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## BEST PRACTICES FOR THE CARE OF OUR OCEANS

Open water swimming, snorkeling, sailing and rowing



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We have made a guide of good practices on measures of low marine environmental impact, in the realization of major events in the sports practices of our disciplines and we will collect them in a single document that represents the care of the ocean, practicing any of our sports.

This guide is in English and each partner exposes the guide of their sport in the native language of their country.

# The Good Practice Guide

for a **SNORKELLING**

in a low environment impact



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# Float, Don't Stomp!

When snorkeling, keep an eye on the ocean floor and master the art of the perfect float!

Stay horizontal and glide effortlessly parallel to the bottom!

**no standing, stomping, or diving too low!**

Standing on or brushing against the seabed can damage fragile ecosystems, startle marine life, and stir up sediment, clouding the crystal-clear view for everyone.

**Remember: smooth, steady, and serene is the way to go!**



# Dive Together, But Keep It Light!

Snorkeling is more fun with friends, but remember:  
Small groups, Big rewards!

With fewer people, you'll blend in better with the marine environment, increasing your chances of spotting more wildlife and even having breathtaking, once in a lifetime encounters.

The local marine life will feel less threatened, allowing you to observe them in their natural behaviour.

On the flip side, large groups can stress the ecosystem, scare off shy species, and create chaos-think accidental bumps, disorientation, and higher risks of collisions with rocks, corals, and delicate organisms.

So, keep it cozy! Limit group sizes for a safer, more intimate, and eco-friendly experience.





# “Look, Don’t Touch ! Be a Respectful Ocean Guest!

When snorkeling, remember:

you’re a visitor in someone else’s home! **No touching** corals, starfish, sponge.. or any other else, they’re living creatures, not underwater decorations.

**No shell collecting**, no coral picking—leave everything as you found it.

Even a gentle touch can damage their fragile structure and slow their growth.

**Don’t chase** the fish! Let them swim freely without feeling threatened. Watching them from a respectful distance not only keeps them calm but also gives you the chance to observe more natural behavior

Hands off, eyes wide open, and respect all around! Treat the ocean with care, and it’ll reward you with unforgettable moments.



# Be a Marine Cleanup Hero!

Spot litter? Pick it up! Every little action helps keep the ocean clean and pristine.

While you're out exploring the underwater world, keep your eyes peeled not just for marine life, but also for litter. Bring along a dry bag or mesh net to collect any rubbish you come across.

A single piece of waste removed is one less threat to the fragile marine ecosystem.

Floating litter like can seriously harm marine animals. Sea turtles, for instance, often mistake plastic bags for jellyfish, a favorite snack—which can lead to fatal blockages. Balloons, one of the most common forms of trash found in oceans, pose a similar threat when ingested by seabirds or marine creatures.

Every little action counts! Picking up even small bits of waste helps protect marine life and keeps the ocean clean for future generations.

**So, next time you snorkel, be part of the solution.  
Leave nothing but bubbles and take away only trash!**

# Eco-Gear, Show You Care!

Every year, **around 14,000 tons of sunscreen end up in the sea**, much of it containing oils and harmful chemicals like oxybenzone and octinoxate.

These substances don't just wash off and disappear. They create a **toxic layer** in the water that harms marine life.

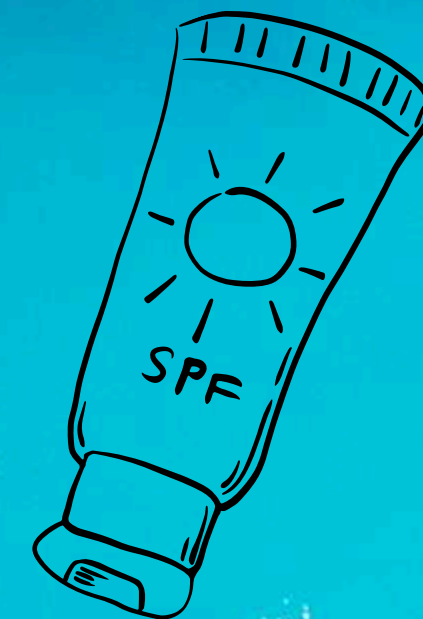
Oils from sunscreen can block sunlight, affecting photosynthesis in marine plants, while chemicals like **oxybenzone and octinoxate** can cause hormonal imbalances in a wide range of marine organisms, including algae, mollusks, sea urchins, fish, crustaceans, and even phytoplankton. These disruptions weaken the marine food chain and threaten the health of the entire ecosystem.

**What can you do?** Go eco-friendly! Choose **reef-safe and biodegradable sunscreens** that are free of harmful oils and chemicals.

Look for products with plastic-free packaging to further reduce pollution.

Even better, wear a UV-protective rash guard to minimize sunscreen use altogether.

Every small action helps keep the ocean cleaner and safer for marine life.



**Healthy skin and healthy reefs go hand in hand, protect both!!**



# Keep It Simple – No Loose Accessories!

When snorkeling, it's best to leave loose accessories behind. Items like jewellery, hats, sunglasses, or hair ties can easily slip off and get lost in the water.

Not only does this contribute to marine pollution, but these items can also harm marine life.

Small creatures might mistake shiny objects for food or get entangled in bands or strings. In addition, brightly coloured or reflective accessories may attract curious marine animals, which could lead to unintended disturbances or risky encounters.

**Pro tip:** Stick to the essentials! **Your snorkel, mask, fins, and eco-friendly swimwear.** Keep everything secure, and if you need to bring something with you, such as an underwater camera, use a **wrist or neck strap** to prevent accidental loss.

**Remember: the less you bring, the lower your risk of polluting or harming the environment. Stay streamlined, and focus on enjoying the underwater world!**



# Don't Feed the Fish! Let Nature Do Its Thing!

It might seem fun to feed the fish, but it's one of the worst things you can do while snorkeling.

Wildlife feeding is a no-go, even underwater.

Offering food to fish can change their natural behavior, making them reliant on humans for food instead of foraging for themselves.

This disrupts the delicate balance of the marine ecosystem and can lead to long-term negative effects on marine populations.

Feeding fish can also cause unnatural crowding, increase competition between species, and result in aggressive behavior.

Plus, many common human snacks aren't suitable for marine animals and can harm their health.



# Why Use iNaturalist? Turn Your Snorkeling Into Science!"

When you're out snorkeling and marveling at marine life, why not turn those moments into something meaningful? iNaturalist is the perfect tool to do just that! By using the app, you can record your sightings of plants, animals, and other organisms, and contribute to a global database used by scientists and conservationists to monitor biodiversity.



Here's why iNaturalist is a must-have for snorkelers:

Every observation you upload helps scientists track species distribution, monitor changes in ecosystems, and even discover new or rare species. Whether you spot a common seaweed or an unusual fish, your data is valuable!

Learn as You Go! Not sure what species you've found? No problem!

iNaturalist's community of experts and AI identification tools can help you identify unknown organisms, turning every snorkel trip into a learning experience.

Join a Global Community: You're not alone! Share your discoveries, compare notes, and get inspired by what others have found.

By documenting marine life and sharing your findings, you're helping raise awareness about the importance of protecting fragile ecosystems. **The more we know about what's underwater, the better we can protect it.**

## Let's Promote Conservation!

# Become an Ocean Explorer Join Citizen Science!

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Why just snorkel when you can help protect the ocean at the same time?

Take note of the marine life you encounter whether it's colorful fish, algae, sea urchins, or other marine organisms and contribute your findings to citizen science projects.

These initiatives rely on everyday snorkelers to gather data on biodiversity, invasive species, and reef health.

Before diving in, learn the standard protocols **created by scientists** to ensure your data is accurate and valuable.

Whether it's **identifying species** or recording following these guidelines helps researchers get the most **reliable information**.

By sharing your observations, you're helping scientists track changes in the marine ecosystem and monitor the health of our oceans. All you need is a waterproof notebook or an underwater camera to record what you see. It's a simple yet powerful way to turn your snorkeling trip into an opportunity to make a real impact on ocean conservation

# Snorkel Smart: Choose a Marine Protected Area! (MPAs)

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MPAs have some of the healthiest and most diverse marine ecosystems because human activities are carefully regulated!

By snorkelling here, you're likely to encounter a greater variety of marine life in their natural, undisturbed environment.

## Support Conservation Efforts

When you visit an MPA, you support ongoing efforts to protect and restore marine life.

Many of these areas rely on tourism to fund research, habitat restoration, and the enforcement of protective regulations.

## Learn About Marine Protection

MPAs often have visitor centers, guided tours, and educational programs that help you learn more about local marine ecosystems, their importance, and how to snorkel sustainably.

Follow Local Guidelines

Every MPA has specific rules to minimize human impact. Always respect the guidelines, Always respect ocean and you.



# GUIDA PRATICA

## PER UNO SNORKELLING

### a basso impatto ambientale

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# Stai a galla! Non Affondare

Durante lo snorkeling, tieni d'occhio il fondo, e trova l'assetto perfetto!

Mantieni il corpo orizzontale  
assapora l'assenza di gravità

su i piedi, **non calpestare, non stare troppo in basso, e non grattugiare le pinne sul fondale!**

Piedi giù? No grazie! Toccare il fondale può danneggiare gli ecosistemi più fragili, spaventare la fauna marina e sollevare sabbia! così si rischia di ridurre la visibilità a tutti, sii curioso rispettando i tuoi compagni e la vita marina!

**Ricorda: equilibrio, cura, serenità è la via da seguire!**



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# Tuffiamoci insieme, ma non in troppi!

Snorkeling è più divertente con gli amici, ma ricorda:  
piccoli gruppi, grandi vantaggi!

Pochi ma Buoni!

In piccoli gruppi, puoi mimetizzarti nell'habitat marino: aumenti drasticamente le probabilità di avvistare fauna selvatica e vivere incontri mozzafiato, di quelli che si ricordano per sempre!

La vita marina si sentirà al sicuro e potrai osservarla nel suo habitat naturale, senza disturbi.

Al contrario, grandi gruppi rischiano di stressare l'ecosistema, spaventare le specie più timide e creare confusione, urti, disorientamento e incidenti con rocce, coralli o organismi fragili.

Quindi.. piccoli gruppi significa sicurezza,  
intimità e basso impatto ambientale!



# "Guarda, Non Toccare! Sii un ospite rispettoso!"

Quando fai snorkelling, ricorda:

stai visitando la casa di qualcun'altro! **Non toccare** i coralli, stelle marine, spugne.. o qualsiasi altra meraviglia che incontri, sono creature viventi, non decorazioni sottomarine.

**Non** collezionare conchiglie, non **raccogliere** coralli.

Lascia ogni cosa dove l'hai trovata!

Anche un tocco gentile può danneggiare la loro fragile struttura e rallentare la loro crescita.

Non inseguire i pesci! Lasciali nuotare liberi, senza che si sentano minacciati

Osservali, rispetta la distanza, concediti la possibilità di ammirare il loro comportamento naturale

Giù le mani, occhi ben aperti, e Rispettalo!

l'oceano ti saprà ripagare con momenti magici!



# Sii un eroe del mare!

Rifiuti? Portali con Te! Ogni piccola azione aiuta ripulire e a ripristinare il nostro polmone blu!

Mentri esplori, tieni gli occhi aperti anche per i rifiuti! Porta con te una sacca stagna o una retina per portarli via con Te!

un piccolo pezzetto di rifiuto rimosso, è una minaccia in meno per il fragile ecosistema marino!

i rifiuti galleggianti possono seriamente ferire gli animali marini. Tartarughe, per esempio, spesso scambiano i sacchetti di plastica per meduse, il loro snack preferito, causandogli blocchi interni e trappole esterne che possono portarle alla morte.

Palloncini, uno dei più comuni rifiuti trovati in mare, possono avere le stesse cause quando sono ingeriti da animali marini e uccelli

Ogni piccola azione conta! Raccogliere ogni piccolo frammento di rifiuto aiuta a proteggere il mare per le future generazioni!

la prossima volta che ti immergi sii parte della soluzione!

# Eco-Gear, Mostra la tua pelle!

Ogni anno, **circa 14,000 tons di crema solare finisce in mare**, molta di questa contiene olii e sostanze chimiche dannose come ossibenzone e otinioxato.

Queste sostanze, non basta toglierle e spariscono.

Queste creano un velo tossico in acqua che danneggia la vita marina.

oli delle creme solari possono bloccare la luce solare, impedendo la fotosintesi per le piante marine, mentre **oxybenzone and octinoxate** possono causare squilibri ormonali in un vasto range di organismi, incluse le alghe, molluschi, ricci di mare, pesci, crostacei, e anche fitoplancton. Questeperturbazioni indoboliscono la catena trofica, e minacciano la salute dell'intero ecosistema..

**Cosa puoi fare?** Vai eco-friendly! Scegli creme certificate **reef-safe e biodegradabili, queste sono senza oleii e sostanze chimiche dannose.**

Cerca prodotti senza involucro di plastica per ridurre l'inquinamento.

Meglio ancora, indossa un protezione UV, per minimizzare l'uso di crema.

Ogni piccola azione aiuta a tenere più pulito e un oceano più sicuro.



**La salute della pelle e quella dei reef, vanno per mano, proteggi entrambi!**

# Sii semplice! - Lascia a casa accessori e gioielli

Quando fai snorkeling, lascia i tuoi gioielli a terra.

Oggetti come gioielli, cappelli, occhiali, ed elastici per capelli, possono facilmente scivolare ed essere persi in acqua!

Non sono solo un contributo per l'inquinamento marino ma contribuiscono anche a ferire la vita marina.

Piccole creature possono scambiare oggetti scintillanti cibo o possono rimanere impigliati in stringhe o lacci.

Accessori con colori brillanti o che riflettono la luce, attraggono animali, potrebbe portare a comportamenti inconsueti e quindi rischi

TIP: indossa l'essenziale!! boccaglio, maschera, pinne e muta .

**Assicura ogni cosa, e se devi portare qualcosa con te, come macchina fotografica subacquea , usa una fettuccia per prevenire rischi associati.**

**Ricorda: meno cose porti, più basso è il rischio di inquinare e di danneggiare l'ambiente!  
Immergiti leggero e goditi il mondo sottomarino**



# Niente Cibo!

## Lascia che la natura faccia da sè!

Può sembrare divertente cibare i pesci, ma è una delle cose peggiori che tu possa fare mentre fai snorkeling!

La vita selvatica si ciba da sola.

Offrire cibo potrebbe cambiare il loro comportamento naturale, portandoli a diventare dipendenti dagli esseri umani, invece che essere autosufficienti

Questo distrugge il delicato equilibrio dell'ecosistema marino e può avere effetti dannosi a lungo termine su tutta la popolazione marina.

Cibare pesci può causare anche un affollamento innaturale, aumentando la competizione tra specie, ed incrementando comportamenti aggressivi. Inoltre, molti snack comuni non sono commestibili per gli animali marini e possono danneggiare la loro salute.



# Perché usare iNaturalist? Trasforma il tuo snorkeling in scienza!"

Quando sei fuori a fare snorkeling e ammiri la vita marina, perché non trasformi quei momenti in qualcosa di significativo? iNaturalist è lo strumento perfetto per fare proprio questo! Utilizzando l'app, puoi registrare i tuoi avvistamenti di piante, animali e altri organismi e contribuire a un database globale utilizzato da scienziati e ambientalisti per monitorare la biodiversità!



Ecco perché iNaturalist è un must per gli amanti dello snorkeling: Ogni osservazione che carichi aiuta gli scienziati a monitorare la distribuzione delle specie, i cambiamenti negli ecosistemi e persino a scoprire nuove o rare specie! Che tu abbia individuato un'alga comune o un pesce insolito, i tuoi dati sono preziosi!

Non sei sicuro di quali specie hai trovato? Nessun problema! La comunità di esperti e gli strumenti di identificazione dell'IA di iNaturalist possono aiutarti a identificare organismi sconosciuti, trasformando ogni viaggio di snorkeling in un'esperienza di apprendimento.

Unisciti a una comunità globale: non sei solo! Condividi le tue scoperte, confronta i tuoi appunti e lasciati ispirare da ciò che gli altri hanno trovato.

Documentando la vita marina e condividendo le nostre scoperte, stiamo contribuendo a sensibilizzare l'opinione pubblica sull'importanza di proteggere gli ecosistemi fragili. Più sappiamo di ciò che c'è sott'acqua, meglio possiamo proteggerlo.

## Promuoviamo la conservazione!

# Diventa un esploratore marino! Diventa un cittadino scienziato!

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Perchè solo fare snorkelling quando puoi anche proteggerlo allo stesso tempo?

Prendi nota della vita marina che incontri, qualsiasi pesce colorato, alga, riccio, o altro, dai il tuo contributo a progetti di scienza cittadina.

Queste iniziative fanno affidamento sugli snorkelers che raccolgono dati relativi alla biodiversità, specie invasive e stato di salute del reef.

Prima di immergersi imparano protocolli standard creati da scienziati per assicurare che i dati sia accurati e significativi.

L'Identificazione delle specie o la segnalazione, il rispetto di queste linee guida aiuta i ricercatori a ottenere informazioni più affidabili. Condividendo le vostre osservazioni, state aiutando gli scienziati a monitorare i cambiamenti nell'ecosistema marino e la salute dei nostri oceani. Tutto ciò che serve è una tavoletta ed una matita, o una fotocamera subacquea per registrare quello che si vede. È un modo semplice ma potente per trasformare il tuo viaggio di snorkeling in un'opportunità per fare un vero impatto sulla conservazione dell'oceano!



# Scegli un' Area Marina Protetta (AMP)

Le AMP sono caratterizzate da alcuni tra gli ecosistemi marini più sani e ricchi, grazie al fatto che le attività umane sono attentamente regolamentate! Facendo snorkeling qui, incontrerai una gran quantità di specie diverse nel loro ambiente naturale indisturbato.

Sostieni gli sforzi di conservazione quando visiti un'AMP, sostieni gli sforzi in corso per proteggere e ripristinare la vita marina. Molte di queste aree dipendono dal turismo per finanziare la ricerca, il ripristino degli habitat e l'applicazione delle norme di protezione.

Nelle Amp trovi Informazioni sulla protezione degli oceani, centri per visitatori, visite guidate e programmi educativi che ti aiutano a conoscere meglio gli ecosistemi marini locali, la loro importanza e come fare snorkeling in modo sostenibile. Seguire le linee guida locali Ogni AMP ha regole specifiche per ridurre al minimo l'impatto umano. rispetta sempre le linee guida, l'oceano e quindi voi stessi.





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### Codes of Good Practice for Offshore Sailing Events



#### **1. Environmental Planning**

Develop an environmental management plan that considers the potential impacts of the event on the marine ecosystem, including fauna and flora.

#### **2. Use of Renewable Energy**

Promote the use of renewable energy sources, such as solar panels or wind turbines, to power event equipment and services.



### 3. Plastic Reduction

Ban the use of single-use plastics, such as bottles, straws and bags, and encourage the use of biodegradable or reusable materials.



#### **4. Waste Management**

Establish well-marked recycling points and ensure proper management and disposal of waste generated during the event.



#### **5. Biodiversity Protection**

Avoid locating the event in areas of high ecological sensitivity, such as coral reefs or seabird nesting areas.

#### **6. Fuel Spill Control**

Establish strict protocols to prevent accidental spills of fuel from vessels and provide safe fueling stations.



## **7. Promote Green Sailing**

Recommend or require the use of sails made from recycled or sustainable materials and minimize the use of motors during competitions.



## **8. Respect Exclusion Zones**

Clearly define zones where vessels should not navigate to protect vulnerable marine areas or ongoing conservation activities.

## **9. Post-event clean-up**

Organize sea and coastline clean-up days at the end of the event, involving participants and attendees.



## **10. Use of Ecological Buoys**

Use marker buoys made of environmentally friendly materials that do not harm the seabed or wildlife.





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### Códigos de Buenas Prácticas para Eventos Deportivos de Vela en el Mar



#### 1. Planificación Ambiental

Desarrollar un plan de gestión ambiental que considere los posibles impactos del evento en el ecosistema marino, incluyendo la fauna y flora.

#### 2. Uso de Energías Renovables

Promover el uso de fuentes de energía renovable, como paneles solares o turbinas eólicas, para alimentar equipos y servicios del evento.





### 3. Reducción de Plásticos

Prohibir el uso de plásticos de un solo uso, como botellas, pajitas y bolsas, y fomentar el uso de materiales biodegradables o reutilizables.



### 4. Gestión de Residuos

Establecer puntos de reciclaje bien señalizados y asegurar la correcta gestión y disposición de los residuos generados durante el evento.



#### **5. Protección de la Biodiversidad**

Evitar la ubicación del evento en áreas de alta sensibilidad ecológica, como arrecifes de coral o zonas de anidación de aves marinas.

#### **6. Control del Vertido de Combustibles**

Establecer protocolos estrictos para prevenir vertidos accidentales de combustible de embarcaciones y proveer estaciones seguras de abastecimiento.



## **7. Promoción de la Navegación Ecológica**

Recomendar o exigir el uso de velas fabricadas con materiales reciclados o sostenibles y minimizar el uso de motores durante las competiciones.



### **8. Respetar Zonas de Exclusión**

Definir claramente las zonas donde las embarcaciones no deben navegar para proteger áreas marinas vulnerables o actividades de conservación en curso.

### **9. Limpieza Post-Evento**

Organizar jornadas de limpieza del mar y la costa al final del evento, involucrando a los participantes y asistentes.



## 10. Uso de Boyas Ecológicas

Utilizar boyas de señalización hechas con materiales ecológicos que no dañen el lecho marino ni la fauna.



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# Sporocean

## Good Practices for eco-friendly organizing rowing competition



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## Introduction

Rowing is a sport that has a strong connection to the water environment. However, large rowing events can unintentionally affect marine ecosystems through pollution, habitat disruption, and overuse of resources. This guide is designed to offer organizers practical steps to reduce environmental damage while encouraging sustainability. By implementing these practices, rowing events can show their dedication to protecting natural ecosystems for future generations.

## Guidelines

### 1. Consider environmental sensitivity

A really thorough environmental impact assessment helps identify risks to marine life plus water quality next to nearby ecosystems. Conduct activities during periods that show the least ecological impact like post-breeding or after migration seasons. Pick locations with stable ecosystems or spots that show little reaction to human activities.

### 2. Eco-friendly infrastructure and equipment

The use of temporary reusable or biodegradable materials works best for structures like pontoons starting platforms plus tents. A smart move is to skip construction near sensitive spots such as spawning grounds or coral reefs.

Utilize buoys that do not anchor to the seabed, instead opting for remote or floating alternatives to prevent damage to marine habitats.

### 3. Waste management systems

Place easy-to-spot bins for recycling and composting along with waste disposal at the venue. Just say no to single use plastics and add refillable water stations. Also assign a team for waste pickup and correct disposal.

### 4. Promote Environmental Awareness

Provide educational materials and talk about the local ecosystem and the importance of conservation. Offer incentives for eco-friendly behavior, such as discounts for carpooling or bringing reusable water bottles.





## **Good Practices for eco-friendly organizing rowing competition**

### **5. Minimize Transportation Impact**

Select venues that are easily accessible by public transportation to reduce vehicle emissions. Coordinate with municipalities or private stakeholders to provide shuttle services for spectators and athletes.

### **6. Encourage Nearby Accommodation**

Recommend or arrange for participants traveling from other cities or countries to stay in accommodations close to the venue. Provide incentives for choosing nearby lodging options to minimize the need for vehicle transportation.

### **7. Clean-Up Efforts**

Organize a thorough clean-up immediately after the event, involving participants, volunteers, and local organizations. Collect data on waste types and quantities to improve future events.

### **8. Evaluate and Report**

Assess the environmental impact post-event and share findings. Use feedback from stakeholders to refine practices for future events.

### **9. Habitat Restoration**

Initiate habitat restoration projects if the event caused damage. Fund local conservation initiatives as part of event legacy commitments.

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# Sporocean

Καλές πρακτικές για φιλική προς το περιβάλλον διοργάνωση κωπηλατικών αγώνων



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## Εισαγωγή

Η κωπηλασία είναι ένα άθλημα που συνδέεται στενά με το υδάτινο περιβάλλον. Ωστόσο, οι μεγάλες κωπηλατικές εκδηλώσεις μπορούν να επηρεάσουν ακούσια τα θαλάσσια οικοσυστήματα μέσω της ρύπανσης και της υπερβολικής χρήσης των πόρων. Αυτός ο οδηγός έχει σχεδιαστεί για να προσφέρει στους διοργανωτές πρακτικά βήματα για τη μείωση της περιβαλλοντικής ζημίας, ενθαρρύνοντας παράλληλα τη βιωσιμότητα. Με την εφαρμογή αυτών των πρακτικών, οι εκδηλώσεις κωπηλασίας μπορούν να δείξουν την αφοσίωσή τους στην προστασία των φυσικών οικοσυστημάτων για τις μελλοντικές γενιές.

## Κατευθυντήριες γραμμές

### 1. Εξετάστε την περιβαλλοντική ευαισθησία

Μια πραγματικά διεξοδική εκτίμηση των τυχόν περιβαλλοντικών επιπτώσεων βοηθά στον εντοπισμό των κινδύνων για τη θαλάσσια ζωή καθώς και για την ποιότητα του νερού δίπλα στα κοντινά οικοσυστήματα. Διεξάγετε τις δραστηριότητες σε περιόδους που παρουσιάζουν τις λιγότερες οικολογικές επιπτώσεις, όπως μετά την αναπαραγωγή ή μετά τις περιόδους μετανάστευσης. Επιλέξτε τοποθεσίες με σταθερά οικοσυστήματα ή σημεία που παρουσιάζουν μικρή αντίδραση στις ανθρωπίνες δραστηριότητες.

### 2. Υποδομές και εξοπλισμός φιλικό προς το περιβάλλον

Η χρήση προσωρινών επαναχρησιμοποιήσιμων ή βιοδιασπώμενων υλικών προτείνονται. Καλό είναι να παραλείπετε την κατασκευή κοντά σε ευαίσθητα σημεία, όπως περιοχές αναπαραγωγής ή κοραλλιογενείς υφάλους.

Χρησιμοποιήστε σημαδούρες που δεν αγκυροβολούν στον πυθμένα της θάλασσας, επιλέγοντας αντ' αυτού εκείνες με απομακρυσμένη λειτουργία για την αποφυγή ζημιών στους θαλάσσιους οικότοπους.

### 3. Συστήματα διαχείρισης αποβλήτων

Τοποθετήστε ευδιάκριτους κάδους για ανακύκλωση και κομποστοποίηση μαζί με διάθεση κάδων αποβλήτων στο χώρο διεξαγωγής.



Πείτε όχι στα πλαστικά μιας χρήσης και προσθέστε σταθμούς για επαναγέμιση μπουκαλιών νερού. Επίσης, ορίστε μια ομάδα για τη συλλογή των αποβλήτων και τη σωστή απόρριψη τους.

#### 4. Πρωθήστε την περιβαλλοντική ευαισθητοποίηση

Παρέχετε εκπαιδευτικό υλικό και μιλήστε για το τοπικό οικοσύστημα και τη σημασία της διατήρησής του. Προσφέρετε κίνητρα για φιλική προς το περιβάλλον συμπεριφορά.

#### 5. Ελαχιστοποίηση των μεταφορών

Επιλέξτε χώρους που είναι εύκολα προσβάσιμοι με τα μέσα μαζικής μεταφοράς για να μειώσετε τις εκπομπές ρύπων των οχημάτων. Συνεργαστείτε με δήμους ή ιδιωτικούς φορείς για την παροχή υπηρεσιών μεταφοράς θεατών και αθλητών.

#### 6. Ενθαρρύνετε την κοντινή διαμονή

Συστήστε ή κανονίστε για τους συμμετέχοντες που ταξιδεύουν από άλλες πόλεις ή χώρες να διαμένουν σε καταλύματα κοντά στον τόπο διεξαγωγής. Παρέχετε κίνητρα για την επιλογή κοντινών επιλογών διαμονής για την ελαχιστοποίηση της ανάγκης μεταφοράς με οχήματα.

#### 7. Προσπάθειες καθαρισμού

Οργανώστε έναν ενδεδειγμένο καθαρισμό αμέσως μετά τους αγώνες, με τη συμμετοχή των συμμετεχόντων, των εθελοντών και των τοπικών οργανώσεων. Συλλέξτε δεδομένα σχετικά με τους τύπους και τις ποσότητες αποβλήτων για τη βελτίωση των μελλοντικών σας εκδηλώσεων.

#### 8. Αξιολόγηση και υποβολή εκθέσεων

Αξιολογήστε τον περιβαλλοντικό αντίκτυπο μετά τους αγώνες και μοιραστείτε τα ευρήματα. Χρησιμοποιήστε τα σχόλια των ενδιαφερομένων μερών για να βελτιώσετε τις πρακτικές για μελλοντικές εκδηλώσεις.

#### 9. Αποκατάσταση οικοσυστήματος

Ξεκινήστε έργα αποκατάστασης του οικοσυστήματος εάν οι αγώνες προκάλεσαν ζημιές.

Καλές πρακτικές για φιλική προς το περιβάλλον  
διοργάνωση αγώνων κωπηλασίας





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# OPEN WATER SWIMMING EVENT

ECO-FRIENDLY GUIDELINES FOR ORGANIZING OPEN  
WATER SWIMMING COMPETITION

ERASMUS+ SPORT – SMALL COLLABORATIVE PARTNERSHIP  
PROJECT NUMBER: 101131079 ERASMUS-SPORT-2023-SSCP

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# 10 GUIDELINES FOR A LOW ENVIRONMENTAL IMPACT FOR OPEN WATER SWIMMING COMPETITION

## 1. Venue selection and preservation

- Choose a venue such as a designated recreational beach or lake with existing facilities to minimize additional infrastructure needs.

## 2. Waste management plan

- Provide clearly labeled bins for recycling, composting, and landfill at each entry and exit point, as well as near food stalls.
- Distribute reusable cups for water stations and encourage participants to bring their own water bottles by offering free refills.
- Organize a community cleanup event post-competition, supplying volunteers with gloves and biodegradable trash bags.

## 3. Eco-friendly transportation

- Collaborate with local transport companies to provide discounted shuttle services for attendees.
- Use QR codes to promote a ride-sharing app for participants traveling from the same area.

## 4. Sustainable energy use

- Use portable solar panels to power equipment such as microphones, timers, or electronic screens.

## 5. Environmentally friendly signage

- Use chalkboards or reusable whiteboards for temporary signs, such as heat schedules or last-minute updates.

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- Print essential banners on durable, reusable fabric materials, avoiding vinyl or plastic alternatives.
- Provide all participant maps and event details digitally via an app or email.

## **6. Local and sustainable supplies**

- Use compostable plates, utensils, and napkins, sourced from local suppliers.
- Offer locally made medals or trophies crafted from sustainable materials like reclaimed wood or recycled metal.

## **7. Biodiversity protection**

- Use non-invasive methods to secure event structures, such as sandbags instead of stakes, to prevent habitat disruption.

## **8. Post-event sustainability measures**

- Conduct a waste audit to measure the total waste generated and identify areas for improvement in future events.

## **9. Community education**

- Collaborate with local schools or environmental organizations to set up educational booths about marine ecosystems.
- Offer free workshops or talks on topics like waste reduction, water conservation, or the importance of biodiversity.

## **10. Community engagement**

- Provide volunteer opportunities for community members to actively participate in event logistics and environmental monitoring.

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By implementing these actionable measures, your open water swimming competition can serve as a model for environmentally conscious event planning while promoting the enjoyment of natural spaces.



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# NATJECANJE U DALJINSKOM PLIVANJU

EKOLOŠKE SMJERNICE ZA ORGANIZACIJU NATJECANJA U  
DALJINSKOM PLIVANJU

ERASMUS+ SPORT – SMALL COLLABORATIVE PARTNERSHIP  
PROJECT NUMBER: 101131079 ERASMUS-SPORT-2023-SSCP

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# 10 PRAKTIČNIH EKOLOŠKIH SMJERNICA ZA ORGANIZACIJU NATJECANJA U DALJINSKOM PLIVANJU S CILJEM ODRŽIVOG RAZVOJA I OČUVANJA PRIRODE

## 1. Odabir i očuvanje mjesta održavanja

- Odabir lokacije poput označene rekreacijske plaže ili jezera s postojećom infrastrukturom u skladu s ciljem minimalizacije potrebe za dodatnom infrastrukturom.

## 2. Adekvatno zbrinjavanje otpada

- Osigurati jasno označene spremnike za recikliranje, kompostiranje i mješani otpad na svakom ulazu i izlazu, kao i u blizini štandova s hranom.
- Distribuirati višekratne šalice za vodene stanice, poticaj sudionika na korištenje vlastitih boca za vodu s ponudom besplatnog dopunjavanje.
- Organizacija čišćenja lokacije nakon natjecanja - opskrbiti volontere rukavicama i biorazgradivim vrećama za smeće.

## 3. Korištenje ekološki prihvatljivi načina prijevoza

- Suradnja s lokalnim prijevoznikom u svrhu osiguranja sniženih usluga prijevoza za posjetitelje.
- Upotreba QR kodova za promoviranje aplikacija za dijeljenje prijevoza za sudionike koji putuju iz istog područja.

## 4. Upotreba održivih izvora energije

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- Koristiti prijenosne solarne panele za napajanje opreme (mikrofona, mjerača vremena ili elektroničkih zaslona).

## **5. Koristiti ekološki prihvatljive oznake**

- Koristiti ploče s kredom ili višekratne bijele ploče za privremene oznake, poput rasporeda natjecanja ili posljednjih obavijesti.
- Tiskati nužne transparente na izdržljivim, višekratnim tkaninama, izbjegavajući vinilne ili plastične alternative.
- Osigurati svim sudionicima pristup prijavi, aktualnim informacijama o događaju digitalnim putem - aplikacije ili e-maila.

## **6. Koristiti pribor za hranu od lokalnih ugostiteljskih objekata od održivih materijala**

- Kompostabilne tanjure, pribor za jelo i salvete, nabavljene od lokalnih dobavljača.
- Lokalno izrađene medalje ili trofeje izrađene od održivih materijala poput recikliranog drva ili metala.

## **7. Zaštita biološke raznolikosti**

- Koristiti neinvazivne metode za osiguranje struktura na događaju, poput vreća s pijeskom umjesto klinova, kako bi se spriječilo narušavanje staništa.



## 8. Aktivnosti nakon događaja

- Revizija otpada u svrhu biste mjerena ukupne količinu proizvedenog otpada i identifikacija područja za poboljšanje u budućim događajima.

## 9. Edukacija lokalne zajednice

- Suradnja s lokalnim školama ili ekološkim organizacijama s ciljem osiguravanja edukativnih štandova o morskim ekosustavima.
- Besplatne radionice ili predavanja na teme poput smanjenja otpada, očuvanja vode ili važnosti biološke raznolikosti za sve sudionike i gledatelje natjecanja.

## 10. Uključivanje stanovnika lokalne zajednice

- Osigurati prilike za volontiranje članovima zajednice kako bi aktivno sudjelovali u organizaciji događaja i ekološkom nadzoru.

Provođenjem ovih praktičnih mjera, natjecanje u plivanju na otvorenim vodama može postati uzor ekološki svjesnog planiranja velikih događaja, istovremeno promovirajući uživanje u prirodnim prostorima te podizanje svijesti o očuvanju prirode i okoliša.



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