



# Report on the Sailors for the Sea Clean Regattas Program

CAMILE MULLAGHMORE REGATTA 2023

28<sup>th</sup> to 30<sup>th</sup> July | 2023 | Mullaghmore, Co. Sligo, Ireland



## Eliminate plastic bottles and provide water refilling stations

Our mission this year was to pursue a consistent approach with all our aims from last year and maintain many of our positive initiatives and policies. For example, we have continued our ban of single-use water bottles at Mullaghmore Sailing Club. Our young sailors are very conscious of staying hydrated during the day and had full access to our outside tap!



### **Eliminate plastic straws**

We utilized our glass bottles for our tables at our Regatta Dinner & Sunday Lunch therefore eliminating the need for plastic straws. Plastic straws were banned from our club many years ago and we continue to promote this, members are happy to follow our rules. Glass bottles & glasses are always available at all our social events.



### Serve food with plastic free dinnerware

Once again, our Regatta dinner was an incredible success. All our reusable crockery, cutlery, glasses, serving bowls & tablecloths were taken out of storage and tables were set.



Unfortunately, the weather was very stormy on the 29th of July and sailing was cancelled, Nevertheless, we had a fantastic turnout to help set up for dinner, putting up our Marquee (a super investment from last year) and putting up our party bunting. Our club looked fabulous and ready for a dinner party.





### Serve local food and source seafood sustainably

Our menu this year followed a similar theme to last year with it being locally sourced and farmed and prepared in a sustainable manner.

To begin, we had locally sourced oysters supplied by Charley Kelley as our starter. They were a huge hit among our sailors with a young sailor being pictured below enjoying the refreshing shellfish.





Our main course was a choice of steak, paella and a potato and bean curry as our vegan option.

We returned to our local master-butchers Burns Meats' ([www.burnsfarmmeats.ie](http://www.burnsfarmmeats.ie)) and their steaks undoubtedly held up to their guarantee of tradition, quality and excellence. 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 vegan option this year was an authentic potato and bean curry, with all our vegetables being locally sourced and provided by Peter and Eoin better known as the 'Good Guys Organic'. They provided us with all our essential vegetables and colorful edible flowers to



garnish the salad. The lads really treated us this year by digging the potatoes fresh that morning.



### Divert Food Waste

Our club members came together this year to create loads of beautiful homemade salads. The exquisite salad bar was a wild success. 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.



Our green team worked hard on Saturday night cleaning up and we decided that the leftovers were 'too good to go'. So, we had leftover Sunday lunch! Everything was absolutely devoured, and it was a super result.



### Use or provide reuseable bags

During our shopping for the event, we always remembered to bring our reusable bags.





Green aware were the ideal company for our sustainability program, providing cleaning cloths and gloves for food preparation and of course our Nature Soft Loo Roll.

### **Award Practical Items or Use a Perpetual or upcycled Trophy**

This year our fortunate winners were presented with a coffee cup from [www.theecoset.com](http://www.theecoset.com) and stylish long shirts from the T-shirt company. The coffee cup and polo shirts were kindly sponsored by Camille and KBIGI which are proudly displayed on both prizes.



Maintaining our mission of sustainability, the 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.

### **Publicize sustainability efforts**

The MSC social media was as persistent as ever in encouraging our community to be more sustainable, avoid waste and promote greener policies. Our members were consistently

informed of our efforts with regular emails being sent to our members advising them of our goals for a clean regatta. The success of our beach clean promotion was highlighted with Mai Burns' (Mullaghmore Active) photo taken of our enthusiastic MSC instructors winning 3rd prize in the prestigious Love your Coast photography competition 2023



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July 24 · 🌐

Well done and thanks to everyone who came along for this evenings Camile Mullaghmore Regatta Big Beach Clean in association with [Mullaghmore Active](#) and [Sligo Sub Aqua Club](#). We had a great turnout once again for our annual regatta beach clean and a huge thanks to all.  
[Camile Thai](#)  
[Sailors for the Sea](#)



### Involve Local organizations

Our reliable partnership with 'Mullaghmore Active' our local community group and 'Sligo Sub Aqua club' was an incredible support for our green team and their assistance was vital in our pursuit of a cleaner ocean.



Our junior sailing club was heavily involved this year with the Junior regatta being a mini clean regatta, encouraging the next generation of sailors to sail safely and responsibly.





### Post educational and reusable signage

All signs that were printed and laminated at the end of our sailing season 2022 were used once again this summer. They remind all our club members to follow our important policies.



## Organize a green team

Here is our hardworking green team! Sharon (our environment officer), Ronan and



## 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 made it a priority to perform correct waste management. All bottles were brought to our local bottle bank and disposed of correctly.



### **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. Our regatta dinner tickets were all sold online, and regatta race registration was completely online also. All results were posted online utilizing the 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.

### **Host a beach clean up**

Our annual beach clean was a colossal success. We reunited with Mullaghmore active and Sligo Sub Aqua club, and it was uplifting to see so many people returning to our beach clean and to see all members of our community care so much about our surroundings and beach. Members of all ages and affiliations to the club came to lend a much-needed hand. We tackled one of our most notorious enemies on our beach and harbor cleans again this year, tires.







These tires that washed up on our pristine beach during winter storms stood no chance against our volunteers. It was grueling 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 harbor users to organize the collection and reuse of the tires.



### 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.



### Increase awareness of Wildlife and habitat protection.

This year we really wanted to look towards educating the youth, especially within our junior sailing and Cara na Mara course. Cara na Mara's core aim is to teach our youngsters about wildlife and habitat protection. They were introduced to wonderful local sea creatures at the lush habitat at the beach near our club and were provided with educational resources, books, workbooks etc. After the success of last year's seminar with the Irish Whale and Dolphin Group and Sibeal Regan, Education and Outreach Officer we were inspired to do some whale watching! Our club helped promote and facilitate the celebration of nature with our tremendously successful MSC Art and Exhibition which demonstrated the true beauty of our surrounding area.





### **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.

### **Prevent Toxins from entering the water**

Our race officer Mark always has spill kits on stand-by, however we were lucky enough that no spillage incidents were reported.

### **Encourage green boating practices**

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

### **CONCLUSION**

Mullaghmore Sailing Club is delighted to be part of a phenomenal program that pioneers values of sustainability and protects our natural environment. In 2022, Camile Thai Mullaghmore Regatta was immensely proud to have achieved the Sailors for the Sea platinum certification and this year we maintained our efforts to keep this high standard. Participation in the Clean Regatta's program brings together the club and community to appreciate and enjoy the awe-inspiring environment that we are fortunate enough to live in. Mullaghmore Sailing Club is honored to play a small part in communicating the message of sustainability towards protecting our environment for future generations.