













# 6 Simple Ways YOU can Help the Ocean

During the Opening Regatta

Clean Regattas is the world's leading sustainability certification for all water based events. Since the program's inception in 2006, over 2,300 events have shown their commitments to sustainability by hosting Clean Regattas. This program has reached over 660,000 sailors and attendees in over 40 countries. Clean Regattas is a free, self-assessment tool with powerful resources and support that awards certification levels from Participant to Platinum.

## RECYCLE YOUR RUBBISH

There are recycling bins in both clubhouses, please use them before the general rubbish bins. 🔏



#### SAY GOODBYE TO PLASTICS

Bring a reusable cup to get your takeaway beverage and try to eliminate single use plastic items such as plastic cutlery & plastic straws.



#### BRING YOUR OWN WATER BOTTLE

Say good-bye to single use water bottles, bring a reusable water bottle and refill water at our water stations in both clubhouses!



### USE NON-TOXIC SUNSCREEN

Avoid sunscreens with oxybenzone, octinoxate and petrolatum. Instead use products that contain zinc oxide and titanium dioxide (in micro, not nanoparticle form), which are less toxic to the environment.



# CHOOSE SUSTAINABLE SEAFOOD

When preparing for meals on the water, try to source local food or sustainable seafood.



## USE PUBLIC TRANSPORT OR CARPOOL

You can get to our club easily from MTR Wong Chuk Hang station or take a bus that stops at Shum Wan Bus Terminus which is directly opposite our clubhouse.



Bus 75 – from Central Bus 72 – from Causeway Bay



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