

GREEN KAYAK

Cleanup Toolkit



*When you go green in sport,
you are growing!*



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- Macedonia

- Croatia

- Serbia

- Bulgaria

Green Kayaking Regatta



“

Small actions multiplied by
millions of people can change the world

Kayaking as a green outdoor sport

Kayaking is an outdoor sport that has been gaining popularity in recent years, both for its physical benefits and its minimal impact on the environment. It is a popular outdoor activity that is enjoyed by people of all ages and skill levels.

One of the key benefits of kayaking as a sport is its minimal impact on the environment. Unlike motorized watercraft, kayaks are powered solely by human effort, meaning they produce no emissions or noise pollution. This allows kayakers to quietly and respectfully observe aquatic wildlife and natural landscapes without disturbing them.

Kayakers can also contribute to the preservation of aquatic ecosystems by participating in conservation efforts. Many kayaking organizations and clubs organize clean-up events or volunteer opportunities to remove trash and debris from waterways and promote conservation efforts. Additionally, kayakers can support local conservation organizations or advocacy groups working to protect waterways and aquatic wildlife.

In conclusion, kayaking is a sport that offers many benefits to both the individual and the environment. With its minimal impact on the ecosystem, kayaking allows paddlers to explore and appreciate natural landscapes without harming them. By practicing responsible paddling and contributing to conservation efforts, kayakers can help preserve the beauty and diversity of our aquatic ecosystems for generations to come.



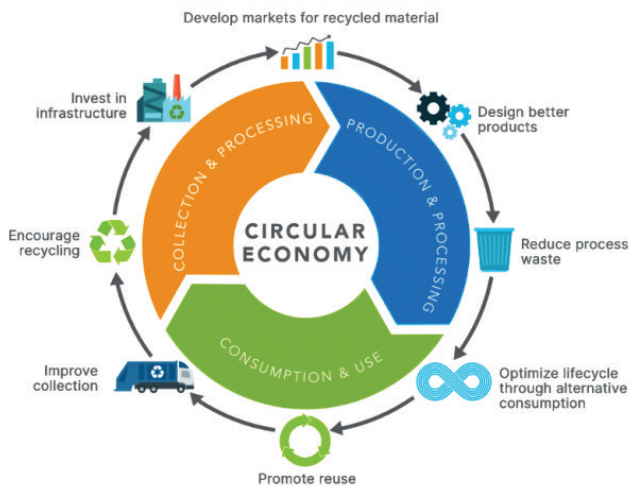
A photograph of a path completely covered in a thick layer of plastic waste, including bags, wrappers, and bottles. The path leads into a dense forest of tall trees with green foliage. The scene is brightly lit, suggesting sunlight filtering through the trees. A blue brushstroke graphic is overlaid across the middle of the image, containing white text.

THE GREATEST THREAT TO OUR PLANET IS
THE BELIEF THAT SOMEONE ELSE WILL SAVE IT.

ROBERT SWAN

What's the problem with plastic?

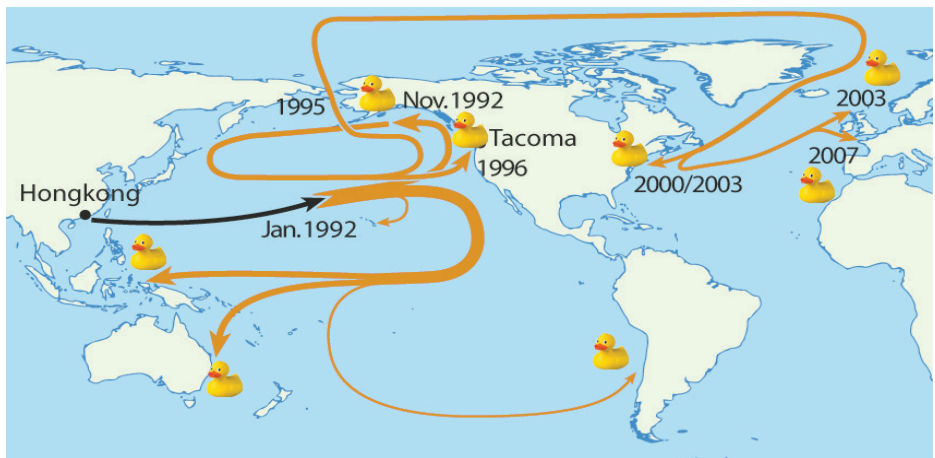
Plastic is cheap, versatile and virtually indestructible; so what is the fuss about?



The same characteristics that make it great also cause the problems and so it can now be found everywhere. Plastic is a valuable and limited resource and so we need to take a different approach to the way we use and dispose of it.

The key is a **move away from take, make, dispose to a more circular system** where we use end of life material to make new

products. 80% of marine rubbish comes from land based sources which finds its way to the sea via rivers and drains, blown by winds or even swept with the tide.



Ducks Lost at Sea: In 1992, a shipping container carrying 28,000 rubber ducks was lost overboard in the Pacific Ocean. To this day they are still being washed up on shores all over the world! We now know that plastic can travel thousands of miles on ocean currents.

What is the problem with plastic in the waters?


- 🚛💧 Currently, the equivalent of one rubbish truck per minute of plastic enters our oceans. A large proportion from our rivers.
- 🚛💧 In the last ten years we have produced more plastic than in the whole of the last century.
- 🚛💧 Currently, the equivalent of one rubbish truck per minute of plastic enters our oceans. A large proportion from our rivers.
- 🚛💧 Plastic does not biodegrade, instead it breaks up into thousands of pieces known as micro-plastics.
- 🚛💧 Plastics are now making their way up the food chain as fish are confusing microplastics in the water with food. They have even been found in our tap water, honey, salt and the air we breathe – the impact on human health is unknown.

8.3 billion tonnes (the equivalent of one billion elephants) of plastic has been produced since the 1950s.

Small acts have a big impact! 86% reduction in plastic bags since the 5p charge.

“If we carry on with ‘plastic production business as usual’ plastic will outweigh fish in the ocean by 2050”

- The Ellen MacArthur Foundation.

















“THE
FUTURE
WILL
EITHER
BE
GREEN
OR NOT
AT ALL.”

BOB BROWN

What are the types of plastic?


Sadly, there is no 'one size fits all' solution, but there are things we can all do to help. Familiarising yourselves with the types of waste and their characteristics, prior to carrying out a cleanup can give a better understanding of the waste you find.


Here are some common plastics you may come across, their recyclability and other information you might find useful:


|  PETE |  HDPE |  PVC |  LDPE |  PP |  PS |  OTHER |
|---|---|---|---|---|---|--|
| polyethylene terephthalate | high-density polyethylene | polyvinyl chloride | low-density polyethylene | polypropylene | polystyrene | other plastics, including acrylic, polycarbonate, polyactic fibers, nylon, fiberglass |
| soft drink bottles, mineral water, fruit juice containers and cooking oil | milk jugs, cleaning agents, laundry detergents, bleaching agents, shampoo bottles, washing and shower soaps | trays for sweets, fruit, plastic packing (bubble foil) and food foils to wrap the foodstuff | crushed bottles, shopping bags, highly-resistant sacks and most of the wrappings | furniture, consumers, luggage, toys as well as bumpers, lining and external borders of the cars | toys, hard packing, refrigerator trays, cosmetic bags, costume jewellery, audio cassettes, CD cases, vending cups | an example of one type is a polycarbonate used for CD production and baby feeding bottles |
|  |  |  |  |  |  |  |


Why kayak for cleanups?


Kayaks are an excellent choice for cleanups of waterways for several reasons:

 Easy access to shallow waters and hard-to-reach areas: Kayaks are lightweight and easy to maneuver, allowing them to access shallow waters and hard-to-reach areas that larger boats cannot. This makes them ideal for cleaning up debris and litter from rivers, lakes, and other bodies of water.

 Environmentally friendly: Kayaks have a minimal impact on the environment compared to motorized boats or heavy equipment. They do not emit pollutants or disturb wildlife, making them an environmentally friendly choice for cleaning up waterways.

 Cost-effective: Kayaks are relatively inexpensive compared to larger boats or heavy equipment. This makes them an affordable option for individuals or organizations looking to clean up their local waterways.

 Promotes physical activity and community involvement: Kayaking is a great form of exercise and promotes physical activity. It also provides an opportunity for community involvement and engagement in environmental conservation efforts.

 Raises awareness: Using kayaks for cleanups can help raise awareness about the importance of keeping our waterways clean and free of pollution. This can help educate the public about the importance of environmental conservation and encourage others to take action.



Kayaks are an excellent choice for cleaning up waterways due to their maneuverability, minimal environmental impact, cost-effectiveness, and ability to promote physical activity and community involvement. By using kayaks for cleanups, we can help protect our waterways and raise awareness about the importance of environmental conservation.

Equipment Checklist



If you do not have access to this equipment, consider borrowing it where possible or approach local businesses to sponsor some equipment for you.

Bags / Boxes

It is important to have bags/boxes for collection. Ideally use reusable bags which allow the water to drain out. Boxes or clothes baskets work well on SUPs and open canoes can also be used as the 'dumpster' for kayakers. Onion sacks are great for kayakers; perhaps find some that would otherwise go to waste from a local shop. Wash and reuse.



Sharp Items Box

A sealable box for sharp items such as fish hooks and broken glass. Whilst we recommend you carry a sharps box, do not attempt to remove any items which pose a risk to yourself or fellow paddlers.



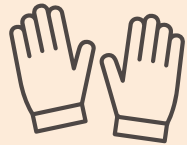
Litter Pickers

Litter pickers will make it easier to collect difficult to reach finds. As these sink we recommend making them float by taping insulating pipe around them.



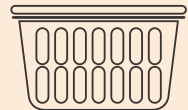
Heavy Duty Gloves

Heavy duty gloves protect against fish hooks and other sharp objects.



Basket (for SUPs)

On a SUP it is useful to have a bucket for the waste, however you will need to secure it with bungees to ensure it doesn't also become rubbish.



First Aid Kit and Hand Sanitiser

A first aid kit will be useful in case of minor incidents when on the Paddle Cleanup and it is essential to use hand sanitiser to protect against Weil's Disease.



What to do at the Kayak/Paddle Cleanup?



Participant Sign In

It is vital that you check in and out all participants and obtain their consent to any photos that might be taken on the day.



Participant Brief

Before you head off on your Paddle Cleanup, you should ensure your participants know what they are doing, as well as all the risks involved and how to keep safe.

Cleanup Briefing



Introduce yourself and any other leaders.



Set the scene and remind participants why they are doing a Paddle Cleanup.



Use the risk assessment to brief participants on health and safety matters. It is a good opportunity to remind participants that over-reaching for litter can result in capsizing! In a canoe it is also useful to allocate roles for paddling and litter picking.



Appoint a lead boat and sweep boat. Ask participants to stay behind the lead boat and in front of the sweep boat. The lead and sweep boat should be more experienced paddlers and should both be equipped with first aid kits.



Delegate tasks.



Ensure participants are suitably equipped and understand the job they have been allocated.



Advise of the timetable and route for the Paddle Cleanup.



Ensure participants have the means to communicate with the Cleanup leaders.

**“WATER IS
THE DRIVING
FORCE OF ALL
NATURE.”**

LEONARDO DA VINCI



At the Kayak/Paddle Cleanup Incentives

Kayak/Paddle Cleanups are great fun, and having some incentives can make it even more enjoyable and encourage paddlers to pick up more! Here are some ideas for you:



Competitions for the most rubbish collected or most bizarre item found.



Paddle Cleanup Bingo.

**(See next page for a printable version or make your own!)*



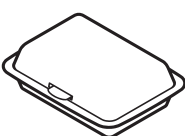

Adopt the site, so you take responsibility for it and keep it clean. Involve the community at large with regular cleanups, not only on the waterway but the tow paths, river banks and local community areas.



Have fun and ensure to thank your participants and guests. You could even plan a celebration event for after the clean up.

| | | |
|---|---|---|
|  <p>FOOD WRAPPER</p> |  <p>TOY</p> |  <p>BOTTLE TOP</p> |
|  <p>CARRIER BAG</p> |  <p>SHOE</p> |  <p>PLASTIC BOTTLE</p> |
|  <p>POLYSTYRENE</p> |  <p>BALL</p> |  <p>LIGHTER</p> |



| | | |
|--|---|---|
|  <p>FOOD WRAPPER</p> |  <p>TOY</p> |  <p>BOTTLE TOP</p> |
|  <p>CARRIER BAG</p> |  <p>SHOE</p> |  <p>PLASTIC BOTTLE</p> |
|  <p>POLYSTYRENE</p> |  <p>BALL</p> |  <p>LIGHTER</p> |

At the end of Kayak / Paddle Cleanup, there are some things to remember to do:



Find a space to empty and sort all the rubbish that you found. This should be supervised and gloves worn at all times.



Make a note of the number of bags/containers collected, the length of the waterways cleaned and if you wish the weight of the litter.



Submit your results to British Canoeing using our Online Cleanup Tracker so we can keep track of how much rubbish you have taken out of the environment.



Record your findings, and post on social media, remember to use the hashtags #KayakPaddleCleanup – this can act as a great tool to promote your club.



If you have any civic leaders, VIP's, or reporters attending send a formal thank you letter with photos of your event and stats about the clean up.



Give yourselves a big pat on the back!



Beyond the Kayak/Paddle Cleanup

By reducing single use plastic in your club, cleaning up and adopting responsibility for your local waterway you can set a positive example for others to follow.

Small efforts can have a big impact, individual club members can create a ripple effect in the club and the wider community by taking simple actions and making small changes.

Here are a few suggestions:

1. Record

Keeping a diary of your plastic usage and recording your progress as you find alternative solutions can be a real boost.

2. Refuse

Start by refusing the avoidable single use items. Instead think of ways you can use something again. Engage your community and your local shops by asking them to cut out single use plastic and to ensure any replacements do not cause more of a problem.

3. Reduce

Set a realistic goal. A very easy way to reduce is to simply buy less stuff, or take your own containers to the shops. Why not set a monthly challenge in your club. For instance a month without plastic pop or water bottles, or a month of bringing your own lunch in a reusable container.

4. Reuse

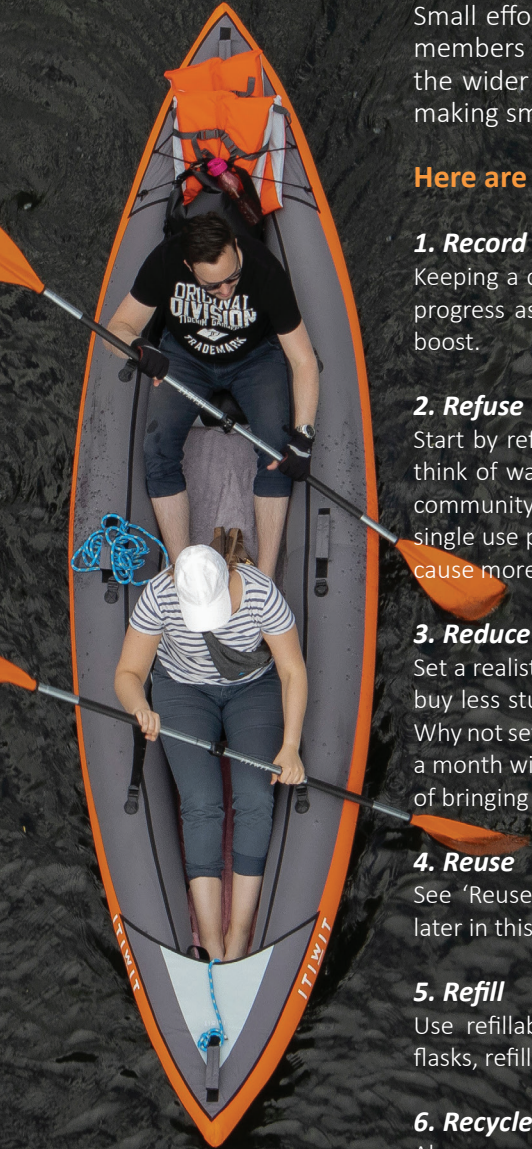
See 'Reuse and Recycling - beyond the Local Authority' later in this pack.

5. Refill

Use refillables such as water bottles, coffee cups and flasks, refillable cleaning products and cutlery.

6. Recycle

Always recycle where possible!



*“Our past, our present, and
whatever remains of our
future, absolutely depend on
what we do now”.*

Sylvia Earle



“When you go **green** in sport, you are growing”- Macedonia

Under the motto “When you go green in sport, you are growing!” on 18 September 2022, starting at 10 am, at “Mashka Plazha” in Struga, the first Green Regatta was successfully implemented as part of the “Green Kayak” project, organized by the “DRIM” Kayak Canoe Club from Struga and “Mladiinfo”.



The event was attended by recreational sportsmen, ecologists, members, and volunteers from the “DRIM” Kayak Canoe Club from Struga, “STRMEC” Kayaking Club from Ohrid, as well as SUP clubs from Ohrid and Struga.

The start of the green regatta was at “Mashka Plazha”, and the collection of the waste took place along the coastal line in a length of 1 km. In less than an hour, green volunteers managed to collect 250 kg of waste.



One day for a clean Neretva – Croatia



The event was organized on the River Neretva, from the Rowing club „Neretvanski gusar“ to the Tower of Norin. Fifty volunteers participated in this event: kids from the kayak section and rowing club, Board members of “Neretvanski gusar” and employees of the Croatian Canoe Federation. Each group got a part of the river to clean. Over 30 big bags of garbage were collected along with some bulk waste.



Garbage collection campaign on the banks of the Tisza River Serbia



Sixty kayakers gathered on the banks of the river Tisza, to clean it of garbage, waste and pollution. With the motto, Green Kayak – Clean River, the Magyararkaniza Brotherhood Kayak Club, implemented the first local event of the Green Kayak project.

Unfortunately, such an action is specifically needed and it is of great importance since the river Tisza and its riverbanks are in a terrible situation, covered in plastic and other waste. Cleaning was carried out on foot by the volunteers cleaning the riverbanks and by kayaks, cleaning the river.



GREEN KAYAK EVENT

Lake Pancharevo, Bulgaria



The event was organized on the shore of Pancharevo Lake, from the Kayak Canoe Club „Water land“. Fifty volunteers participated in this event: kids and youngsters from the kayak and rowing clubs. Kayaks, canoes, and paddleboats were used to clean the lakeshores of garbage. Many bags of garbage were collected along with some bulk waste.



“WE ARE
LIVING ON
THIS PLANET
AS IF WE HAD
ANOTHER ONE
TO GO TO.”

TERRI SWEARINGEN

GREEN KAYAKING REGATTA

Final Green Kayak project activities were implemented within the International Green Kayaking Regatta Days, starting on 21 September with the arrival of the partner club participants from Croatia, Serbia, and Bulgaria, until 26 September 2023.



The main events were taking place during the following weekend, 23-24 September. On 23 September, at 10 am, at "Mashka Plazha" in Struga, sports recreationists, ecologists, volunteers, and members of kayak and SUP clubs from Macedonia, Serbia, Croatia, and Bulgaria gathered together to take part in the project events.





The day started with the Eco-workshop, moderated by Ms.Emina Rustemoska, where the participants through educative games were introduced to the green principles of “Reduce, Reuse, Recycle”. The workshop was followed by the Green Regatta. All participants gathered waste along the coastline, beginning at Mashka Plazha in the direction of the Red Cross, in a length of one km. In less than an hour, the eco-volunteers collected 970 kg of waste. Symbolic prizes followed for the most successful teams.

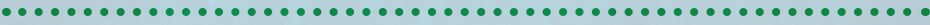




Moreover, there was training “Kayaking for beginners” for all interested participants in the event, conducted by professional trainers from Serbia, Croatia, Bulgaria, and Macedonia.

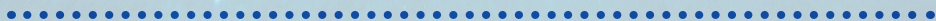


On 24 September, An International Kayak Regatta competition was organized as the final project activity. Participants in the regatta were kayak clubs from Macedonia, Serbia, Croatia, and Bulgaria: Kayak Canoe Club Drim from Struga, Macedonia, Club Bratstvo from Serbia, Water Land from Bulgaria and the Croatian Kayaking Federation. The best team ranking was achieved by the competitors from Croatia, the participants from Macedonia finished second, followed by Serbia in third place and Bulgaria in fourth position.





The project aims to increase awareness of the fight against the pollution of nature by practicing eco-water sports.





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