in bulk, and even suggesting to bring along a soda stream for the apres instead of bottles/cans. In coordination with the mid-week lodge we also coordinated the ability to refill any water jugs/containers.

Eliminate Plastic Straws

In the *Sustainability Package* crews were advised not to bring any plastic straws, and instead were encouraged to seek reusable straws such as stainless steel if desired. No straws were provided at any of the LOWISA events or at the mid-week lodge.

Serve Food with Plastic-Free Dinnerware

Food was provided using classic dinnerware at the lodge. Ceramic plates, cutlery and glasses were utilized and washed.

Use or Provide Reusable Bags

Registration packages and awards were provided in reusable tote bags.

Award Practical Items or Use a Perpetual or Upcycled Trophy

Our LOWISA trophies are all historical, reusable trophies with nameplates. In addition we provided locally made wood plaques and usable items such as alcohol, t-shirts, reusable mugs, and boat equipment.



Community Involvement

Publicize Your Sustainability Efforts

In fleet communication prior to the event, a *Sustainability Package* (see appendix) was distributed to the LOWISA mailing list. Additionally, the sustainability initiatives were communicated on social media and throughout the weeklong event on the morning net along with event information (@lowisaregatta).

Involve Local Organizations

LOWISA Sustainability Committee had reached out to Ontario Lake Smart Team and Lake of the Woods District Stewardship Association. Neither organization was able to participate in LOWISA 55 partially due to COVID, but relationships have been established and we will try again for LOWISA 56 for a presentation and additional information sharing.

Post Educational and Reusable Signage

All LOWISA signage and banners are reusable when necessary, however we have little to no signage, or vessel numbers as our fleet is small and very connected.

Serve Local Food or Source Seafood Sustainably

Food served at the mid-week lodge was locally caught fish by local fisherman.

Responsible Waste Management

Organize a Green Team

This year the Sustainability Committee consisted of the Chair and support from the Commodore. Announcements were made throughout the weeklong event to build capacity and membership of the Sustainability Committee. The Board of Directors has also adopted a Sustainability Mission Statement and will ensure the continuation and achievement of the organization's sustainability goals.

Ensure Proper Waste Bin Placement and Signage

The midweek and finish locations provided labelled designated bins for Recycling and Garbage. Compost is not available in the local towns due to lack of civil infrastructure and the attraction of animals such as bears.

Divert Food Waste from the Landfill

In the *Sustainability Package* provided to the fleet it included instructions and explanations on effective provisioning and how proper planning and food storage reduces food waste. Tickets were sold in advance to the mid-week lodge dinners to account for how much food needed to be prepared to reduce an over abundance and food waste.

Use Paperless Event Management

The LOWISA race week handbook with the SI's and event information was all provided in electronic format. LOWISA event committee also decided to forego disposable vessel numbers as it was not a necessity in this year's pursuit style format, instead vessel names and times were recorded. Additionally, race results were managed electronically and were distributed vocally in post race announcements and via Race Committee at the social events.

Environmental Stewardship

LOWISA Sustainability Committee provided a ride share link for the event for attendees to reduce the amount of vehicles and carbon emissions. The Sustainability Package included an info sheet on *Keeping our Waters Clean* which speaks to the importance of maintaining clean and pristine waters and how to reduce the toxic and nutrient load in the lake. At each of the LOWISA event meals a vegetarian option was always made available and advertised.

Green Boating

Use Eco-Smart Race Management Techniques –

Start lines were made using natural features of the lake and with the pursuit style racing it allowed each boat to have a consistent start time eliminating the need for a

committee boat at the start reducing fuel consumption. Results were managed electronically and by VHF and in person announcements. Bow numbers were not provided/utilized.

Prevent Toxins from Entering the Water

Thanks to one of our generous sponsors, the fleet was provided a non-toxic, ecofriendly cleaning spray to use on their boat during race week. Water only scrub downs and biodegradable soap were emphasized to the fleet through the *Sustainability Package* and through fleet communications throughout the week.

Encourage Green Boating Practices

The entire mailing list and LOWISA fleet was provided the *Sustainability Package*, which included tips on provisioning, waste reduction, green boating practices, and general sustainability tips. Ongoing discussions, examples, and announcements throughout the week promoted engagement and uptake of practices and a shared focus of LOWISA's sustainability goals of reaching gold certification with Sailors for the Sea.

Appendix/Attachments

- A1. LOWISA Sustainability Package
- A2. Fleet Communications of Sustainability Goal and Sustainability Package
- A3. Fleet Communications and Electronic LOWISA 55 Handbook
- A4. LOWISA 55 Handbook

LOWISA

SAILING FOR GENERATIONS TO COME



Introducing the LOWISA Sustainability Program

This year LOWISA is sailing into cleaner and greener waters. We need to take responsibility for this lake that we get to enjoy year after year and love so dearly. Everything we do on this planet has an impact, and everything we do on this lake directly affects it. We need to ensure that the choices we make today preserve this little slice of heaven for now, and for generations to come.

LOWISA has committed to onboarding initiatives including the elimination of single-use items, responsible waste management, use of water friendly products, and environmental stewardship in our organization and fleet. By achieving our goals under these principals we will achieve a gold certification under Sailors for the Sea.

<https://www.sailorsforthesea.org/>

In our Sustainability Guide you will find tips for provisioning and throughout the regatta to help us achieve our collective goal. If you would like to be a part of the Sustainability Team for next year or contribute as a sustainability partner please connect with Liz Harries (on Borderline) sometime throughout the week or e-mail sailowisa@gmail.com.

IN THIS PACKAGE:

12 WAYS TO REDUCE PLASTIC - THE PROVISIONING GUIDE

OTHER SUSTAINABLE TIPS

CLEAN CRUISING GUIDELINES

KEEPING OUR WATERS CLEAN PRODUCT GUIDE

STAY TUNED FOR UPDATES AND EVENT DETAILS

12 WAYS TO REDUCE PLASTIC

THE PROVISIONING GUIDE

Reduce Reuse Recycle has had the emphasis on wrong R for far too long. If you take 5 minutes to look into where it all ends up, you will be extremely disappointed. Therefore our focus here is to Reduce and Reuse!

1 REFILLABLE WATER BOTTLES & JUGS

Swap out your plastic water bottles. Find a space to secure a 5 gal refillable jug with a pump! You can purchase from Northern Harbour, World of Water or generally at Sobeys, Safeway, co-op etc. Take a look next time you're out! (Borderline has typically averaged 3 of these, plus you can refill at the lodge midweek). Don't forget to pack your refillable water bottles too!



2 DITCH THE PARTY CUPS



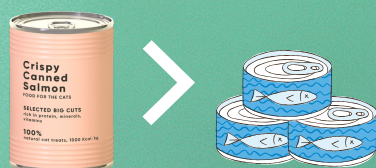
Say "soo long" to the Red Solo Cup. Grab your favorite reusable cup! We love the cups you can clip so you can take them everywhere with you! Pack a carabiner and check out the [LOWISA merch](#) for the [reusable mug](#) for all your hot and cold beverage needs!

3 SMART SELECTIONS



Buy package free foods. Celery in bag? Or Broccoli wrapped in plastic? Think twice. Is there an alternative, or will you be stopping by another store that may not be so plastic obsessed?

4 BIGGER UNITS



Buy in larger quantities when you do your grocery shopping, the larger the quantity, the less packaging you'll incur (unless you're at Costco, you'll need to take a double check ;)).

5 SODA WHAAA



Choosing 2L bottles over cans definitely reduces waste, but bringing along your soda stream is both space efficient and zero waste!

6 BUY IN BULK



Is there anything you can purchase in bulk or from bulk barn, a zero waste store, or the bulk section? Bring along some cloth produce bags, re-usable ziplock bags, or jars to fill up.

7 REUSABLE BAGS



Bring reusable bags or bins with you when you do your provisioning (and when you load the boat)! If you forget, ask if you can take a box.

8 USE CONTAINERS



Pack some tupperware or containers for any leftovers, leave the clingwrap on the shelf!

9 REUSABLE DINNERWEAR



Skip the single use cutlery and paperplates. Stick to reusable ones.

10 MANAGE ICE



Manage your ice! By using blocks where you can, they'll last longer and reduce the plastic waste associated with crushing bags.

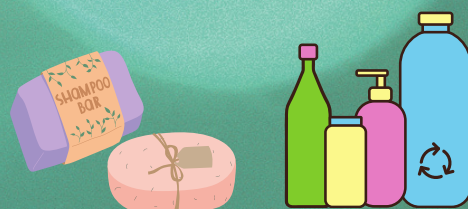


11 PREP FOOD

Pre make some meals and snacks. By preparing food in advance you can avoid the prepackaged foods and utilize more bulk foods in your kitchen.

12 BARS AND REFILLS

Try shampoo bars and bars of soap instead of products in plastic bottles (or reuse your existing bottles and bulk fill).



OTHER SUSTAINABILITY TIPS



SHOP LOCAL

THE LESS YOUR FOOD TRAVELS TO GET TO YOU, THE LESS FOSSIL FUELS ARE REQUIRED TO BRING IT ON BOARD PLUS IT WILL HAVE MORE NUTRIENTS!



BUY ORGANIC & REGENERATIVE

ORGANIC/REGENERATIVE FOOD IS IMPORTANT BECAUSE THIS TYPE OF FARMING USES LESS CHEMICAL TREATMENTS ON THE CROPS WHICH HAVE A COST TO OUR HEALTH AND THE ENVIRONMENT. CHECK OUT THE LIST OF THE [DIRTY DOZEN](#) AND [CLEAN FIFTEEN](#) FOR THE TOP FOODS TO BUY ORGANIC (THE DIRTY ONES) AND THE ONES THAT ARE LESS IMPORTANT TO DO SO (CLEAN 15).



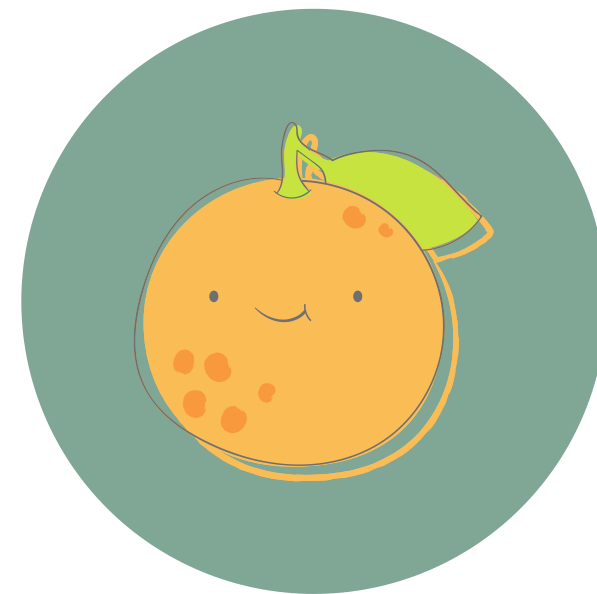
USE RECHARGABLES

CHOOSE ITEMS THAT CAN BE RECHARGED OVER ONES THAT REQUIRE BATTERIES.



QUALITY > QUANTITY

SOMETHING THAT LASTS FOR MULTIPLE TRIPS OR YEARS IS FAR MORE SUSTAINABLE THAN SINGLE USE OR CHEAPLY MADE OBJECTS. QUALITY ITEMS MAY BE CHEAPER UP FRONT, BUT IN THE LONG RUN WITH REPLACEMENT AFTER REPLACEMENT YOU MAY FIND ITS ACTUALLY CHEAPER! NOT ONLY DO CHEAP ITEMS WASTE RESOURCES, THEY ALSO ADD TO THE EVER INCREASING LANDFILLS.



PROPER FOOD STORAGE

BY STORING YOUR FOOD CORRECTLY, YOU'LL REDUCE SPOILAGE!

- TRY USING A FRUIT HAMMOCK TO PREVENT BRUISING
- DID YOU KNOW APPLES RIPEN FOOD? STORE CLOSE TO FOOD YOU WANT RIPE LIKE HARD AVOCADOS AND KEEP AWAY FROM OTHER FOODS
- SOME FOODS DON'T LIKE OR NEED TO BE REFRIGERATED ORANGES, TOMATOES, PEPPERS, POTATOES, GARLIC, ONIONS, CORN, SWEET POTATOES, AVOCADOS, CHERRIES, AND MELONS DON'T NEED TO BE REFRIGERATED UNTIL CHOPPED OR TO SLOW THE RIPENING PROCESS.

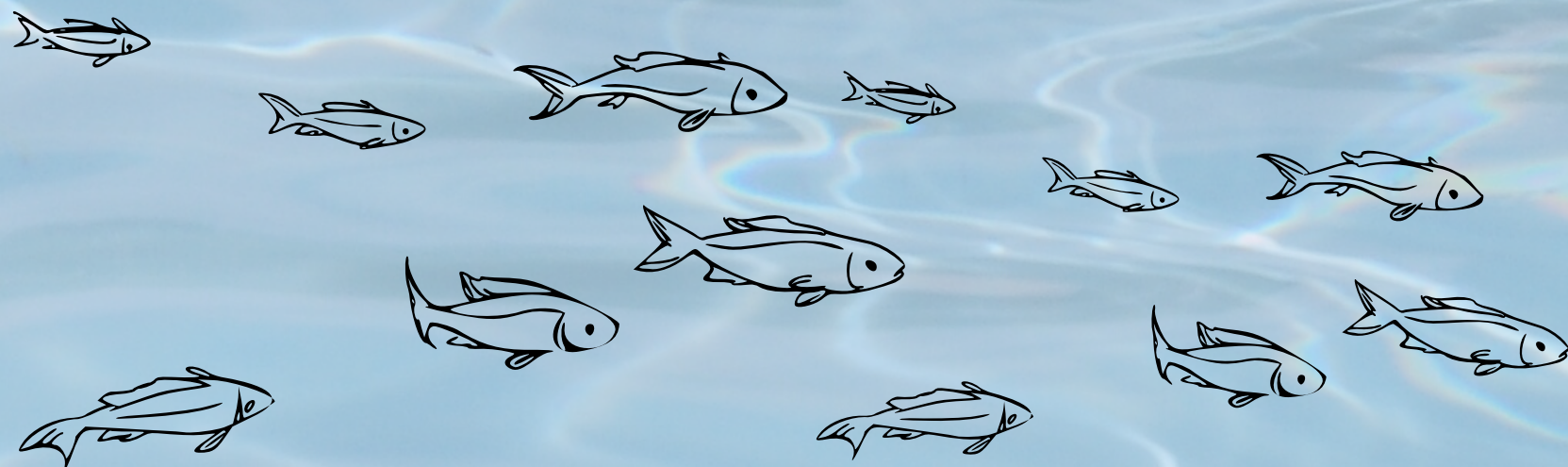
brought to you by:

TRUE NORTH
GENERAL STORE

Keep Our Waters Clean!

Why Is this Important?

When graywater enters the aquatic environment, the associated chemical nutrients decompose in the water leading to less available oxygen for aquatic life. This influx of nutrients also promotes rapid algal growth, a process called eutrophication. Overrun by algae, ecosystems are eventually depleted of oxygen, causing fish, shellfish and other aquatic life to suffocate, resulting in dead zones. For a list of products and homemade recipes to clean your boat check out [this list](#) put together by Sailors for the Sea.



What about Sunscreen?

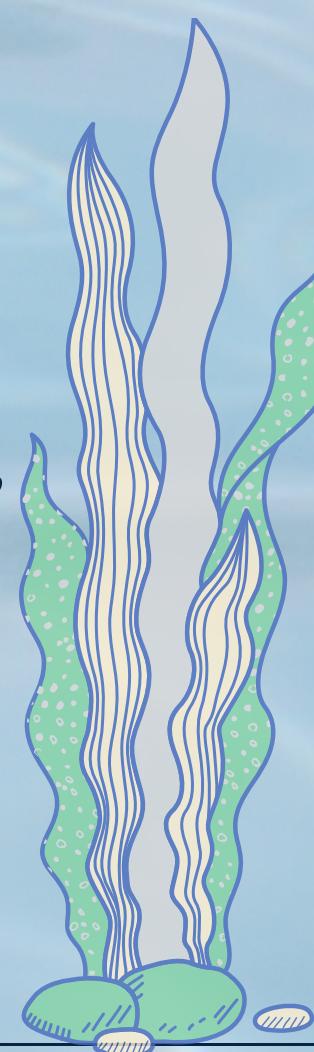
Sunscreen can adversely affect marine life, particularly if you're the type that enjoys swimming or doing cannonballs off the side of your boat. The chemical oxybenzone is used in many brands of sunscreen and can be toxic to fish and other marine life. So check the ingredients in your sunscreen and use brands that rely on zinc or titanium dioxide, like Badger or Suntegrity. Always check your ingredients!

Ingredients to Avoid:

- Oxybenzone, octinoxate, mineral oil (sunscreens)
- Parabens, fragrance, perfume
- Triclosan
- Microbeads - look for the following ingredients:
Contains microbeads, with microabrasives, Polypropylene, Polyethylene
- BHA and BHT
- salicylic acid (or related substances, such as salicylate, sodium salicylate, and willow extract)
- beta hydroxybutanoic acid
- butylated hydroxytoluene
- tropic acid
- trethocanic acid

Recommended Brands

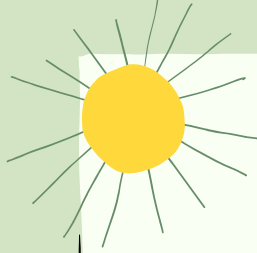
- Dr. Bronner's Pure Castile Soap
- Attitude
- ECOS cleaners
- Nature Clean
- Green Beaver
- Badger SPF
- (Tell us your favourite!)



Check out the products you use at home at the [Environmental Working Group](#) site. Be sure to click on the product and look at the ingredients, even if the product has an overall rating of A, you might find there are some ingredients in the mix that you'd like to know about. All the products mentioned above have been investigated and are some of the best and easy to find products.

CLEAN CRUISING GUIDELINES

TIPS TO FOLLOW FOR A MORE SUSTAINABLE LOWISA!



PACK YOUR SUSTAINABLE PRODUCTS!

Using reusable bags, totes, and bins, pack up your gear and groceries with provisions that reflect the associated guides:

[12 Ways to Reduce Plastic - The Provisioning Guide;](#)
[Other Sustainability Tips;](#) and
[Keep our Waters Clean!](#)

Cleaning the boat first? Learn how to **[disinfect you space in a non-toxic way](#)** from the David Suzuki foundation

CARPOOL TO THE HARBOUR

Carpool to the Harbour! Find and post available rides **[here](#)** (humans and cargo space is appreciated).
<https://www.groupcarpool.com/t/t2axro>



CHECK FOR LEAKS

Do a pre-departure check to ensure all your tanks and lines are leak free!

PACK IN - PACK OUT

What you bring on board, stays on board! This includes organic/vegetable wastes and cigarette butts.



RECYCLE

Separate your recycling from your garbage, pack some clear bags so you can tell what's what!

#2 IS IMPORTANT TOO

For those of you with a head on board skip ahead. For the rest of you, make sure you follow the following steps if using nature:

- Make sure you are 200ft/70 big steps away from any water source
- Dig a hole 6-8 inches deep
- Pack out your paper to put in your trash
- Fill the hole with dirt
- Make sure to spread out your sites if you are staying in the same place for multiple nights

NOT DOWN THE DRAIN

Use sink strainers to catch food waste and solid particles, and dispose of them in the compost or garbage.

