



LOWISA 56 Sustainability Report

July 30 – Aug 6th 2022

By Elizabeth Harries

Lake of the Woods International Sailing Association (LOWISA) has successfully completed another year of the annual LOWISA regatta on Lake of the Woods, Ontario Canada. This year 35 racing boats and a small fleet of cruisers came to race, play, and explore the majestic Lake of the Woods for 7 days and nights. On LOWISA each boat is responsible for provisioning everything from food and water to sunscreen for the week while LOWISA provides two dinners at the Layover Day lodge, dinner at the awards ceremony, onshore mid-week social activities, and kids events. After achieving Gold Certification with Sailors for the Sea in LOWISA 55, the organization was ready to raise the bar for LOWISA 56 (L56) and strive for Platinum Certification. Below you will find descriptions of the L56 best efforts for each of the Clean Regatta categories.

1. Elimination of Single-Use Water Bottles and Provide Water Refill Stations

LOWISA does not provide single use water bottles to any participants at any time. Boats and crews are encouraged to provision utilizing more sustainable means of hydration which is communicated in pre-event newsletters, e-mails, as well as on the website. Partnered with Northern Harbour, 5 gal refillable jugs are available for purchase and accepted for trade-ins/refills once emptied. In coordination with the mid-week lodge, refills were available mid-week for any reusable water jugs. Some participants have gone so far as to use direct filtration methods, either potable units similar to those for camping or permanent systems installed onboard, both taking water directly from the lake into their water bottles. Adopting reusable water bottles is also one of the criteria for the LOWISA [Sustainability Award](#). This year every boat who was judged in the Sustainability Award achieved points in this category.

Sustainability Interviews: <https://www.youtube.com/watch?v=OKO0jqJPAKs> Example of reusable water bottles @ 0:58



Volvo Judging Criteria For the LOWISA Sustainability Award

Boats will get full points in each category by everyone in the crew adopting the sustainability practice. If half of the crew participates, half of the potential points will be awarded. Innovation category is worth 10 points! How will you get creative and make an impact?!

#	SUSTAINABILITY PRACTICE	POINTS
1	Reusable dinnerware	5
2	Using refillable water bottles and jugs	10
3	Efforts to learn about Aquatic Invasive Species (Visit info booth at Northern July 30th, read AIS booklet on website)	8
4	Reusable drink cups (on boat and at events)	10
5	Lake friendly dish soaps and cleaning products (try DIY!)	10

@VolvoCarsWinnipeg

Resources for Participants

LOWISA SUSTAINABILITY GUIDELINES

SAILORS FOR THE SEA GREEN BOATING GUIDE

LOWISA 55 SUSTAINABILITY REPORT

LEARN ABOUT INVASIVE SPECIES

LOWISA SUSTAINABILITY AWARD

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!

LOWISA Sustainability Guidelines [here](#).

2. Eliminate Plastic Straws

No straws of any kind were provided at LOWISA. Each LOWISA hosted event was also a BYO reusable cup event. No plastic or straws of any kind were provided. Just the drinks and ice. We also collaborated with the mid-week lodge to withhold any straws.



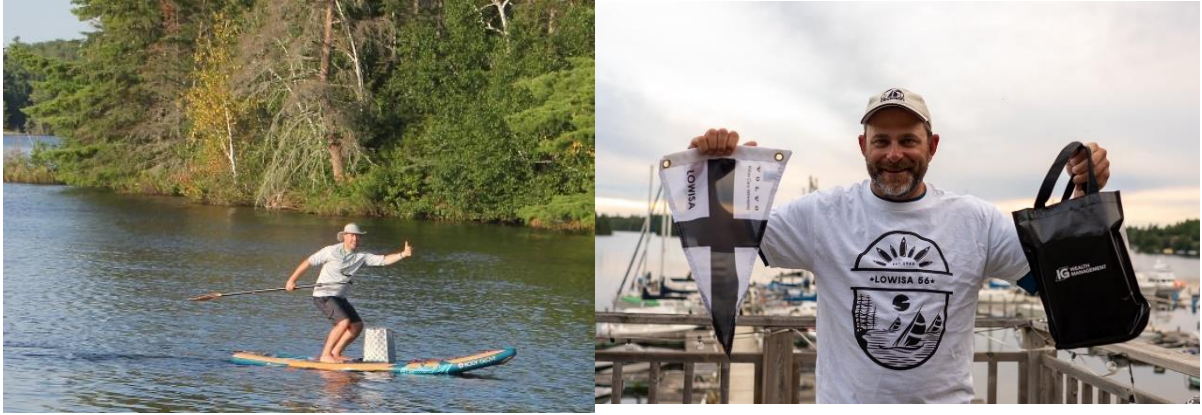
3. Serve Food with Plastic-Free Dinnerware

Layover Day lodge meals were provided on traditional dinnerware, while the Commodores Ball and Awards Ceremony was a BYO plate and cutlery event with backup compostable plates for the forgetful.



4. Use or Provide Reusable Bags

The LOWISA 56 registration package came in a reusable NORWEX tote bag generously donated by NORWEX Winnipeg (seen below being shuttled back to the boat via paddleboard). Additionally, all our awards requiring bags were provided in reusable totes or with no bag at all.



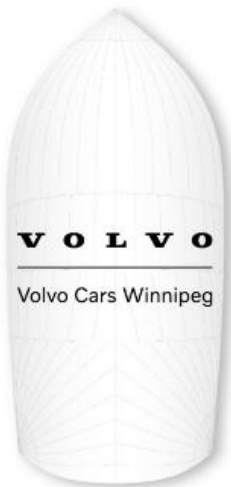
5. Award Practical Items or Use a Perpetual or Upcycled Trophy

LOWISA was very fortunate this year to have such amazing sponsors who provided generous items for our competition winners. Practical items such as hats, backpacks, burgees, a SodaStream, wine, mugs, a golf umbrella, t-shirts, and zero waste produce bags were some of the amazing prizes.

This year's awards consisted of the LOWISA legacy trophies as well as take home awards locally made from sustainable wood (sailboat trophies). Take home trophies were awarded to each of the 1st, 2nd, and 3rd place winners in each division.

New to LOWISA 56 was our Sustainability Award. Our generous sponsor Volvo Winnipeg (@volvocarswinnipeg) championed our sustainability efforts by donating a brand-new North Sails sail as the grand prize!





6. Publicize Your Sustainability Efforts

LOWISA has been very active publicizing sustainability through social media, newsletters, the website, as well as during the event. Please check our Instagram and Facebook pages @LowisaRegatta to catch some of our sustainability tips. You can sign up for our newsletter and learn all about our sustainability efforts on our website at www.lowisa.org.

During the event daily announcements were made regarding sustainability programming, such as reminding folks to BYO cups and plates to events. During each event the “leave no trace” and “LOWISA sustainability” signs were posted publicizing LOWISA’s sustainability values and goals.

The Green Team spent over 30 hours going aboard each boat to judge crews for the Sustainability Award. The Green Team had amazing dialogues with each crew, discussing the importance of sustainability, highlighting each crew’s efforts, sharing best practices, and discussing the issues specific to LOWISA.





7. Involve Local Organizations

This year LOWISA partnered with Lake of the Woods District Stewardship Association (LOWDSA) to promote their environmental stewardship programs and to educate participants on aquatic invasive species (AIS). LOWDSA set up an AIS decontamination station during our boat launch day as well as an info booth during registration and check-in hours. LOWDSA also developed an AIS info booklet for LOWISA that was provided via e-mail to all registrants and is available on the website. Throughout the week LOWISA collected cans from our events and participants and donated them all to LOWDSA at the end of the week.



8. Post Educational and Reusable Signage

At each event the reusable (laminated) LOWISA sustainability signage was displayed. The signage includes LOWISA's sustainability initiatives with a QR code to the sustainability page on our website, the ethos of "Leave No Trace", as well as garbage, recycling, and beer can signs to properly separate and collect waste.



9. Serve Local Food or Source Seafood Sustainably

LOWISA organizes dinners during our Layover Day at a lodge and at the end of the event at the Awards Ceremony & Commodores Ball. The lodge provided an exquisite fish fry supplied by local fisherman, while a local pizzeria provided dinner for the Commodores Ball.



10. Organize a Green Team

LOWISA Green team had 10 people for L56 representing the spirit of sustainability and executing the sustainable objectives throughout the week. Green Team members were given bright green T-shirts to wear during the event to raise awareness, promote sustainability, answer questions, and contribute to the sustainability programming. Team members toured the fleet by paddleboard for the Sustainability Award assessments. In a show and tell fashion each boat/crew displayed their practices related to the [judging criteria](#). Over 30 hours of on-board inspections took place with

fruitful discussions covering sustainable options, the importance of taking action, and the future of the lake. Some of the best moments were awakening folks to the fact that they already are very sustainable!



11. Ensure Proper Waste Bin Placement and Signage

LOWISA starts and finishes the week at Northern Harbour which has robust garbage and recycling facilities. Throughout the week the Green Team set up Garbage, Recycling and Beer & Drink Can 'bins' at each LOWISA event and at the Layover Day lodge. LOWISA also coordinated a mid-week pump-out barge to service the fleet, which also collected and properly disposed of waste. At Northern Harbour where LOWISA starts and finishes the week, folks were able to dispose of waste and separate all recyclables and hazardous materials. LOWISA and Northern Harbour donated all cans and bottles to LOWDSA to support their environmental stewardship programming.



12. Divert Food Waste from the Landfill

LOWISA offers mid-week lodge dinners as well as a dinner at the Commodore's Ball & Awards Ceremony at the end of the week. In efforts to reduce food waste LOWISA sold meal tickets in advance to coordinate accurate amounts of food for each dinner and thus reduce the chances of any food waste. Dinners were included and counted through the event wristbands and sold separately. Further, folks were encouraged to plan and provision in advance as to not over or panic shop which often results in excess waste. Participants were also given tips on how to store food to reduce food waste in the [Sustainability Guidelines](#).



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.

Description	Unit price	Qty	Amount
Payment for Adult Full-Week Wristband	\$100.00 CAD	1	\$100.00 CAD



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.

Subtotal	\$100.00 CAD
Total	\$100.00 CAD
Payment	\$100.00 CAD

13. Use Paperless Event Management

All LOWISA communications are done electronically through e-mail newsletters, social media, and our website. Only necessary information and course maps were printed in the registration packages for safety reasons as many areas of the lake do not have cell service. All event information was available for download in pdf format from the website. Race results were distributed by Bluetooth and by race committee touring the fleet with printouts for folks to take pictures of and share. The LOWISA photo share was a QR code distributed using air drop, text message, and e-mail. For the Sustainability Award judging, the Green Team utilized their phones in offline google sheets.

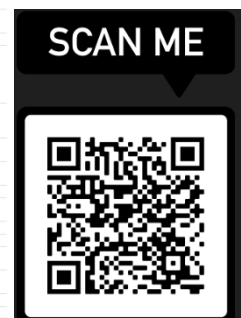


Volvo Sustainable Sailing Contest .XLSX

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J13	A	B	C	D	E	F
1	Sustainability Criteria #	Sustainability Practice	Points	Boat 1	Boat 2	Boat 3
2	1	Reusable dinnerware	3			
3	2	Using refillable water bottles and jugs	10			
4		Efforts to learn about Aquatic Invasive Species (Visit info booth at Northern July 30th, read AIS booklet on website)	8			
5	4	Reusable drink cups (on boat and at events)	10			
6	5	Lake Friendly soaps and cleaning products (try DIY)	10			
7	6a	Separating garbage and recycling	5			
8	6b	Separating beer cans from recycling	5			
9	7	Carpooling to/from event	5			
10	8	Zero Waste: Provisioning Practices @lowisaregatta @lowisaforthelake or photos possible 15				
11	8a	Bringing and using reusable bags to shop and transport	3			
12		Choosing items with less packaging/zero waste - buying items at bulk food stores/buying from bulk bins & using reusable containers, choosing items packaged in less waste ie: broccoli straight up vs. wrapped in plastic, boxed wine instead of 5 individual bottles	3			
13	8b	Buying local and organic foods and goods where possible (farmers market, direct from producer, co-ops, shops that sell local products)	3			
14	8c	Meal prepping - planning the right amount of food to reduce food waste, incorporating some vegetarian meals	3			
15	8d	Provisioning with reusable/refillable containers - bring your provisioned food in reusable containers	3			
16	9	Lake friendly toiletries, sunscreen, bug spray	10			
17	10	Elimination of single use items (straws, paper towel, tampons, coffee filters, single packaged food, etc)	10			
18	11	Reusable batteries/rechargeable items	5			
19	12	Water only washdowns	10			
20	13	Pack it in/pack it out - nothing overboard including coffee grounds/organics	5			
21	14	@LOWISAREGATTA and @lowisaforthelake your sustainability efforts on Instagram	2			
22	15	1 crew member on sustainability committee	3			
23	16	Volvo creativity and innovation category	10			




14. Promote Alternative Transportation

LOWISA organized a carpool registration on groupcarpool.com for folks to coordinate rides to and from the event. The link was promoted in e-mail newsletters and through the Sustainability Guidelines provided on our website. During the event Anchor Massage coordinated additional shuttle rides to and from the lodge to reduce the overall carbon footprint.




CARPOOL TO THE HARBOUR

Carpool to the Harbour! Find and post available rides [here](#)
(humans and cargo space is appreciated).
<https://https://www.groupcarpool.com/t/qn3ej7>




LOWISA 56

ADD or JOIN a carpool

Driver Location	Departing Trip	Return Trip
 JOIN Stewart Anderson <small>Return time is ... details</small>	Winnipeg 8:00am Fri 7/29	12:00am Sun 8/7
 Caroline Christie <small>details</small>	Winnipeg 9:00am Fri 7/29	11:00am Sun 8/7
 Paul	winnipeg 4:00pm Fri 7/29	

WAITLIST



Are you on the list?
Add yourself to the waitlist or call us
[Join Waitlist](#)

15. Increase Awareness of Wildlife and Habitat Protection

Lake of the Woods District Stewardship Association (LOWDSA) set up an info booth during our boat launching and registration times to educate the fleet on our local aquatic environment including wildlife and habitat protection. The biggest threat to Lake of the Woods is aquatic invasive species. LOWDSA also provided a LOWISA specific “[dock kit](#)” which is a boater guide to aquatic invasive species and is available on our website.




16. Offer Vegetarian or Vegan Alternatives

Every meal LOWISA provides offers vegetarian alternatives. During our pre-event registration we collect dietary information so that we can provide accurate amounts of vegetarian and vegan options both at the Layover Day lodge and at our Commodores Ball. For the Sustainability Award incorporating vegetarian/vegan meals was one of the categories under the judging criteria to promote vegetarian and vegan alternatives.

Volvo Judging Criteria

For the LOWISA Sustainability Award

@VolvoCarsWinnipeg



zoom info session
July 20th 7pm CDT

Boats will get full points in each category by everyone in the crew adopting the sustainability practice. If half of the crew participates, half of the potential points will be awarded. Innovation category is worth 10 points! How will you get creative and make an impact?!

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4	Reusable drink cups (on boat and at events)	10
5	Lake friendly dish soaps and cleaning products (try DIY!)	10
6a	Separating garbage and recycling	5
6b	Separating beer cans from recycling	5
7	Carpooling to /from event	5
8	Zero Waste Provisioning Practices (8a-e) @lowisaregatta #lowisaforthelake or photos	{possible 15}
8a	Bringing and using reusable bags to shop and transport	3
8b	Choosing items with less packaging/zero waste - Buying at bulk food stores/bulk bins & using reusable containers, choosing to buy items with less waste ie: broccoli wrapped in plastic vs. just broccoli, boxed wine vs. 6 bottles (larger volumes vs many small)	3
8c	Buying local and organic food and goods where possible ie: farmers markets, shops that sell products from local farmers, going direct to the producer	3
8d	Meal prepping - ie: planning for the right amount of food to reduce food waste and incorporating vegetarian meals	3



17. Use Eco-Smart Race Management Techniques

LOWISA racecourses utilize minimal buoy/marker sets. Race committee anchors one buoy and the Race Committee vessel with the engine shut off, for the start and finish lines each day. LOWISA utilizes the natural features and islands of the lake for race features and marks. LOWISA opts not to have bow stickers for each boat, but utilizes the names of the boats for results. As well this year we opted to have a reusable burgee with reusable zip ties for boats to show their participation with the racing fleet.



18. Prevent Toxins from Entering the Water

LOWISA provided all registrants with the Sustainability Guidelines as well as the Sailors for the Sea *Green Boating Guidelines* which both encourage 'water only washdowns' and the use of lake friendly products. On the *Keep our Waters Clean* infographic LOWISA shares information on how to choose proper sunscreens, body products, and cleaning supplies. The Green Team also promoted toxic free products by encouraging DIY solutions and shared a DIY (chemical free) after sun recipe on social media.

The Sustainability Award encouraged participants to uptake practices that preserve water quality by offering such amazing prizes like a brand-new North Sails custom sail.

Participants were also provided Dr. Bronner's pure castile soap in their registration packages thanks to our generous sponsor Tilly's Pharmasave Kenora. This ensured each boat had a lake friendly soap on board.

To reduce the likelihood of fuel spills, LOWISA promotes fueling at Northern Harbour which has the proper spill kits and equipment to safely fuel vessels. Generally, there is not a requirement to fuel mid-week.



Ingredients to Avoid:	Recommended Brands
Oxybenzone, octinoxate, mineral oil (sunscreens) Parabens, fragrance, perfume Triclosan Microbeads - look for the following ingredients: Contains microbeads, with microabrasives, Polypropylene, Polyethylene	<ul style="list-style-type: none">• 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
<p>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 are some of the best and easy to find products.</p>	

19. Encourage Green Boating Practices

Pre-LOWISA our sustainability guidance package was sent to all participants; it covers topics from how to sustainability provision, to how to be most sustainable whilst on the lake. The Sailors for the Sea *Green Boating Guide*, and the Lake of the Woods District Stewardship Association *Aquatic Invasive Species 'dock kit'* and LOWISA's Sustainability Guidelines (which includes *12 Ways to Reduce Plastic*, *Sustainability Tips*, *Clean Cruising Guidelines*, and *Keep our Waters Clean* infographics) were provided to all participants through e-mail as well as being publicly available on the website. LOWISA offered a webinar Q&A via zoom on how participants could incorporate green boating practices into their race week and to answer any questions participants had.

During LOWISA our Race Committee anchors with their engines turned off at both the start and finish lines to reduce emissions, as well, our courses are designed so that the anchorage is not too far away from the finish lines.

Our Green Team was present throughout the week with their highly visible shirts at each event, placing signage, and having meaningful conversations with the fleet. Our collaborations with our amazing sustainability sponsors this year had profound impacts in encouraging green boating practices, enticing participants to do their best in the chances of winning a brand-new North Sails sail as well as other amazing prizes! Big Thank You to all our sponsors!

Resources for Participants

LOWISA
SUSTAINABILITY
GUIDELINES

SAILORS FOR THE SEA
GREEN BOATING GUIDE

LOWISA 55
SUSTAINABILITY
REPORT

LEARN ABOUT INVASIVE SPECIES

LOWISA SUSTAINABILITY AWARD

www.lowisa.org/sustainability

20. Other

Once a staple on LOWISA, red solo cups are no longer to be found! In addition to eliminating plastic straws and single use water bottles, LOWISA has also eliminated single use plastic cups. All of the LOWISA hosted events have been 'bring your own reusable cup' for the second year running.

New to LOWISA 56 was the Sustainability Award. Thanks to @VolvoCarsWinnipeg and our other amazing sustainability partners, we were able to offer substantial prizes encouraging participation. A brand-new sail from North Sails was the grand prize, for everyone reaching the point requirement was entered into the raffle for the sail, while highest point scorers collected 1st, 2nd, and 3rd prizes. LOWISA had over 80% participation in the sustainability contest with one quarter of participants scoring over 95%.



A Huge Thank You to our LOWISA 56 Sustainability Partners:

V O L V O

Volvo Cars Winnipeg



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