



Report on the Sailors for the Sea Clean Regattas Program
Camille Thai Mullaghmore Regatta 22nd to 24th July 2022
Mullaghmore, Co. Sligo, Ireland



1) Eliminate single use water bottles and provide water refill stations

We banned single-use water bottles from our club five years ago. It has been highly successful, especially with our junior sailors. We have a water tap outside our clubhouse for refills at any time and we also have water taps available in the clubhouse for members use. At our regatta we placed reusable water bottles on each table for the convenience of our guests.



2) Eliminate plastic straws

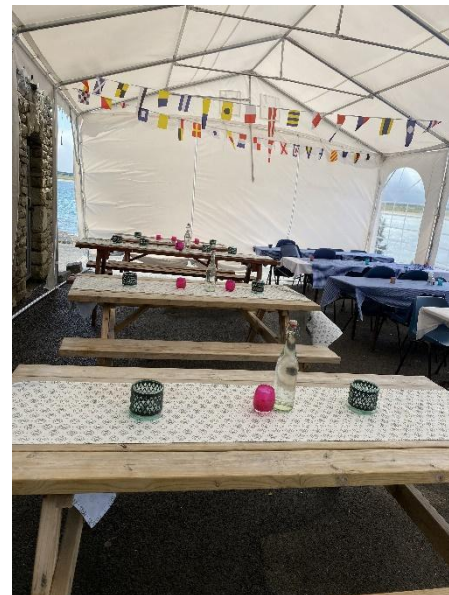
All plastic straws were banned from MSC events a few years ago. There is no need for them as we provide glasses at all our social events and our sailors bring their own reusable cup or bottle. It was great to see so many of last year's water flasks still in use at this year's event.

3) Serve food with Plastic free dinnerware

This was our first indoor event since the COVID-19 pandemic so we were excited to make it a success.

We set our tables inside using our fabulous gingham tablecloths decorated with our reusable candleholders. We placed cutlery and glasses on the tables to complete.

We set up tables in our newly purchased marquee which has been invaluable this summer





For our moules mariniere starter we used palm leaf bowls which are 100% biodegradable and compostable. We also had cutlery leftover from last summer's event, so we offered them to our guests even though most of them used their fingers or the mussel shell as a tool to eat. Our main course was served on delph plates.



4) Use reusable bags

We brought our reusable bags on our shopping trip and eliminated plastic shopping bags. We spotted Cormac from Italian Job 2 taking a quick lunch break and we were delighted to see his reusable water bottle and paper sandwich bag



5) Award Practical Items

Mullaghmore Sailing Club have a selection of silverware trophies that have been passed on over the years.

Prize giving for the regatta is usually in the autumn, it is our tradition that we have some prizes for our sailors on the last day of our regatta weekend.

This year we presented a food pot from www.theecoset.com and we also presented polo shirts from the T-shirt company. We chose bright vibrant colors of ocean depth and spectra yellow; they were a great hit with our sailors. The polo shirts were ethically produced and approved. The T-shirt company used chemical free water-based ink and are Ireland printing pioneers in the field of discharge ink. The food flask and polo shirts were kindly sponsored by Camille Thai and KBIGI.



6) Publicize sustainability efforts

We shared our efforts on social media and sent regular emails to our members advising them of our goals for a clean regatta.



7) Involve Local organizations

We teamed up with 'Mullaghmore Active' our local community group and 'Sligo Sub Aqua club'. We actively encouraged our junior sailing club too. We shared social media news and encouraged our community to be more sustainable, avoid waste and promote greener policies.



8) Post educational and reusable signage

All signs have been printed and laminated so at the end of our sailing season 2022 we will store them away for summer 2023



9) Serve local food and source seafood sustainably

Our regatta dinner is organized by members; we do not employ outside caterers.

This year Michal cooked up mussels in a beautiful cream sauce. We sourced our mussels from a local company (www.wildatlanticoyster.com).

Our main course was a choice of steak, paella or Mexican leak and bean chili. The steaks were supplied by our local butcher 'Burns Meats' (www.burnsfarmmeats.ie). They have a tradition of farming in a sustainable manner, treating their animals humanely and with respect.

Michal cooked all our steaks on the barbeque to the delight of our guests. Our paella was an enormous success, Michal prepared all the ingredients and left the rest in the safe hands of Jim and Oisín.



We served baked potatoes and a selection of salads. The salads were supplied by our club members with all ingredients locally sourced and served in beautiful bowls it was like 'battle of the salads'.



This year we wanted zero waste for all food so for our dessert we decided to serve mini-ice creams on a stick. We had no waste, no washing up and our guests really enjoyed our cool sweet treat



10) Organize a green team

Meet our green team Sharon (our environment officer), Liz (Commodore) who looked after our photography and social media, Mark (race officer), Jack (senior instructor), Daniel (instructor) and Cormac who represented our junior sailors. They were all involved in our beach clean and promoting green practices throughout our season.



11) Ensure Proper waste bin placement and signage

We provided bottle bins and two waste bins: a bin for dry recyclables and a food waste bin. Our waste management company 'Panda' collected our waste, food waste and dry recyclables and we are delighted to report that we had a great reduction in our refuse charges with our correct management of waste. All bottles were brought to our local bottle bank and disposed of correctly.

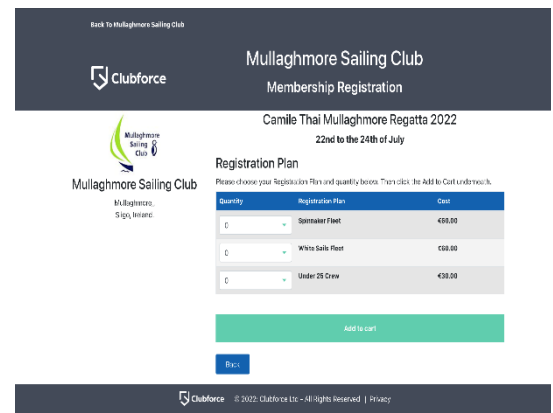


12) Divert Food waste from the landfill

Our members brought home their meat scraps to their dogs and their mussel shells to their gardens and composters. We had little food waste and lots of happy dogs in Mullaghmore.

13) Use paperless event management

Club force is a complete management system giving clubs administrators and volunteers the tools to run their club efficiently removing the need for paperwork. We sold our regatta dinner tickets online and regatta race registration was online. All results were also posted online using Halsail Sailing Regatta Scoring App. All communication and race notices were online with emails to members and details given on our website and social media.

The screenshot shows the Clubforce interface for 'Mullaghmore Sailing Club Membership Registration'. It is for the 'Camille Thai Mullaghmore Regatta 2022' held from July 22nd to 24th. A 'Registration Plan' table is displayed with the following data:

Quantity	Registration Plan	Cost
0	Spinnaker Fleet	€60.00
0	White Sails Fleet	€60.00
0	Under 25 Crew	€30.00

Buttons for 'Add to cart' and 'Buy' are visible. The footer includes the Clubforce logo and copyright information: '© 2022 Clubforce Ltd. - All Rights Reserved | Privacy'.

14) Host a beach clean up

Our beach clean was a tremendous success. We joined up with Mullaghmore active and Sligo Sub Aqua club. It was heart lifting to see so many people join our beach clean and to see all members of our community care so much about our surroundings and beach. We had a great turnout of families, which is so important to educate our children about pollution and waste.





One of our biggest problems on our beach and harbour clean were tyres that were washed up on our beautiful beach during winter storms. It was challenging work carrying them the long distance off the beach to the collection point. Sligo County Council disposed of our rubbish collection. Mullaghmore Active liaised with the harbour users to organise collection and reuse of the tyres.



Our junior instructors and sailors arranged a 2-minute beach clean at the end of each day of junior sailing. This was also a lot of fun for our junior sailors.



15) Promote alternative transport



Mullaghmore is a small village and most of our sailors walk from their houses to the harbor and club. We provided a bike stand for all using the club including our instructors who cycle to work.



16) Increase awareness of Wildlife and habitat protection.

This year alongside our junior sailing we ran our Cara na Mara course. This was for our 6 to 9 year olds, a large part of the courses is educating our youngsters about wildlife and habitat protection. We got lots of photos of all the creatures they discovered and provided educational resources on site, books, workbooks etc.



This year to go the extra mile in education and awareness we had a talk from the Irish Whale and Dolphin Group on Wednesday 27th July. Sibeal Regan, Education and Outreach Officer gave an interesting with fascinating presentation on the species of whale and dolphin recorded in Donegal Bay and how to identify each and the protocols for observing cetaceans in a safe and responsible manner.. This event was very well attended with a great Q&A at the end. We were given informational posters to display in both our sailing club and Cara na Mara Pod. This was a fascinating event



17) Offer vegetarian or vegan alternatives



Sharon took control of her vegetarian/ vegan dish and cooked a delicious Mexican leek and black bean chili served with brown basmati gluten free rice so many of her guests opted for the chili with some of our meat eaters requesting a taste and complementing the flavors we felt it was important that Sharon also served this dish answering any questions

about ingredients used for our guests with allergies.



Repurposing:

Last year our bar was made from pallets some members of our green team reused the bar and made our very own grow box where we planted salads and carrots which were also used for our regatta dinner.



18) Use eco-smart race management techniques

Our registrations and results were all online. We also ensured that there was no unnecessary driving, reducing the consumption of petrol during the regatta weekend along with the other mark-laying crews.



Rank	Name	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Net Pts
1	Jenny	1	1	3	5	(12)	5	17
2	Maureen	8	2	1	3	3	4	14
3	Wendee	8	3	5	7	4	1	20
4	No Lays	3	6	7	2	8	7	24
5	Onyx 2	2	6.5	8	3	6	9	25.5
6	Jobs for the Doves	7	6.5	4	8	1	7.5	26.5
7	Luddy 2	10	4	3	(11)	2	11	30
8	Black Pearl	8	9	8.5	(10)	5	2	37.5
9	Lady Caroline	6	9	(10)	8	7	5	38
10	Royal Job 2	4	11	(6/20)	3	6	6	36
11	Lorraine	(11)	6	8.5	1	11	8	36.5
12	Auto Boat	12	(3/27)	11	12	5/20.5	5/20.5	105

Place	Hoop	Name	Finish	Elapsed	Corrected	Points	Next Hoop
1	0.892	Jenny	10:59:52	0:31:32	0:40:20	1	0.829
2	0.892	Goosed 2	10:23:08	0:33:28	0:40:30	2	0.820
3	0.894	No Lays	10:23:00	0:38:20	0:52:20	3	0.820
4	0.892	Royal Job 2	10:26:00	1:01:30	0:50:48	4	0.809
5	0.892	Maureen	10:28:28	1:04:28	0:50:02	(5)	0.883
6	0.892	Lady Caroline	10:11:00	1:00:20	0:58:18	6	0.876
7	0.892	Jobs for the Doves	10:11:07	1:00:37	0:58:19	7	0.876
8	0.892	Black Pearl	10:13:10	1:07:10	0:59:14	8	0.870
9	0.377	Wendee	10:36:30	1:01:30	1:00:05	(9)	0.862
10	0.892	Lisa 2	10:15:16	1:13:16	1:01:08	10	0.861
11	0.370	Lorraine	10:15:03	1:05:03	1:00:06	(11)	0.847
12	1.000	Auto Boat	10:47:50	1:07:50	1:07:50	12	0.857

Place	Hoop	Name	Finish	Elapsed	Corrected	Points	Next Hoop
1	0.829	Jenny	12:28:03	1:03:23	0:58:40	1	0.840
2	0.892	Maureen	12:11:44	1:00:44	0:58:06	2	0.820
3	0.892	Wendee	12:11:00	1:07:00	0:59:25	3	0.820

19) Prevent Toxins from entering the water

Our race officer Mark sourced and purchased spill kits.



20) Encourage green boating practices

We encouraged our sailors to sign up to green boating guide.



CONCLUSION

Mullaghmore Sailing Club is honored to be part of a program that helps contribute to the values of sustainability and caring for our natural environment. In 2021, Camile Thai Mullaghmore Regatta was extremely proud to have achieved the Sailors for the Sea silver certification. Participation in the Clean Regatta's program brings together the club and community to appreciate and enjoy the beautiful environment that we are lucky enough to live in. Mullaghmore Sailing Club are delighted to play a small part in communicating the message of sustainability towards protecting our environment for future generations.

