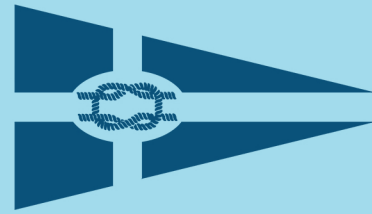


# ENVIRONMENTAL GUIDE FOR BOATERS



Marina de Lagos

Small actions can make us all contribute to improve environmental quality, educate the youngest and be part of those who really take part in the preservation of our natural resources.

## ~ THE THREE Rs ~

**Reduce, Re-use and Recycle** are the three words to remember when we think of sustainability and waste management. We all are waste managers and the choices we make affect us and our environment, whether at home or on the boat. **Following these three Rs, you can make a difference.**



### REDUCE

...the quantity of materials you use in your activity. Reducing the amount of material consumed is the most effective way to protect the environment and be more sustainable.

Try using less detergent: manufacturers normally advise for larger amounts than actually needed. Don't buy products that are over packaged or packaged in plastic. Use less paper towels to dry your hands. There are hundreds of ways to reduce the waste you produce and small actions repeated many times do a lot to help the environment.



### RE-USE (RE\_PURPOSE)

...items whenever possible. A good example is to re-use solvents by keeping them in sealed containers, letting the dirty part rest on the bottom and decanting the clear to a different container. Be sure to dispose of these materials carefully after they can no longer be reused.

You can cut the base of plastic bottles and use them as water scoops. Once again, there are hundreds of different uses for many things. Share your re-utilization ideas and, together, we can make a difference.

Food waste – sending your food waste to a composting centre is an easy way to decrease the amount of rubbish you deposit in the containers and, therefore, the amount that has to be processed, while contributing to increase green fertilizers and organic gardening or agriculture in your community.



### RECYCLE

...all possible materials. Paper, steel and aluminium cans, plastic, cardboards, engine oil, glass and many other materials are renewable resources. By recycling them, not only are you saving resources, but you are also saving precious space and energy.

The materials that can last hundreds or millions of years can be recycled and re-used several times. A glass bottle with an unknown decomposition rate can be recycled and used to produce a new container using 100% recycled glass.

Recycling also saves energy. Producing an aluminium can from a recycled one spends 95% less energy than producing one from new material.

If these materials are simply thrown overboard, they will take years to decompose. It will take paper 2 to 4 weeks to decompose; a can, 100 years; an aluminium can, 200 to 500 years; plastic, 450 years; a glass bottle will take more than 500 years; and the decomposition rate for Styrofoam is unknown.



## Follow this advice to keep the water free from waste:

All the potential garbage taken on board must be later taken to shore to be recycled or properly disposed of. If you go fishing, make sure all the lines come back to the Marina with you.

Take the least possible amount of plastic on board. When possible, buy products that are packaged in glass or metal. Choose re-usable containers instead of cling film to pack up your food.

Ensure that your waste and recyclable materials do not fall overboard or fly away by placing them in appropriate containers.

Use re-usable cutlery, glasses and silverware thus minimizing the waste produced on board.

Pick up and contain garbage that you find during your boating trips. This will make you feel part of those that care about the environment.

Recycle aluminium, glass, plastic, paper, used engine oil, cardboard and any other recyclable material.

Encourage others to also be environmentally aware every time they use their boats.

## RECYCLING ON BOARD

Recycling cans, plastic containers and glass bottles is a simple way to control the drink originated waste. Keep a bag or box on board, no need for a big one, just the right size to fit the recyclable materials you took on board for the day. Remember to empty your recycling container every time you go ashore, making it ready for your next trip.

Space in a boat is precious, so it is a good idea to have a can crusher on board, allowing you to reduce the space recyclable materials occupy. Plastic bottles can be flattened in vacuum.

## THE IMPACT OF GARBAGE

While you are using your boat, you do not think of how much the plastic that makes everyday life so much easier can be harmful to boats and wildlife. Plastic is light, strong and floats, besides being designed to last for long. When plastic falls overboard, at first it does not sink or decompose. Avoid potentially dangerous situations by keeping all your plastic on board.

### On board

When nets, plastic ropes or fishing lines are left in the water, they can damage engines by getting tangled in the propellers. Cooling systems can also be compromised by plastic.

### In wildlife

Wild animals have been very much affected by plastic left in the water. Several birds and fish get caught and strangle, and many species actually eat plastic. Grown birds have been seen feeding plastic balls to the young. Their stomachs feel satisfied, and this eventually leads to death by starvation. By being a conscientious boater, you can help save these animals from agony and death. Please ensure that none of your garbage goes into the water.

### Recycling in the Marina

Marina de Lagos has recycling containers for used engine oil, paper and cardboard, glass, batteries and packaging (plastic and metal). Use these containers every time you can and follow the instructions.