# REGENERA WATER SPORT

Sustainable and Regenerative Management of Physical Activity and Practice of Sport in Water-Areas and Surround

**Project 101134336**

## **D.2.4.** IMPLEMENTATION REPORTS

## **WP2**. PILOT IMPLEMENTATION

CEPE

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# 1 Introduction

This deliverable presents the implementation reports developed by the pilot countries within the REGENERA WATER SPORT project, documenting how regenerative sport management solutions have been selected, adapted and tested in real contexts.

The implementation process builds on the joint management plans developed through the 5-Helix Multistakeholder Governance Methodology (T2.3) and on the solutions identified in the REGENERA WATER SPORT Catalogue. Based on the specific characteristics, needs and opportunities of each pilot area, partners selected and fine-tuned actions aimed not only at reducing the environmental impact of sport activities, but also at strengthening their potential contribution to the protection, conservation and regeneration of water environments.

The actions have been implemented across three main contexts identified by the project: everyday sport, sport competitions and sport tourism. The solutions tested include, among others, environmental education and awareness actions, sustainable mobility measures, waste prevention and collection, citizen science and conservation initiatives, cooperation between local stakeholders, responsible use of natural areas and the integration of regenerative practices into regular sport activities and events.

A total of 9 implementation experiences are compiled in this report. For each pilot action, the reports describe the initial situation, the measures introduced during the different implementation phases, the main observations and lessons learned, and possible improvements or future developments.

| Pilot / lead context | Everyday sport | Competition | Sport tourism |
|---|---|---|---|
| **Banyoles · CEPE** | Adult Nordic walking | Travessia de l'Estany de Banyoles | Summer sport camps |
| **Lake Keel · Achill** | Kayaking · Achill Surf | Battle of the Lakes · Pure Magic | Achill Outdoor Education and Training Centre |
| **Tampere · EcoFellows** | Näsijärvi Sailing Club | Tampere Maraton | Lake Trails cycling tourism |

The implementation phase has also provided an opportunity to assess how the proposed solutions work in practice, taking into account not only their environmental benefits but also their organisational feasibility, costs, acceptance by participants and capacity to be integrated into existing sport activities. Particular attention has therefore been given to the adaptations made by each pilot organisation and to the challenges encountered during implementation.

Overall, this deliverable aims to provide a practical overview of how regenerative principles can be incorporated into sport management in water and natural environments, while identifying transferable practices and lessons that can support the future development and replication of the REGENERA WATER SPORT approach in other territories and sport contexts.

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# 2 Implementation Reports

## *2.1 LAKE BANYOLES, CATALONIA*

### 2.1.1 Everyday sport – Nordic Walking for adults

- Name of the event: Adults, group of nordic walking
- Month/date: From September to may
- Type of sport: Nordic walking
- Name of the organizer: Consell Esportiu del Pla de l'Estany
- Location: Around Banyoles Pond
- Approximate number of participants: 76

**BASELINE 2024**

This activity is implemented from September to May by Consell Esportiu del Pla de l'Estany. There are 3 groups with around 20-30 persons per group. The days and times are:

- Monday from 5 to 6 pm
- Tuesday from 8 to 9 am
- Thursday from 9 to 10 am

There are more female than male participants. They are around 65-75 years old.

This activity is developed around the lake and the objective is to promote an active life among the citizens of Pla de l'Estany; that's why there is no cost.

Something that can be improved in this activity is what they do during the activity. It can be a moment to learn, to think of some dynamics to transfer knowledge regarding sustainability and regeneration.

We don't know how these people arrive at the activity, it can be something to improve, such as sharing cars or coming by bike, it's something we must analyse.

## FIRST PHASE 2025

During the **first implementation phase in 2025**, the Nordic walking activity incorporated several environmental actions aimed at connecting regular physical activity with sustainability and care for the natural environment. The group took part in the **Let's Clean Up Europe campaign**, including waste collection actions during some of the walking sessions, and also participated in **Nature Week**, linking the activity to a broader environmental awareness initiative.

The **REEP (Regenerative Educational Environmental Practices)** developed within the Regenera Water Sports Project was also introduced with the adult participants as a tool to integrate sustainable habits and environmental reflection into the regular walks.

In addition, the registration process was used to collect information about how participants travel to the activity, helping to identify possible opportunities for more sustainable mobility in future editions.

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Participants were also encouraged to bring **reusable water bottles** and avoid single-use plastics during the sessions.

Overall, this first phase focused on introducing simple and practical environmental measures into an already consolidated physical activity, without changing its main recreational and health-promotion character.

## SECOND PHASE 2026

During the **2nd Implementation Phase**, the regular Nordic walking sessions were increasingly used as an opportunity to raise environmental awareness among participants. As the activity takes place around Banyoles Lake and its surroundings, the walks provided a natural setting to introduce short messages about biodiversity, local ecosystems and the importance of protecting the flora and fauna of the area.

Environmental content was integrated into the activity in a simple and accessible way, without changing the main recreational and physical activity character of the sessions. Short explanations and conversations were introduced during or at the end of some walks, using the **REEP principles developed within the Regenera Water Sports Project** as a reference to promote more sustainable habits and a better understanding of the natural environment.

Special attention was also given to waste frequently found along the routes, particularly tissues, paper and other small items. Participants were encouraged to be more aware of this issue and to contribute to keeping the routes clean. At the same time, it was detected that some participants had doubts about correct waste separation and recycling, so practical information was shared to improve their knowledge and encourage better recycling habits in their daily lives.

The activity has been very successful among local residents, which has led to an **increase in both the number of participants and the number of groups offered**. This growth also increases the potential of the activity as a regular channel for promoting environmental awareness among a wider part of the community.

Overall, this phase helped reinforce the idea that a regular physical activity such as Nordic walking can also become a space for environmental education, reflection and responsible behaviour towards the territory.

## CONCLUSIONS AND FUTURE EDITIONS

The experience of the last implementation phases has shown that Nordic walking is a suitable activity for combining the promotion of active ageing with environmental awareness. The activity has been very well received and has experienced **continued growth in participation, leading to the creation of additional groups and allowing the programme to reach more people**. This success strengthens its

potential as a tool not only for promoting physical activity, but also for spreading environmental awareness within the local community.

As participants regularly walk through the same natural areas around Banyoles Lake, the activity offers many opportunities to observe changes in the environment, discuss sustainability issues and promote small responsible actions that can also be transferred to everyday life.

For future editions, the aim is to continue integrating the **REEP principles** into the regular sessions in a natural and practical way, using short messages, observations and small actions rather than separate environmental activities. Particular attention will continue to be given to waste found along the routes and to improving participants' knowledge about waste separation and recycling.

One of the main improvements proposed for future editions is to **collect data on the amount and type of waste gathered during the walks**. This information could help identify the most common waste found in the area, monitor changes over time and provide useful data to share with participants and the wider community. Communicating these results could help raise collective awareness and make the environmental impact of small daily behaviours more visible.

The long-term objective is to consolidate Nordic walking not only as a regular physical activity, but also as a simple tool to promote environmental responsibility, knowledge of the local ecosystem and care for the natural environment.

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### 2.1.2 Sport competition – Travessia Estany de Banyoles

- Name of the event: TRAVESSIA ESTANY DE BANYOLES
- Month/date: SEPTEMBER
- Type of sport: OPEN-WATER SWIMMING
- Name of the organizer: CLUB NATACIÓ BANYOLES
- Location: BANYOLES, CATALONIA
- Approximate number of participants: 2.600 participants (per year)
- Type of participants: Kids, female, male

## BASELINE 2024

**Before:**

- COMMUNICATION: Lack of content related with environmental awareness.
- REGISTRATION: Only by website, they don't ask about the transport of the participants, and they don't compensate the carbon footprint.
- SIGNS: Not needed. Correct use of signs.
- ACCES: Lack of parking's for cars and for bikes.
- VOLUNTEERS: There are several volunteers they are not trained in aspects related with the sustainability.



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**During:**

- NOISE POLLUTION: In the start line the number of DB are 88. There was music, public and speaker. At the arrival, there were 77 DB, no music was played, only speaker and public.
- ENERGIES: They used some motorboats which are not allowed in the lake (rescue boat and organizers boat).

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- TIMER: reusable stopwatch chips.

- PROVISIONING: Excess of plastic (33cl bottle).
- WASTE MANAGEMENT: waste separation.

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- PEOPLE CIRCULATION: from the club to the start line, participants go on foot. The public was using bicycles to move from the start to the end line. In some cases, by car, but there was not enough space to park, and they were invading the natural and public space (side walk, cycling ways…).

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- SOCIAL ASPECTS: blood donation campaign. Abel for disabled people.

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**After:**

- GIFTS: Medal to all the participants and a swimming cap.

## FIRST PHASE 2025

During the **1st Implementation Phase of the Regenera Water Sports Project**, several measures were introduced to improve the sustainability of the event, reduce its environmental impact and strengthen its connection with the local community:

- **More staggered starts to reduce crowding.** Starting times were organised in a more staggered way in order to avoid large concentrations of swimmers and accompanying people in the same area. This helped improve participant flows and reduce pressure on the natural environment surrounding the lake.

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- **Promotion of local talent through the official event poster.** The official poster of the event was created by **Joan Crous, a local artist**, giving visibility to local creativity and reinforcing the connection between the event and the local community.

- **Shuttle buses for younger swimmers.** Shuttle buses were organised to transport the youngest participants to their starting point. This measure reduced the number of individual family car journeys and helped minimise traffic and vehicle concentration around the lake.

- **Environmental guidelines for swimmers and volunteers.** Swimmers and volunteers received **eco-friendly guidelines** with practical recommendations aimed at encouraging responsible behaviour before, during and after the event. This action helped raise awareness of the importance of protecting the lake and its surrounding natural environment.

## SECOND PHASE 2026

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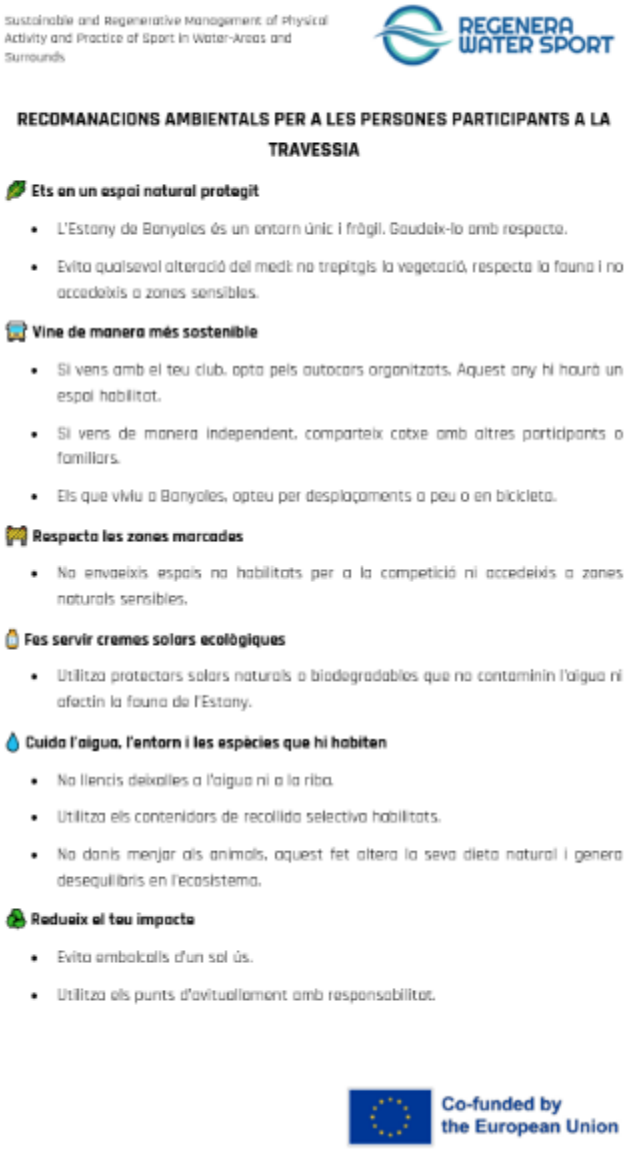
During the 2nd Implementation Phase of the Regenera Water Sports Project, several measures were introduced to strengthen the environmental sustainability of the event and reduce its impact on the natural surroundings of Lake Banyoles:

Environmental awareness among participants. Prior to the event, participants received an email including an environmental awareness banner and good practices developed within the Regenera Water Sports Project. The communication included the slogan: “Know and love the Lake: every stroke can contribute to its protection!”, encouraging participants to take an active role in preserving the lake and its surroundings.



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REGENERA WATER SPORT

**RECOMANACIONS AMBIENTALS PER A LES PERSONES PARTICIPANTS A LA TRAVESSIA**

**Ets en un espai natural protegit**

- L'Estany de Banyoles és un entorn únic i fràgil. Gaudeix-lo amb respecte.
- Evita qualsevol alteració del medi: no trepitgis la vegetació, respecta la fauna i no accedeixis a zones sensibles.

**Vine de manera més sostenible**

- Si vens amb el teu club, opta pels autocars organitzats. Aquest any hi haurà un espai habilitat.
- Si vens de manera independent, comparteix cotxe amb altres participants o familiars.
- Els que viviu a Banyoles, opteu per desplaçaments a peu o en bicicleta.

**Respecta les zones marcades**

- No envaeixis espais no habilitats per a la competició ni accedeixis a zones naturals sensibles.

**Fes servir cremes solars ecològiques**

- Utilitza protectors solars naturals o biodegradables que no contaminin l'aigua ni afectin la fauna de l'Estany.

**Cuida l'aigua, l'entorn i les espècies que hi habiten**

- No llencis deixalles a l'aigua ni a la riba.
- Utilitza els contenidors de recollida selectiva habilitats.
- No donis menjar als animals, aquest fet altera la seva dieta natural i genera desequilibris en l'ecosistema.

**Redueix el teu impacte**

- Evita embalatges d'un sol ús.
- Utilitza els punts d'avituallament amb responsabilitat.

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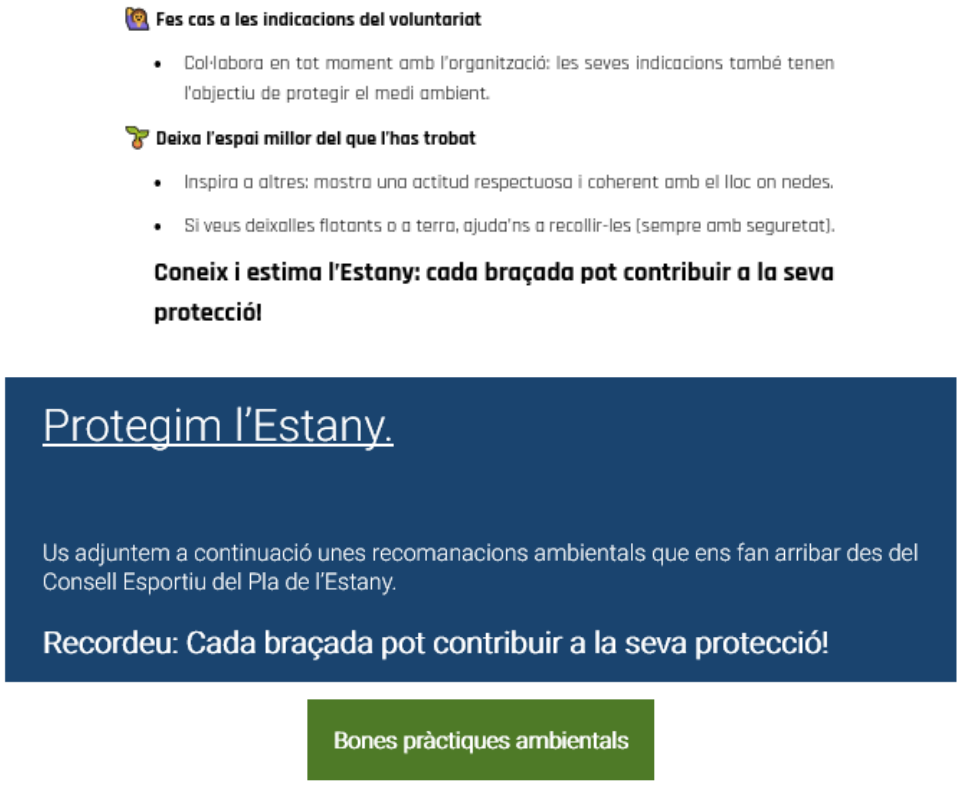


- Reduction of single-use waste at the finish area. The organising club reinforced its environmental commitment by installing water fountains at the finish area, allowing participants to refill and drink water using reusable cups. After the event, these cups are collected and taken to a local social organisation for washing, linked to a donation to the organisation. This measure has significantly reduced waste generation and the amount of cleaning required in the area after the event.

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- Reduction of noise pollution. The number of loudspeakers installed at the starting area was increased, allowing the sound to be distributed more evenly while using a lower overall volume. This helped reduce noise disturbance in the surrounding natural environment.
- Improved parking management and protection of the natural area. A designated parking area was provided for participants and visitors in order to prevent vehicles from parking in unauthorised areas. This measure helped avoid damage to vegetation and sensitive spaces around the lake and contributed to better management of participant flows.

## CONCLUSIONS AND FUTURE EDITIONS

After three years of work within the **Regenera Water Sports Project**, the organising club has progressively strengthened its environmental commitment and its awareness of the impact that the event has on the city and on the natural environment of Lake Banyoles. The project has contributed to a change in the club's perspective, integrating sustainability more clearly into the planning and organisation of the event. Several measures introduced during the implementation phases are now considered part of the event's development, while the club continues to identify new opportunities for improvement.

Some of these changes have generated complaints or resistance from a number of participants, particularly when they have affected previous habits or the organisation of the event. Nevertheless, the club remains committed to continuing this process and to finding a balance between participant experience, organisational feasibility and environmental protection.

For future editions, the club is considering introducing an environmental commitment during the registration process, including a mandatory checkbox through which participants commit to respecting the environment, avoiding littering, using the available recycling bins and helping minimise the environmental impact of the event. This could also include a link to information about Lake Banyoles, its environmental value, regulations and conservation measures. The organisation also plans to ask participants how they travel to the event in order to better understand mobility patterns and assess possible improvements for future editions. Another option under consideration is the introduction of a small green fee within the registration fee, specifically allocated to sustainable actions linked to the event.

Regarding access and mobility, the club aims to continue promoting collective transport options such as shuttle services or the local Tren-Pintxo, increase bicycle parking, explore the possibility of providing a bicycle rental point at the club or near the starting area, and encourage shared transport through existing car-sharing platforms or specific communication spaces for participants.

Environmental awareness during the event could also be reinforced through the speaker, who could periodically provide short messages about the environmental value of Lake Banyoles, the characteristics of the natural area and the main measures that participants can follow to contribute to its preservation.

At the same time, the club has identified that many of these measures involve an increase in the organisational and financial costs of the event. Until now, different sustainability actions have been introduced without increasing registration fees accordingly. For future editions, the organisation therefore intends to explore specific sponsorship opportunities linked to sustainability, seeking companies or organisations that can support environmental measures and help ensure their long-term viability without placing the full financial burden on participants.

Another issue identified relates to the reuse of cups at the refreshment and finish areas. Although this measure has significantly reduced single-use waste, the club has raised concerns about the lack of a formal hygiene certification or clearly defined protocol for the washing and reuse process. In the event of illness or a possible hygiene-related incident among participants, responsibilities between the organising club and the organisation responsible for washing the cups may not be sufficiently clear. For this reason, future editions should consider establishing a documented hygiene and traceability protocol, clarifying responsibilities and ensuring that the reusable cup system complies with the appropriate health and safety requirements.

Overall, the experience of the last three years shows that sustainability is increasingly becoming an integral part of the organisation of the event. The main challenge for the coming years will be to consolidate the measures already introduced, assess their real impact and ensure that new environmental actions are both financially and organisationally sustainable in the long term.

### 2.1.3 Sport tourism – Summer camps

- Name of the event: Summer camps for participants from outside the city
- Month/date: July
- Type of sport: Mixed activities (Kayaking, hiking, speleology, mtb, archery, orienteering...)
- Name of the organizer: Consell Esportiu del Pla de l'Estany
- Location: Banyoles Pond and surroundings
- Approximate number of participants: 70

## BASELINE 2024

In 2024, three multi-sport stays were organized for participants aged 9 to 17, with accommodation at the Banyoles Youth Hostel and an intensive program of sports activities around the lake and its surroundings.
During the seven-day stay (Sunday to Saturday), participants enjoyed a wide range of sports and recreational activities.
Additionally, community Olympics were organized together with the Banyoles Summer Camp, fostering interaction and socialization with local children and young people.

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## FIRST PHASE 2025

During the **first implementation phase in 2025**, the summer camps incorporated several actions aimed at integrating environmental awareness into the participants' daily experience. The **REEP (Regenerative Educational Environmental Practices)** was introduced with the children as an educational resource to connect sport, nature and responsible behaviour.

Throughout the stay, walking and cycling were promoted as more sustainable ways of moving around the area whenever possible. Environmental responsibility was also incorporated into the sports and outdoor activities through small **cleaning and waste collection actions**, helping participants understand the importance of taking care of the spaces they use.

The organisation also promoted **separate waste collection** during the stay, encouraging participants to correctly use the different recycling bins and improve their everyday waste management habits.

In addition, before and during the activities, participants were introduced to the main environmental characteristics of **Banyoles Lake and its surroundings**, including the natural elements and ecosystems they would interact with. This helped them better understand the value and sensitivity of the environment where the activities were taking place.

Overall, this first phase aimed to make environmental education part of the summer camp experience, combining sport, leisure and direct contact with nature with simple and practical regenerative practices.

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## SECOND PHASE 2026

During the **2nd Implementation Phase**, the environmental dimension of the summer camps was further integrated into the sports activities themselves. Kayaking activities were used as **floating classrooms**, taking advantage of direct contact with Banyoles Lake to introduce environmental awareness, observation and reflection during the activity. In this way, participants were not only practising a sport but also learning about the ecosystem they were moving through, its environmental value and the importance of protecting it.

The **REEP developed within the Regenera Water Sports Project** was also used with the participants as an educational resource. This helped structure the environmental content of the camps and connect the sports activities with topics such as biodiversity, responsible behaviour, waste reduction and the conservation of the lake and its surroundings. The aim was to make environmental education part of the participants' experience rather than treating it as a separate activity.

## CONCLUSIONS AND FUTURE EDITIONS

The experience of the last editions shows that the summer camps provide a very suitable context for combining sport, environmental education and direct contact with nature. Activities such as kayaking, hiking, mountain biking or orienteering allow participants to discover the territory while also understanding the importance of respecting and protecting the natural environment in which these activities take place.

For future editions, the aim is to continue strengthening the use of the **REEP** and to integrate environmental learning even more naturally into the different sports activities. One of the main actions being considered is the organisation of a **Lake Cleaning Day**, coordinated with the different organisations, clubs and stakeholders working around Banyoles Lake. This joint action would make it possible to involve participants in a practical environmental activity while also promoting cooperation between the different organisations that use and manage the lake.

The objective would not only be to collect waste, but also to raise awareness about the impact of human activity on the natural environment and to reinforce the idea of shared responsibility for the conservation of Banyoles Lake. In future editions, this action could become part of the summer camp programme and serve as a visible example of how sport tourism can actively contribute to the protection of the territory where it takes place.

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## *2.2 KEEL LAKE, ACHILL ISLAND, CO. MAYO, IRELAND*

### 2.2.1 Everyday sport – Kayaking

- *Name of the event*: Kayaking on Lake Keel
- *Month/date:* From April to September
- *Type of sport*: Water sport
- *Name of the organizer*: Achill Surf
- *Location*: on Lake Keel waters
- *Approximate number of participant*s: from 1 to 15 at any time

**BASELINE 2024**

This activity is one of a several activities carried out from April to September by Achill Surf. The groups can be made up of anywhere between 1 to 15 in a group. The age group ranges from teens to adults. This activity is also used by the local school groups and schools from the mainland. Some companies also use the service for team building activities. Achill Surf offers lessons also, in surfing and the company is registered as an ISA School.

The following have been issues in the past:

- Little or no communication about sustainability and protecting the lake environment
- Little or no discussion about carbon footprints of attendees
- Staff have had no training in sustainability or protecting the environment
- Little or no consideration for wildlife on the lake
- Little or no waste segregation or reducing single use plastic

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**FIRST PHASE 2025**

**Before:** Lack of awareness of possible sustainable actions for the blue space. Lack of working together to keep the area clean of rubbish and litter. Using the whole lake for water sports and not minimising *wildlife disturbance*.

**During**: Achill Surf will partake in the Regenera Environmental Education Training

**After:** Owner and staff members now have a better understanding of the lake, its waters and the sustainable actions he can now do. The area around his business is now kept clean of litter and he encourages all participants and staff to use reuseable water bottles.

**SECOND PHASE 2026**

**Before**: REEP Training is complete and organisation has a better understanding of the lake and its biodiversity. Company is working to reduce disturbance to wildlife and continues to implement rubbish collecting.

**During:** 2 members of Achill Surf took part in the Regenera Lake Keel lake Shore Clean up on April 27, 2026.

**After:** The 2 staff members that joined in the Clean-up are new to Achill Surf. They now have a better understanding of the importance of keeping the area clean and an understanding of the local biodiversity and how to protect it.

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*Members of Achill surf during Spring Clean Up*

| Actions 2025 | Actions 2026 | Future editions |
|---|---|---|
| The company has agreed to attend the REEP training<br><br>• Work to reduce disturbance to wildlife<br>• Steer clear of wildlife sensitive areas<br>• Take part in any litter Cleanups<br>• Reduce litter-reuse where possible<br>• REEP training for staff | • Continue to train any new staff in REEP<br>• Inform staff of how not to not disturb wildlife by keeping participants entering and exiting from one point only<br>• Participate in the Regenera Lake Keel Shore line Clean up 27/4/26 and again in October 2026 | • REEP training will be given to all new staff<br>• Achill Surf will continue to assist with litter collection |

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### 2.2.2 Sport competition – Battle of the lakes

- *Name of the event*: Battle of the Lakes
- *Month/date*: September
- *Type of sport*: -kite surfing, and 3 music stages.
- *Name of the organizer*: Pure Magic
- *Location*: Lake Keel Achill
- *Approximate number of participants*: 500
- *Type of participants*: Older teenagers and adults.

**BASELINE 2024**

The event takes place on the lake, but also at Pure Magic Hostel accommodation which is away from the lake. Over a weekend water sport and music lovers come to the island to enjoy water sports on Lake Keel and music at the hostel.

The following have been issues in the past –

- Little or no communication about sustainability and protecting the lake environment
- Little or no discussion about carbon footprints of attendees
- Staff have had no training in sustainability or protecting the environment
- Little or no consideration for wildlife on the lake
- Little or no waste segregation or reducing single use plastic
- The music bands component of the festival was held at the lake shore
- Issues with local farmers

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*no designated parking in 2024*

**FIRST PHASE 2025**

**Before:** Little or no understanding about sustainability and protecting the lake environment Little or no discussion about carbon footprints of attendees. Staff have had no training in sustainability or protecting the environment. Little or no consideration for wildlife on the lake. Little or no waste segregation or reducing single use plastic

**During**: One staff member took part in REEP training and Co Creation meetings, but not all the staff. Owner has more awareness now of the lake's sensitivity especially wildlife and general biodiversity. He now must complete an application for a license to hold the competition. Parking was segregated for the first time so less damage to the lake shore on this occasion. The music element of the festival is now held away from the lake shore.

**After**: Waste bins were placed around the site for the competition, so site was cleaner after the festival. Competitors were asked to recycle where possible. Site was cleaner after this competition in comparison to other years. There is more understanding of the biodiversity of the lake and how sensitive it is.

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*Designated parking 2025*

*Recycling bins 2025*

**SECOND PHASE 2026**

**Before**: Some staff trained in REEP. The company must now apply for a license to run the Kite surfing competition. Parking during the festival is now restricted to one area and bins are places around the site for rubbish.

**During:** Staff and owner agree to join in Regenera Keel Lake Spring Clean Up during April but due to issues beyond their control no one could attend on the day.

**After**: A commitment has been given for the October 2026 Clean Up after the Pure Magic Kite Surfing Festival.

Re-Turn bins for 2026 festival

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| Actions 2025 | Actions 2026 | Future Actions |
|---|---|---|
| **REGISTRATION**<br>- At the time of processing the registration, add a "check" that says something like: "With my registration I undertake to take care of the environment and the surroundings, not to throw away waste, use the different recycling bins and collaborate in this way by minimizing the impact of the competition on the environment.<br>- Introduce the possibility of offsetting the carbon footprint<br>- Ask how people travel to the event to find out if we can improve it for future editions. | • Further REEP Training to other staff members<br>• Draw awareness to participants on the sensitivity of the lake's biodiversity by adding an extra line to the application for the competition "I will undertake to protect the lake's biodiversity wherever possible"<br>• Continue the segregation of parking for the competition.<br>• Install more bins during festivals<br>• Participate in the proposed joint stakeholder Spring Lake Shore Clean up in April and again in September. | • Continue REEP training where possible<br>• Continue with Litter picks where possible |

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### 2.2.3 Sport tourism – Achill Outdoor Education and Training Centre

- *Name*: Achill Outdoor Education and Training Centre
- *Month/date*; April to September
- *Type of sport*: Surfing, kayaking, sailing, Canadian Canoeing
- *Name of the organiser*: Achill Outdoor Education and Training Centre
- *Location:* Head office Cashel, Achill, Co. Mayo, Ireland. Activities carried out at Keel Lake
- *Approximate number of participants*: up to 2000 young people and adults per year

**BASELINE 2024**

The following have been issues in the past –

- Some knowledge about sustainability and protecting the lake environment
- Little or no discussion about carbon footprints of attendees
- Staff have had no formal training in sustainability or protecting the environment
- There is some consideration for wildlife on the lake
- Litter is a concern but there is little waste segregation or reducing single use plastic
- Issues with local farmers.

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**FIRST PHASE 2025**

**Before:** The company had some knowledge of the sensitivity of the lake's biodiversity. There had been no discussion of the carbon footprint of the company or its participants. The company was trying to improve its sustainability and climate credentials.

**During:** Staff took part in the REEP training and co creation meetings. They organised more lakeshore clean ups. The participants now only use one point on the lake shore to enter and exit the water during sport.

**After:** Less erosion on lake shore. The staff are more informed about biodiversity and are taking care around the birds and wildlife by keeping to one area of the lake. The company regularly organise lakeshore litter clean ups.

*Egress at one area*

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**SECOND PHASE 2026**

**Before:** Staff have completed the REEP training. there was some knowledge of the sensitivity of Lake Keel biodiversity.

**During:** Staff have agreed to join in on the Regenera Lake Shore Spring Clean-up 26/4/2026. REEP training continues and company joins Co-Creation Meetings.

**After:** Achill Outdoor Education had 3 staff members join for the Spring Clean-Up. Together with project lead from LNTI, they informed attendees of the importance of the lake and its biodiversity. They have since joined the Autumn Clean Up.

Spring 2027 Regenera Lake Shore Clean up.

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**Autumn 2026 Regenera Lake Shore Clean Up**

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| Actions 2024 | Actions 2025 | Future Actions |
|---|---|---|
| • All staff to train in REEP.<br>• Participants to be trained in aspects of REEP.<br>• Encourage reuseable bottle usage.<br>• Organise regular litter pick | • Continue REEP training with staff and participants.<br>• Participate in 2 litter picks in 2026 for all sport providers on lake.<br>• Look at options for a carbon footprint plan. | • Further discussions with local farmers to help improve biodiversity of lake shore.<br>• Will continue the monitoring of biodiversity at lakeshore |

### 2.2.4 General conclusions for each year of the Regenera Water Sport project at Lake Keel

**2024 Baseline conclusions:**

- The 2024 baseline showed that there was some awareness of the need to protect Lake Keel.
- However, there was limited knowledge of how water sports could reduce their impact on the lake.
- Wildlife protection, waste reduction, and shoreline erosion needed more attention.
- Little formal environmental training for staff.
- There was also limited communication with participants about caring for the lake.
- The baseline provided a clear starting point for the Regenera Water Sport project.

Serious legacy issues have come to light on this site between farmers, local and government bodies.

## 2025 conclusion

- The first phase introduced regenerative actions to the participating organisations.
- REEP training increased staff knowledge of the lake and its biodiversity.
- Organisations began to reduce disturbance to wildlife and sensitive areas.
- The sport providers introduced litter clean-ups and better waste management.
- The sport organisations changed how people entered and left the lake to reduce shoreline erosion where possible.
- Event organisers made changes to reduce impacts, including moving music away from the lakeshore.
- The project showed that small changes can make a positive difference.
- Some planned actions could not be conducted because of local concerns and site conditions.

## 2026 Implementation and Further actions

- Many of the actions introduced in 2025 continued into 2026.
- Environmental awareness became a more regular part of staff work and participant briefings.
- Staff continued to share information about the lake and its biodiversity.
- Lakeshore clean-ups and efforts to protect wildlife continued.
- Organisations adapted some actions when the original plans were not practical. This showed the importance of finding solutions that work for the local area.
- There is now a stronger understanding among the participating water sport providers of their role in protecting Lake Keel.
- Work to involve local farmers continued, but this remained a challenge.

The Regenera project has helped water sport providers understand the importance of protecting Lake Keel. The project showed that small changes can reduce the impact of water sports on the lake and its surroundings. REEP training increased staff knowledge of biodiversity and the need to protect sensitive areas. Many actions introduced in 2025 continued into 2026. These included litter clean-ups, better waste management, protecting wildlife and reducing shoreline erosion.

Environmental information is now being shared more regularly with staff and participants. The project also showed that not all actions are easy to put in place. Local concerns, site conditions, and the need for permissions affected some plans. Providers adapted their actions where needed and found other ways to achieve the same aims. Collaborating with local communities remains important. There are longstanding local issues relating to the use and management of the Lake Keel shoreline. These have affected the introduction of some planned actions at the site. As a result, some measures, including shoreline protection, could not be progressed during the project. Continued communication with local stakeholders will be important for future work at the site. Engagement with local farmers was challenging and will need to continue.

Overall, the project has created a stronger understanding of how water sports can help protect and improve the lake. The actions taken provide a good foundation for continued environmental care at Lake Keel.

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## *2.3 TAMPERE, FINLAND*

### 2.3.1 Everyday sport – Näsijärvi Sailing

- Name of the event: Näsijärvi Sailing Club
- Month/date: Open water season
- Type of sport: Sailing
- Name of the organizer: Näsijärven purjehdusseura
- Location: Lake
- Näsijärvi
- Approximate number of participants: 500+

**BASELINE 2024**

Näsijärvi Sailing club is Finland's largest inland waterway association in terms of membership and activity. The club moved to its current home harbour in Jänissaari island, Tampere in 1975. The home harbour has moorings and winter storage facilities for members' boats. The year-round activity centre has a wide range of maintenance, service, meeting and storage facilities, as well as a spacious banquet hall. There is also a separate log sauna and during the sailing season, a café-restaurant. The club is an active touring and racing sailing club that invests a lot also in junior activities and sailing / boating related training sessions.

The environmental threats relate a lot the possible water ecosystem hazards related to boating and sailing activities, like gasoline leaks, transporting species from other lake ecosystems while taking the



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boat to different lakes, handling of pilge water, awareness of the members. Events also play a substantial part the club, so there is an opportunity to affect to those also.

**FIRST PHASE 2025**

**Before:** Planning with the staff (environment), going through possible actions

**During:** An environmental guideline and information to be then updated to the regenerative level in the future. Most actions towarded for next phase.

**After:** More profound actions towarded to next season.

**SECOND PHASE 2026**

*Add only the new actions implemented during 2026 year*

**Before:** Planning with the staff what the prioritised concrete action intervention would be basing on the existing environmental plan and to also plan new intervention actions.

**During:** Creating a roadmap in how to develop the sailing club bases and Island locations in an environmentally friendly way regarding ie. energy solutions, waste management and so forth. To develop a sustainable concept for boat hull preparation work to prevent any invasive or non-native species migrating from lake to lake while transferring boats.

**After:** To concretely enable the boat hull preparation work station coming into life. To continue the base and island locations' environmental work.

| **Actions 2025** | **Actions 2026** | **Future editions** |
|---|---|---|
| **AWARENESS:**<br>○ Raise awareness about the project<br>○ Planning the concrete intervention actions towards the next season<br>**OTHERS:**<br>- In cooperation with the city harbour master, plan a new baseline for "good practice" information boards graphically | - Bring the planned actions into awareness and into action<br>- Creating a roadmap in how to develop the sailing club bases and Island locations in an environmentally friendly way regarding ie. energy solutions, waste management and so forth. | ○ Bring the new boat hull preparation work station concept into life.<br>○ Upkeep and follow the created roadmap for base harbours' and island locations' environmental work. |



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|---|---|---|
| and physically that would be seen in every port and club harbour area.<br><br>-Boat washing/ hull preparation concept, Waste management and recycling situation check for all port and harbour areas. | - To develop a sustainable concept for boat hull preparation work to prevent any invasive or non-native species migrating from lake to lake while transferring boats. | |

### 2.3.2 Sport competition – Tampere Maraton

- Name of the event: Tampere Maraton
- Month/date: An event taking place August/September every year
- Type of sport: Running
- Name of the organizer: Tampereen maratonklubi (Tampere Maraton club)
- Location: Around Tampere lake area
- Approximate number of participants: 300-400

**BASELINE 2024**

This Maraton event takes place in Tampere, Finland. It is organised by Tampere Maraton club in cooperation with the city of Tampere. It hasn't been a massive event with about 300-400 participants, but it has been estimated to be growing very fast. The maraton route goes around the lakes of the area and through the center of the city.

The environmental threats of the event include for example littering, mobility and the awareness of the participants and organisers. The event can communicate a better approach, sustainable and regenerative actions and implement chosen actions of their own.

**FIRST PHASE 2025**

**Before:** Awareness before the event, planning different interventions with the event staff, part of communication
**During:** Recyclable Carton Cups instead of plastic, Wooden medals, paper bags, staff governed multi-bin trash collection stations.
**After:** Reflecting how the interventions worked, what is to be continued and possible added or removed

**SECOND PHASE 2026**

**Before:** Awareness before the event to the staff, planning different interventions with the event staff
**During:** Recyclable Carton Cups, Wooden medals, paper gift bags, staff governed multi-bin trash collection stations.
**After:** Environmental Education training for the staff during event debrief, planning for the future continuation

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| Actions 2025 | Actions 2026 | Future editions |
|---|---|---|
| **AWARENESS:**<br>○ Communicate about the new implemented actions and have sustainability<br>**OTHERS:**<br>- Change the drinking station cups from one-time used plastic to recyclable material (FSC carton)<br>- Plan a new approach to the "prize medal" with a more sustainable focus. | ○ Arranging an environmental education session to the organisers<br>- Change the drinking station cups from one-time used plastic to recyclable material (FSC carton)<br>- Plan a new approach to the "prize medal" with a more sustainable focus. | • Continuing the already tested actions<br>• Actions integrated more fundamentally into the event communication, creating a holistic sustainability plan |

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### 2.3.3 Sport tourism activity - Lake Trails - Cycling Tourism Routes

- Name of the event: Lake Trails - Cycling Tourism Routes
- Month/date: Spring/Summer/Autumn
- Type of sport: Cycling (+ferry services)
- Name of the organizer: Cooperation with the regional municipalities and Visit Tampere & Ecofellows
- Location: Regional lake area
- Approximate number of participants: 20 000+

**BASELINE 2024**

- The Lake Trails offer a cycling tourism world in the middle Finland' beautiful nature and the known Lakeland area. Along the Lake Trails, you can find several different routes of varying lengths where you can enjoy the magnificent lake landscapes of Tampere region and Pirkanmaa. It's easy to start the journey from the heart of Tampere. The routes vary from 30 km to over 300 km. You can enjoy the planned routes entirely on your bicycle or combine them with train and ferryboat connections.

**FIRST PHASE 2025**

**Before:** Planning a measurement method in calculating the amount of trail visitors

**During:** Calculating the visitors and where they travel, Finding out blind spots and service needs related to the Vulnerability issues, on the basis of the needs, planning a solution to bring more information and trash bins, environmental education.

**After:** Designing a new "Trail Station" -concept to be installed to multiple crucial trail locations without any services to tackle the issues arising and also to provide information related to the environmental issues and actions that can be done by the visitors.

**SECOND PHASE 2026**

**Before:** Designing a new “Trail Station” -concept to be installed to crucial trail locations without any services to tackle the issues arising and also to provide trail information and content related to the environmental issues and actions that can be done by the visitors.

**During:** Calculating the visitors, bringing new level of sustainability information to the trail web platform, engaging the village’s around the trails to be active partners in creating a better and more sustainable concept. Applying permission to the first “Trail Station”.

**After:** Building and installing the first new “Trail Station” with info boards, repair kits, waste management and environmental information.  and -concept to be installed to multiple crucial trail locations without any services to tackle the issues arising and also to provide information related to the environmental issues and actions that can be done by the visitors.

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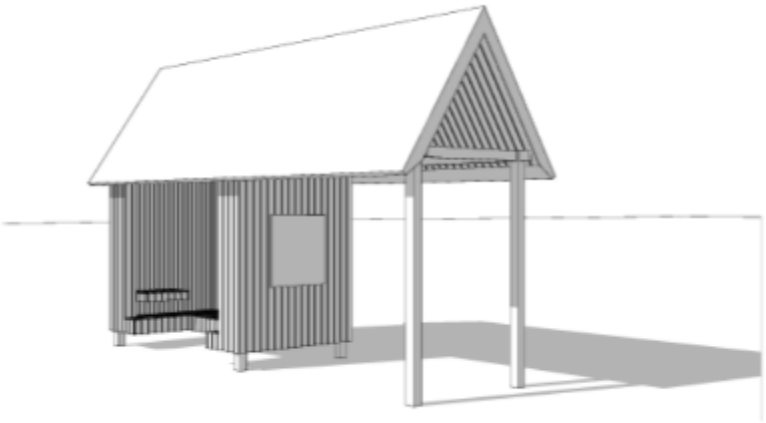

| Actions 2025 | Actions 2026 | Future editions |
|---|---|---|
| *Actions you plan to implement:*<br><br>**AWARENESS:**<br><br>○ Planning an environmental education part to the Lake Trails website<br><br>○ Plan a themed regenerative / environmental education part to the route map & brochure (published in 2026 / 2027)<br><br>**OTHERS:**<br><br>- Planning a new "How to get there" section with a high focus in Public transport and sustainable ways to enter the trails<br><br>- Try to widen the amount of "Welcome Cyclist" certified companies, which already includes environmental aspects | ○ Creating an environmental info part to the Lake Trails website<br><br>○ Adding a regenerative / sustainability part to the route map & brochure (published in 2027)<br><br>- Adding a new "How to get there" section with a high focus in Public transport and sustainable ways to enter the trails<br><br>-A route network check tour related to waste management and recycling opportunities along the trails | • Building and installing the first Trail station in Spring 2027!<br>• The new map including all the intervention information (environmental, Trail stations, water bottle filling..) |

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| -A route network check tour related to waste management and recycling opportunities along the trails<br><br>- A planning project related to a new concept along the trails, where info and services can be provided in rural locations. | - Finalising the planning of the "Trail Station", applying the permissions for installing, engaging the villages more fundamentally along the trails, bringing new markers to the web map where you see opportunities to fill your water bottle (and not buy a new one) | |

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# 3 Conclusions

The implementation phase of REGENERA WATER SPORT has demonstrated that regenerative principles can be progressively integrated into everyday sport, sport competitions and sport tourism activities in different water and natural environments.

Across the pilot sites, the project has shown that implementation is most effective when environmental measures are adapted to the characteristics of each activity and territory. The actions tested ranged from environmental education and awareness, waste reduction and reuse, mobility and access management, biodiversity protection and shoreline care, to changes in event organisation and participant behaviour. These experiences confirm that there is no single solution that can be applied equally in all contexts, and that local adaptation is essential.

One of the main lessons from the implementation process is that relatively simple operational changes can generate meaningful improvements. Measures such as promoting reusable materials, improving waste segregation, concentrating access points, reducing disturbance to wildlife, reinforcing environmental communication or integrating REEP principles into regular activities have proved feasible in several pilot contexts. In many cases, these actions could be incorporated without changing the core sporting or recreational nature of the activity.

The project has also highlighted the importance of environmental education as a cross-cutting implementation tool. REEP and other awareness actions have helped staff, participants and organisers better understand the environmental value and sensitivity of the areas where activities take place. The experience suggests that environmental learning is particularly effective when it is integrated into the activity itself and connected to practical behaviours, rather than treated as a separate action.

At the same time, the implementation reports show that not all actions are equally easy to introduce. Organisational capacity, financial costs, available infrastructure, permits, land ownership, local stakeholder relations and participant acceptance can all influence the feasibility of the proposed measures. In some cases, actions had to be adapted, delayed or replaced by more realistic alternatives. These experiences are also an important project result, as they provide practical information on the conditions required for successful implementation.

Another key finding is that the implementation of regenerative sport management requires cooperation between different actors. Sport organisations can directly introduce many improvements, but some issues — particularly those related to mobility, infrastructure, shoreline management, biodiversity protection and regulation — require collaboration with public authorities, environmental organisations, land managers and other local stakeholders.

The implementation process has therefore contributed not only to testing specific environmental measures, but also to changing the way participating organisations consider the relationship between sport and the natural environment. In several cases, environmental criteria have become more visible in the planning, communication and delivery of activities, creating a stronger basis for further improvement in future editions.

An important lesson from the implementation phase is that the long-term continuity of regenerative actions depends not only on the commitment of participating organisations, but also on the availability of adequate resources. While many low-cost measures can be integrated into regular activities and

organisational practices, larger interventions, infrastructure improvements and long-term environmental monitoring often require dedicated funding and additional technical or institutional support. Ensuring continuity beyond the project therefore requires organisations and local stakeholders to identify responsibilities, integrate successful measures into their regular planning and explore appropriate funding opportunities. Without these conditions, there is a risk that some of the progress achieved during the project may not be sustained over time.

Overall, the pilot experiences confirm that regenerative sport management is a gradual process based on experimentation, evaluation and adaptation. The most transferable lesson from D2.4 is that effective implementation does not necessarily depend on large-scale interventions, but on combining realistic operational measures, environmental education, stakeholder cooperation and continuous improvement. At the same time, sustaining and expanding these achievements beyond the project requires long-term organisational commitment, clear responsibilities and, where necessary, access to appropriate funding and support mechanisms.

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