



## FIV sailing school cares about the environment.

A responsible sailor must never forget to respect the environment, both ashore and in the water.

Based on ISAF Code of Environmental Friendly Behaviour. For more details, browse: [www.sailing.org/about/environment/initiatives.php](http://www.sailing.org/about/environment/initiatives.php)

# The eco-friendly sailor decalogue

- 1 Reduce your waste production**
  - Choose products without plastic or excessive packaging. Before launching, remove all unnecessary packaging and dispose them.
  - Choose food and refreshments in bigger capacity, biodegradable packages, which are easy to store.
  - In your club premises, use water dispensers instead of disposable plastic bottles.
  - Onboard, bring refreshments in reusable containers such as flasks instead of disposable bottles.
- 2 Collect and separate your waste**
  - Inform your crew or your pupils where the trash and recycling bins are located.
  - Do not discharge raw sewage solvents, paints, waste oils, batteries.
- 3 Recycle as much as you can**
  - If you use disposable plastic bottles, drink all content before opening a new one. Re-fill the bottle as many times as you can and when you do not need it any more, recycle it.
  - Coaches should promote activities and games which use recyclable materials or organize workshops to teach environmental education.*
- 4 Preserve water and use it responsibly**
  - In your club premises, install automatic shutoff taps or shower timers to prevent water waste.
  - Install flow restrictors on taps you use for boat wash down.
  - Do not use drinking water to wash your boat: install a storage tank to collect and re-use rainwater instead.
  - To remove sand from your clothes or equipment, rinse them first in seawater, then rinse again in a freshwater bucket. Prefer rainwater and avoid using tap water.
- 5 Do not pollute sea with soap and oils**
  - Use biodegradable shampoo or shower-gel.
  - Use biodegradable cleaning products for your equipment.
- 6 Do not throw cigarette butts on sand or in seawater**
  - Consider the importance of being a good example to your young pupils: do no smoke in front of them.
  - If you cannot avoid smoking, bring a pocket ashtray with you where to store cigarette butts.
- 7 Use your engine responsibly**
  - Keeping your engine well maintained improves its performances and reduces its consumption.
  - Avoid any oil/fuel spilling.
  - Be careful when you refuel and avoid spilling oil into the sea.
  - Limit your speed to reduce fuel consumption.
  - Switch off your engine while standing still to avoid exposure to exhaust smoke.
- 8 Learn how to recognize and protect the ecosystem around you**
  - Do not disturb animals, do not feed them and do not pick them up from their environment.
  - Organize a workshop to promote environmental awareness and the knowledge of the ecosystem around you.
- 9 Use your anchor consciously**
  - When anchoring, choose a sea bottom where Posidonia is not growing.
  - If there is Posidonia, avoid plowing the sea bottom when weighing the anchor.
  - Respect Posidonia: it absorbs carbon dioxide, releases oxygen and helps keeping our seas healthy.
- 10 Save electricity**
  - Do not start your boat engine to recharge a battery.
  - On board, not to run out of batteries, use only the lights strictly needed.
  - Use windsocks to improve fresh air circulation on board.
  - Avoid using air conditioners, whenever possible.
  - Switch the lights off, when you leave a room.
  - Do not leave electronic devices on stand by, but switch them off when you do not use them.
  - On board, use solar panels and /or small wind turbines to integrate your electricity production.