

On Board Ecological Representative (RECO) Guidelines

1. Navigate under sail as much as possible.
2. Do not throw anything into the sea, including organic materials.
3. Avoid accidentally dropping materials into the water; keep equipment in a safe area when working on deck.
4. Use 100% biodegradable cleaning products, in recycled containers and with minimum packaging where possible.
5. On board, create containers to separate waste for recycling, and once ashore put garbage in its designated bins.
6. Do not use single-use plastic bottles, dishes, or glasses. Use water bottles and reusable bags for any food. Replace plastic with reusable or compostable materials wherever possible.
7. If you are a smoker, utilize a portable and windproof ashtray. Cigarette filters are non-biodegradable!
8. Collect any plastic materials you find floating on the sea, these can be recycled. If they are too large, report the location to the relevant authority which will collect them and notify sailors.
9. Never drop anchor on *Posidonia Oceanica* seagrass, respect protected marine areas, be aware of their specific regulations and, if you spot marine animals, do not bother them and keep your distance.
10. Before replacing onboard materials, assess whether they could be repaired or re-used for something different. For instance, sails can be turned into bags. By doing so, you will promote a circular economy.

Share these guidelines with other teams and encourage others to become a R.Eco!

For further details write to secretariat@1ocean.org

