

LOWISA 58 Sustainability Report

Aug 3rd – Aug 10th 2024

By Lake of the Woods International Sailing Association

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 a fleet of 51 boats with 36 racing boats amongst the traditional and pursuit racing fleets took to the lake for 7 days and nights. On 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. while LOWISA provides three meals at evening events, onshore mid-week social activities, and kids events. This is LOWISA's fourth year with Sailors for the Sea Clean Regatta program, achieving Gold Certification in LOWISA 55 and platinum in LOWISA 56 & 57. Again we strived for Platinum Certification in L58. Below you will find descriptions of the 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 with sustainability in mind. When it comes to hydration LOWISA shares [infographics](#) on ways to hydrate without single use plastic. LOWISA communicates in pre-event newsletters, e-mails, on social media, as well as on the LOWISA 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 third 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 ie: 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 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 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 sustainability goals and requested to withhold plastic straws throughout our stay.



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. In our fourth year of promoting reusable dinnerware, we have rarely encountered any single use plates throughout the race week.



4. Use or Provide Reusable Bags

The LOWISA 58 registration package came with no bag this year. Folks were encouraged to BYO bag to collect their goodies and either walked away with full arms or adopted one from the Commodore's supply she brought from home. Additionally in our Sustainability Award Judging Criteria and our Sustainability Guidance Package we encourage folks to provision with reusable bags.



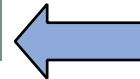
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✓	SUSTAINABILITY PRACTICE	POINTS
PRE-LOWISA PREPARATION		
Show your efforts by tagging @LOWISAREgatta in your sustainable preparations!		
	Bringing and using reusable bags to shop and transport	5



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, water bottles, soap, natural body products, and a stand up paddle board were a few of the amazing prizes.

This year's fleet awards consisted of the LOWISA legacy trophies as well as take home awards. Locally made stained glass window hangings were awarded to each of the 1st, 2nd, and 3rd place winners in each racing division.

For the third year running our Sustainability Award has encouraged great effort from the fleet to strive towards more sustainable habits. Our generous sponsor Volvo Cars Winnipeg (@volvocarswinnipeg) championed our sustainability efforts by donating a brand-new North Sails sail as the grand prize!



Volvo Sail Winners from the Sustainability Award

L56 Grand Cru, L57 Knockout

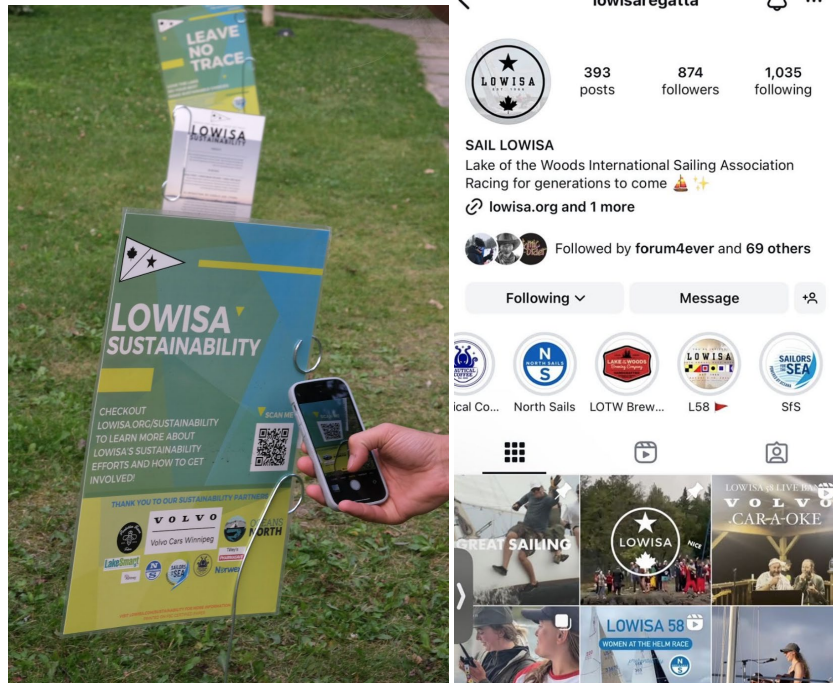
6. Publicize Your Sustainability Efforts

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.

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 inspected the top 5 scoring boats in the Sustainability Award to determine 1st, 2nd, and 3rd place. The Green Team once again had great dialogue 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

For the third 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 LOWISA's 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 Harbour 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 fisherman, 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 individual checklists to accomplish throughout the event and took on lead roles in raising awareness, promoting sustainability, answering questions, and running the sustainability programming. Our green team posted signage, organized with external partners (lodge and LOWDSA) to meet our sustainability objectives, managed the Sustainability Award and boat inspections, and daily announcements.



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. 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 fleet has been sharing individual best practices for composting onboard!

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, e-mail and in registration. For the Sustainability Award this year we decided to try paperless despite having limited access to internet. Although we went paperless with the checklist entry form, we found there was a decline in participation due to the frustration of trying to maintain connectivity.



14. Promote Alternative Transportation

LOWISA organizes a carpool registration every year on [groupcarpool.com](https://www.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. Many folks in the fleet are providing alternative modes of transportation amongst the fleet. This includes SUP's, kayaks, inflatable dinghies, and electric motor zodiacs.





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.

Additionally this year LOWISA hosted a beach clean up for the kids (and kids at heart). With our generous sponsors West Elevations Architecture and Big Agnus, we provided reusable trash bags for a clean up competition. Kids were encouraged to use the trash bag and clean up at each of the anchorages with a prize for the person who collected the most!



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
<u>PRE-LOWISA PREPARATION</u> 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
	Povisioning with reusable/refillable containers	8



17. Use Eco-Smart Race Management Techniques

LOWISA racecourses utilize minimal buoy/marker sets. Race committee anchors one buoy along with 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 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.

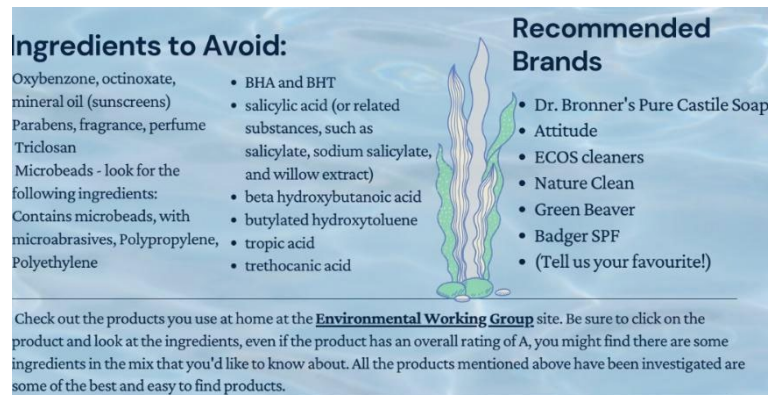
The Sustainability Award encouraged participants to uptake practices that preserve water quality by offering amazing prizes like a brand-new North Sails custom sail.

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.

CHECK FOR LEAKS

Do a pre-departure check to ensure all your tanks and lines are leak free!

check out the Sailors for the Sea **Green Boating Guide**



Ingredients to Avoid:

- Oxybenzone, octinoxate, mineral oil (sunscreens)
- Parabens, fragrance, perfume
- Triclosan
- Microbeads - look for the following ingredients:
 - Contains microbeads, with microabrasives, Polypropylene, Polyethylene

- 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

Recommended Brands

- Dr. Bronner's Pure Castile Soap
- Attitude
- ECOS cleaners
- Nature Clean
- Green Beaver
- 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 and 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.

Resources for Participants

LOWISA SUSTAINABILITY GUIDELINES

LOWISA SUSTAINABILITY AWARD

SAILORS FOR THE SEA GREEN BOATING GUIDE

LEARN ABOUT INVASIVE SPECIES

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. This year an additional Sustainability Award criteria included sailing from the finish line to the anchorage.

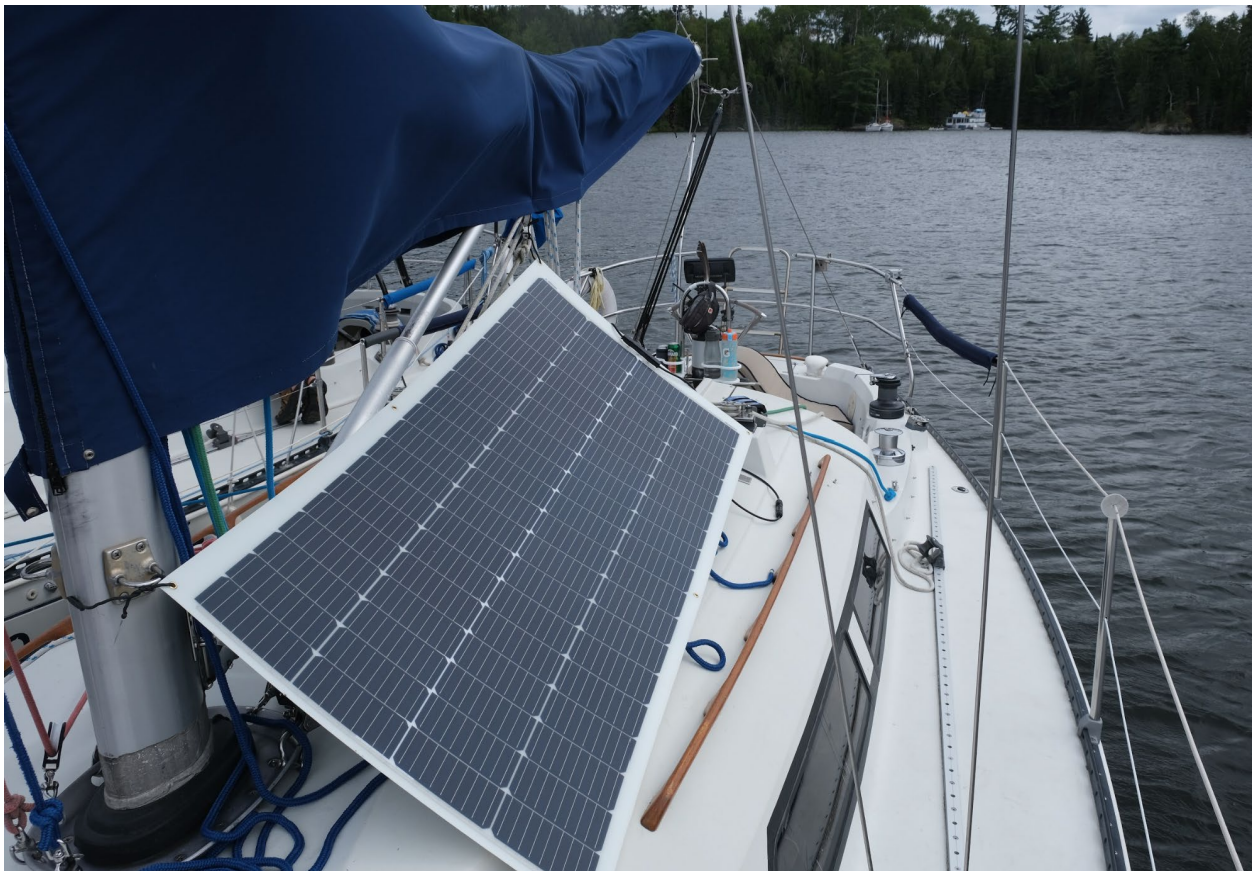
✓	SUSTAINABILITY PRACTICE	POINTS
	Alternative to single use water bottles (ie: 5 gal jugs, water filter direct from lake, water tank on board, rainwater harvesting)	10
	Refillable Propane Containers	5
	Onboard Composting	10
	Homegrown/Local food	10
	Sailing from finish line to anchorage	8

Our Green Team was present throughout the week placing sustainability signage at the on shore events and having meaningful conversations with the fleet.

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 fourth year running.

LOWISA successfully included the Sustainability Award for its 3rd year! 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 submits a checklist and the top 5 boats are inspected to determine 1st, 2nd and 3rd place. Everyone meeting a minimum of 85 points is entered into a draw for a brand-new sail from North Sails sponsored by Volvo Cars Winnipeg while top scoring boats take home other amazing prizes. Each year we add the innovations and lessons learned to next year's criteria.



Big Thank Yous to our LOWISA 58 Sustainability Partners

Click on each logo for a link to their webpage – show our sponsors some LOVE!

V O L V O

Volvo Cars Winnipeg

