

Elimination of Single-Use Items

- ✓ - 1. Eliminate Single-Use Water Bottles and Provide Water Refill Stations
- ✓ - 2. Eliminate Plastic Straws
- ✓ - 3. Serve Food with Plastic-Free Dinnerware
- ✓ - 4. Skip Bags or Go Reusable
- ✓ - 5. Award Practical Items or Use a Perpetual or Upcycled Trophy

Community Involvement

- ✓ - 6. Publicize Your Sustainability Efforts
- ✓ - 7. Involve Local Organizations
- ✓ - 8. Post Educational and Reusable Signage
- ✓ - 9. Serve Local Food or Source Seafood Sustainably

Responsible Waste Management

- ✓ - 10. Organize a Green Team
- ✓ - 11. Ensure Proper Waste Bin Placement and Signage
- ✓ - 12. Divert Food Waste from the Landfill
- ✓ - 13. Use Paperless Event Management

Environmental Stewardship

- ✓ - 14. Host a Beach or Marina Cleanup
- ✓ - 15. Promote Alternative Transportation
- ✓ - 16. Increase Awareness of Wildlife and Habitat Protection
- ✓ - 17. Offer Vegetarian or Vegan Alternatives

Green Boating

- ✓ - 18. Use Eco-Smart Management Techniques
- ✓ - 19. Prevent Toxins from Entering the Water
- ✓ - 20. Encourage Green Boating Practices

1. Eliminate Single-Use Water Bottles and Provide Water Refill Stations:
 - a. In emails to sailors as they registered, we shared that we would be a Clean Regatta and one aspect of this is that sailors must come with water bottles. We provided three water stations around the club (there were compostable cups available for parents and/or sailors who didn't have a water bottle).
2. Eliminate Plastic Straws
 - a. n/a - we never provide drinks
3. Serve Food with Plastic Free Dinnerware
 - a. We served food in/on compostable products confirmed by Black Earth Compost.

4. Skip Bags or Go Reusable
 - a. n/a - we don't provide bags at registration
5. Award Practical Items or a Perpetual Trophy
 - a. Sailor trophies were sourced from Rivanna. The trophies were made from bamboo.
 - b. A father of one of the sailors (my husband, and also a sailor!) scrounged around Pleon and found an old centerboard that he sanded and painted to make a perpetual sportsmanship trophy. My son, also a sailor at MJRW, 3d printed the words on the trophy.
6. Publicize Your Sustainability Efforts
 - a. This was done on Pleon's instagram account, as well as emails to sailors, and on Pleon's website.
7. Involve Local Organizations
 - a. Sustainable Marblehead, a community nonprofit organization working to educate and reduce the town's carbon footprint, had their intern attend one afternoon. The intern is a part of the local high school's National Green School Society. She had sailors of all ages playing a "Sustainable Jeopardy" game!
8. Post Educational and Reusable Signage
 - a. Signage from previous MJRW's was reused to show certain waste stations
 - b. Two 420 sailors made signs for the compost bins
 - c. Sailors for the Sea signage was posted at the entrance to Pleon
9. Serve Local Food
 - a. Cucumbers were provided from Iron Ox Farm in Hamilton, MA
10. Organize a Green Team
 - a. We had a passionate and lively Green Team that manned the waste stations; cleaned up around the club's campus; and educated sailors and coaches about how to take care of their waste properly.
11. Ensure Proper Waste Bin Placement and Signage
 - a. We've learned over the years where (3 stations with signage around both campus', and no random bins placed anywhere) the bins should be for traffic flow (i.e. one near the food tent, one near the clubhouse, and one in between near the street). The thoughtful placement also aids with very little trash around the campus'.
 - b. Signage (see #9). All bins had clear signage with appropriate images of frequently disposed of items.
12. Divert Food Waste from the Landfill
 - a. We had compost bins set up at every waste management station.
 - b. Our compost barrels were at least twice as full as our landfill!
13. Use Paperless Event Management
 - a. We use Clubspot and google docs
14. Host a Beach or Marina Cleanup
 - a. Our "official" beach cleanup was postponed each day due to NO wind and NO races! : (
15. Promote Alternative Transportation

- a. Sailors were encouraged to carpool, bike and/or walk if within a reasonable distance of the club.
- 16. Increase Awareness of Wildlife and Habitat Protection
 - a. See #7. Sustainable Marblehead's Intern included content applicable to habitat protection in her game.
- 17. Offer Vegetarian or Vegan Alternatives
 - a. Cheese pizza, vegetarian taco bowls, cucumbers, bagels, and hummus wraps were offered to sailors, in addition to fruit and granola bars.
- 18. Use Eco-Smart Management Techniques
 - a. Spectator boat areas were designated
 - b. Rule 47 Trash Disposal was included in the SI's
 - c. No bow stickers were offered
- 19. Prevent Toxins from Entering the Water
 - a. "Water Washdown Only" signs were posted by the two hoses.
- 20. Encourage Green Boating Practices
 - a. RIB's were used
 - b. A "Sailor Swap" table was organized
- 21. BONUS:
 - a. A TerraCycle box for all wrappers (i.e. granola bars, potato chips, candy, gold fish etc.)





