



# LOWISA 57 Sustainability Report

Aug 5th – Aug 12<sup>th</sup> 2023

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 40 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. At LOWISA, each boat is responsible for provisioning everything they require to live on the lake for a week including food, water, sunscreen and toiletries, cleaning supplies, etc. LOWISA provides three meals at evening events, onshore mid-week social activities, and kids' events. This is LOWISA's third year working with Sailors for the Sea, achieving Gold Certification in LOWISA 55, platinum in LOWISA 56 (L56) and we aimed for Platinum Certification again in L57. Below you will find descriptions of the L57 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, on social media, 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 portable units similar to those for camping or permanent systems installed onboard, both taking water directly from the lake for drinking.

Adopting reusable water bottles is also one of the criteria for the LOWISA Sustainability Award. This is the second year in a row that every boat who was judged in the Sustainability Award achieved points in this category.



# Volvo Cars Winnipeg Judging Criteria

@VolvoCarsWinnipeg

**Collecting Points**

To achieve the full point value, the boat & crew must adhere to the practice the entire week i.e. using reusable cups all week and at all events. If only half the crew participates, or it's only completed half the week you will only score half the total available point.

✓	SUSTAINABILITY PRACTICE	POINTS
	Using refillable water bottles and jugs	10
	Refillable Propane Containers	5
	Onboard Composting	8

## Resources for Participants

LOWISA SUSTAINABILITY GUIDELINES

SAILORS FOR THE SEA GREEN BOATING GUIDE

LOWISA SS 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 hosted events. Each LOWISA hosted event was also a BYO reusable cup event. No plastic or straws of any kind were provided. Just the liquid and ice. We also collaborated with the mid-week lodge to support us in our Platinum sustainability goals and noticed no plastic straws throughout the fleet. Even at the lodge many people brought their own reusable cups.





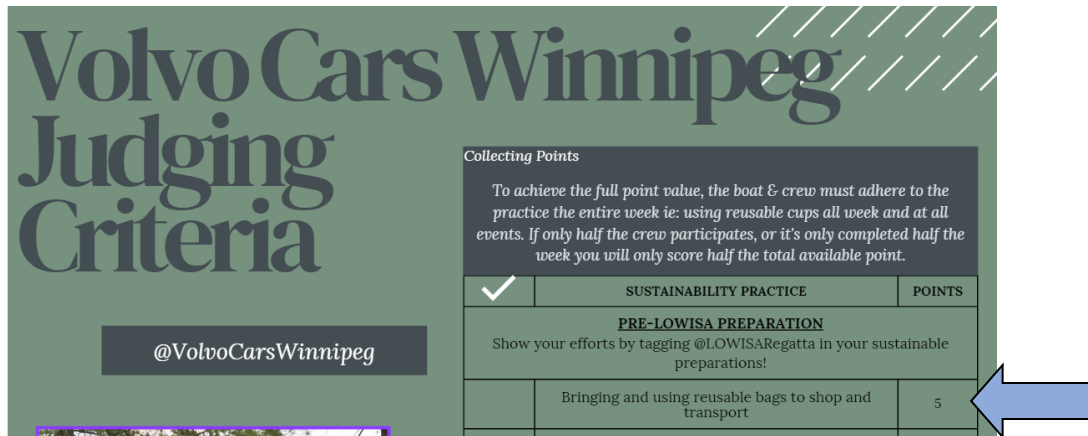
### 3. Serve Food with Plastic-Free Dinnerware

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. After three years of promoting reusable dinnerware, we have rarely encountered any single use plates throughout the week.



#### 4. Use or Provide Reusable Bags

The LOWISA 57 registration package came in a reusable tote. Additionally in our Sustainability Award Judging Criteria and our Sustainability Guidance Package we encourage folks to provision with reusable bags.

A poster titled "Volvo Cars Winnipeg Judging Criteria" with a dark green background and white text. It includes a section for "Collecting Points" with instructions on achieving full points by using reusable cups. Below this is a table with sustainability practices and their point values. A blue arrow points to the row for "Bringing and using reusable bags to shop and transport" which is worth 5 points. The Volvo Cars Winnipeg logo is at the bottom left.

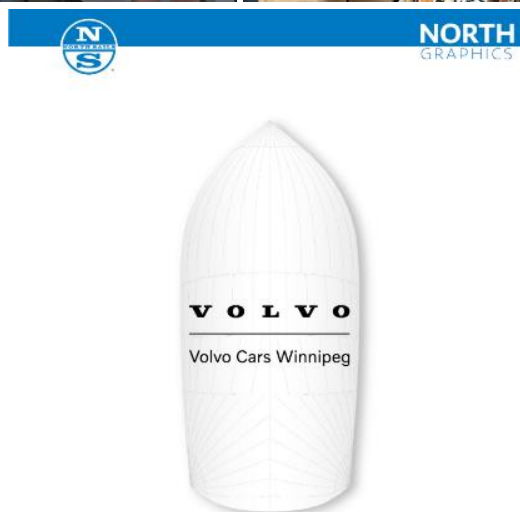
✓	SUSTAINABILITY PRACTICE	POINTS
<b>PRE-LOWISA PREPARATION</b>		
Show your efforts by tagging @LOWISAREgatta in your sustainable preparations!		
	Bringing and using reusable bags to shop and transport	5

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

LOWISA was once again very fortunate to have such amazing sponsors who provided generous items for our competition winners. Practical items such as hats, duffle bags, burgees, coffee, and a boat bbq were a few 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 (anchor trophies). Take home trophies were awarded to each of the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place winners in each division.

For the second year running our Sustainability Award has encouraged great effort from the fleet to strive towards more sustainable habits. Our generous sponsor Volvo Winnipeg (@volvocarswinnipeg) championed our sustainability efforts by donating a brand-new North Sails sail as the grand prize while Patagonia Toronto provided amazing waterproof duffle bags for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place!



## 6. Publicize Your Sustainability Efforts

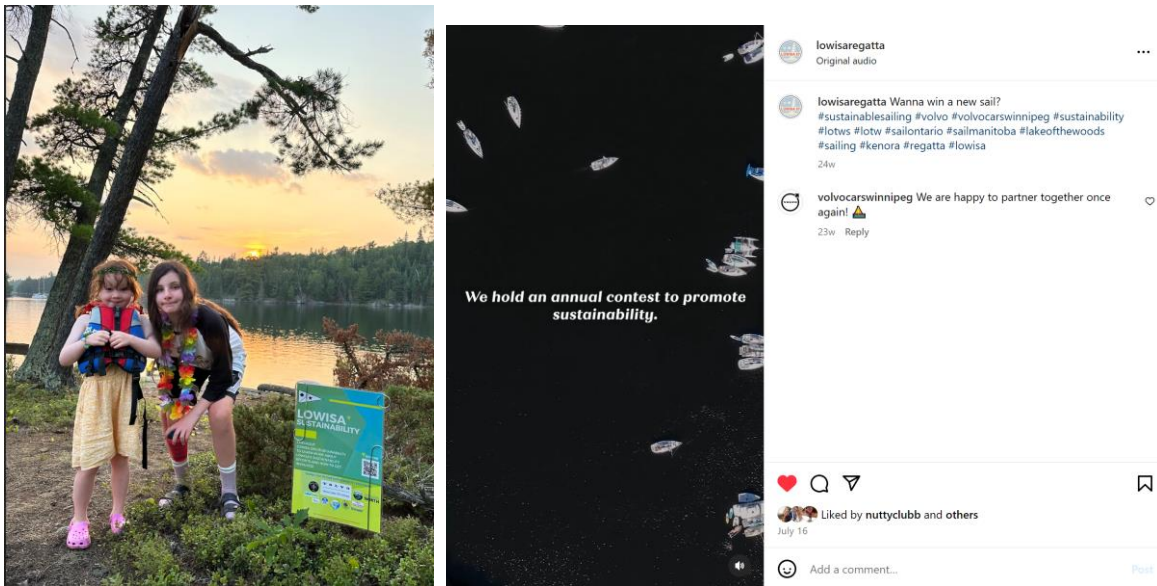
LOWISA has been very active publicizing sustainability through social media, newsletters, the website, as well as during the event. Please check our Instagram and Facebook pages



@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/sustainability](http://www.lowisa.org/sustainability).

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 with Volvo Cars Winnipeg went aboard the top 5 rated boats to judge crews the winners of 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.



LOWISA Sustainability on Instagram: <https://www.instagram.com/p/Cuw4SaiKY1C/>

LOWISA Sustainability on YouTube [https://www.youtube.com/watch?v=I\\_-4kX6OotM](https://www.youtube.com/watch?v=I_-4kX6OotM)

## 7. Involve Local Organizations

For the second year in a row 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 info booth at the layover day lodge. 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.

LOWISA also partners with Northern Yacht Club who is an Ontario [Clean Marine](#) member. They support LOWISA with proper waste management, washroom facilities, boat lifts, water jugs, and maintenance capabilities.





## 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. Educational material is also included in the registration package at the start of the event.



## 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 fishermen, straight out of Lake of the Woods.



## 10. Organize a Green Team

LOWISA Green team represents the spirit of sustainability on LOWISA and executes 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. With a lot of the legwork done during L56 boarding the fleet to more sustainable practices, we pivoted to doing boat inspections for only the top 5 rated boats along with our sustainability partners Volvo Cars Winnipeg. Once again the fleet (including new participants) was outstanding in their efforts and innovation in bringing sustainability to sailing. Green Team members (which included this year's Commodores) flew the Sailors for the Sea burgee all week.



## 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, as well as sold separately. Further, folks were encouraged to plan and provision in advance as to not over 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](#). Our winner of the Sustainability Award also showed everyone how to compost onboard!



### PROPER FOOD STORAGE

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

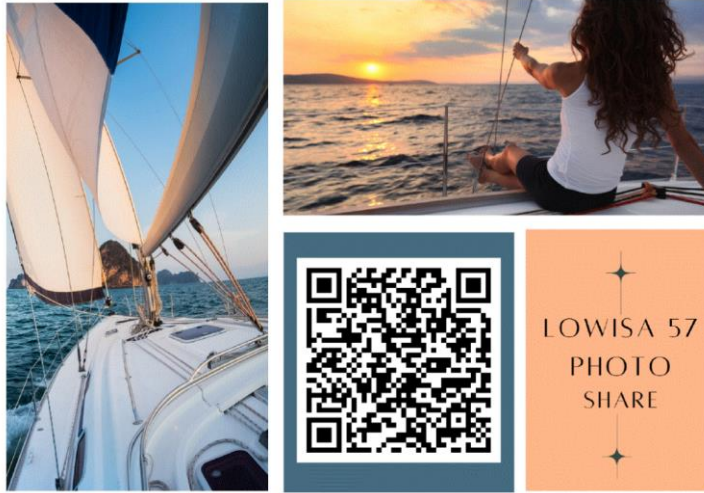
- TRY USING A FRUIT HAMMOCK TO PREVENT BRUISING
- DID YOU KNOW APPLES RIPEN FOOD? STORE CLOSE TO FOOD YOU WANT RIPE LIKE HARD AVOCADOS AND KEEP AWAY FROM OTHER FOODS
- SOME FOODS DON'T LIKE OR NEED TO BE REFRIGERATED ORANGES, TOMATOES, PEPPERS, POTATOES, GARLIC, ONIONS, CORN, SWEET POTATOES, AVOCADOS,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





### 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.






### 14. Promote Alternative Transportation

LOWISA organized a carpool registration on [grouppool.com](https://www.grouppool.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. LOWISA also provided a SUP storage service on a houseboat this year which allowed more members to have alternative modes of transportation throughout the week. Many folks in the fleet are providing alternative modes of transportation amongst the fleet. This includes SUP's, row boats, inflatable dingies, and electric motor zodiacs.



**LOWISA 57**

**ADD or JOIN a carpool**

	Driver Location	Departing Trip	Return Trip
  <b>Paul</b> <small>details</small>	Winnipeg	3:00pm Thu 8/4	5:00pm Sun 8/13
 <b>Liz</b> <small>details</small>	Winnipeg	5:00pm Fri 8/4	9:00am Sun 8/13



## 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.

✓	SUSTAINABILITY PRACTICE	POINTS
<b>PRE-LOWISA PREPARATION</b> Show your efforts by tagging @LOWISAREgatta in your sustainable preparations!		
	Bringing and using reusable bags to shop and transport	5
	Buying in bulk/larger volumes/refilling	5
	Choosing items with less packaging/zero plastic	5
	Meal prepping to reduce food waste	5
	Including vegetarian/vegan meals into meal plan	5
	Provisioning with reusable/refillable containers	8



## 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, instead utilizing the names of the boats for results.





## 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 Guide*, which both encourage 'water only washdowns' and the use of lake friendly products. One of the greatest surprises on LOWISA was a rechargeable pressure washer that uses lake water for deck washing!

On the *Keep our Waters Clean* infographic LOWISA shares information on how to choose proper sunscreens, body products, and cleaning supplies.

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.

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 need to re-fuel mid-week.



Ingredients to Avoid:		Recommended Brands
Oxybenzone, octinoxate, mineral oil (sunscreens)	• BHA and BHT	• Dr. Bronner's Pure Castile Soap
Parabens, fragrance, perfume	• salicylic acid (or related substances, such as salicylate, sodium salicylate, and willow extract)	• Attitude
Triclosan	• beta hydroxybutanoic acid	• ECOS cleaners
Microbeads - look for the following ingredients:	• butylated hydroxytoluene	• Nature Clean
Contains microbeads, with microabrasives, Polypropylene, Polyethylene	• tropic acid	• Green Beaver
	• trethocanic acid	• 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 are some of the best and easy to find products.

## 19. Encourage Green Boating Practices

Pre-LOWISA our sustainability guidance package was sent to all participants; it covers topics from how to sustainability provision and 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.

During LOWISA our Race Committee anchors with their engines turned off at both the start and finish lines to reduce emissions. Our courses are also 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, placing sustainability signage at the on shore events, and having meaningful conversations with the fleet.

Our collaborations with our amazing sustainability sponsors once again 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 Yous to all our sponsors!



[www.lowisa.org/sustainability](http://www.lowisa.org/sustainability)

## 20. Other

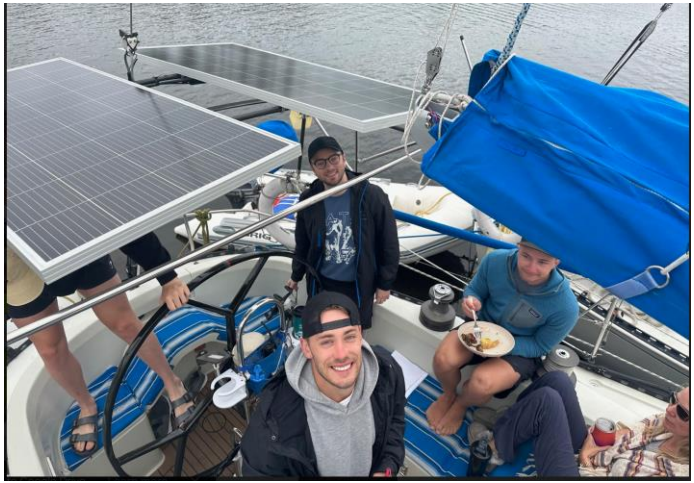
Once a staple on LOWISA, red solo cups are no longer to be found! In addition to eliminating plastic straws and single use water bottles, LOWISA has also eliminated single use plastic cups. All of the LOWISA hosted events have been 'bring your own reusable cup' for the third year running.

For the second year running LOWISA included the Sustainability Award. Thanks to @VolvoCarsWinnipeg and our other amazing sustainability partners, we were able to offer substantial prizes encouraging participation. The Sustainability Award is like a mini Clean Regatta checklist that is catered to the unique event that is LOWISA. Each boat fills out the checklist and the top 5 boats are inspected to determine 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place while everyone meeting a minimum point score is entered into the draw for a brand-new sail from North Sails. Each year we add the innovations and lessons learned to next year's criteria.

This year LOWISA saw some great innovations such as solar powered galleys, onboard composting, tree planting, crew t-shirts from recycled materials, rechargeable pressure washer direct use from the lake, composting toilets, personal bidets, man powered fleet transportation, and so much more!









A Huge Thank You to our LOWISA 57 Sustainability Partners:

**V O L V O**

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Volvo Cars Winnipeg

**patagonia®**



**OCEANS  
NORTH**



**LakeSmart**