REGENERA WATER SPORT

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

Project 101134336

D.2.3. JOINT MANAGEMENT PLAN

WP2. PILOT IMPLEMENTATION

CEPE

27/10/2026

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1 Introduction

This Joint Management Plan consolidates the governance approach and the participatory work carried out in the three REGENERA WATER SPORT pilot sites: Banyoles (Catalonia, Spain), Lake Keel/Achill (Ireland) and Näsijärvi/Tampere (Finland). It documents how the 5-Helix multistakeholder approach was translated into pilot-level cooperation, how regenerative measures were selected and reviewed through co-creation workshops, and how the partners intend to continue the most relevant practices beyond the project period.

Across the pilots, the management approach followed a common cycle: stakeholder mapping and engagement; selection of one everyday sport, one sport competition and one sport tourism activity; co-creation of regenerative actions; implementation; evaluation; improvement; and definition of continuity or sustainability measures. The local models differ according to ecological context, available infrastructure, local authorities and the capacity of sport and tourism providers.

The pilot methodology was based on combining stakeholder mapping with structured participatory discussion. Each pilot selected three representative activity types: sport tourism, everyday sport and sport competition. Stakeholders were then grouped around the selected activities, actions were selected from the REGENERA catalogue, and implementation was reviewed in subsequent annual workshops.

- Select three representative activities in each pilot site: sport tourism, everyday sport and sport competition.
- Identify relevant stakeholders and form activity-oriented working groups.
- Use co-creation workshops to identify environmental pressures, select regenerative actions and agree an implementation plan.
- Implement the selected actions with organisers and local stakeholders.
- Evaluate implementation, identify barriers and improvement opportunities, and progressively add or adapt actions.
- Use the final-year workshops to define continuity and sustainability arrangements beyond the project.

Common governance cycle

Phase	Main purpose	Typical actors	Output
Baseline / Year 1	Identify pressures, opportunities and actions	Pilot partner, activity organiser, public authorities, environmental/education actors	Working plan and selected actions
Implementation review / Year 2	Review first implementation and improve measures	Same working group plus operational actors where relevant	Evaluation and revised action plan
Sustainability / Year 3	Assess lessons learned and define continuity	Pilot partner and stakeholders responsible for long-term implementation	Sustainability plan / continuity commitments

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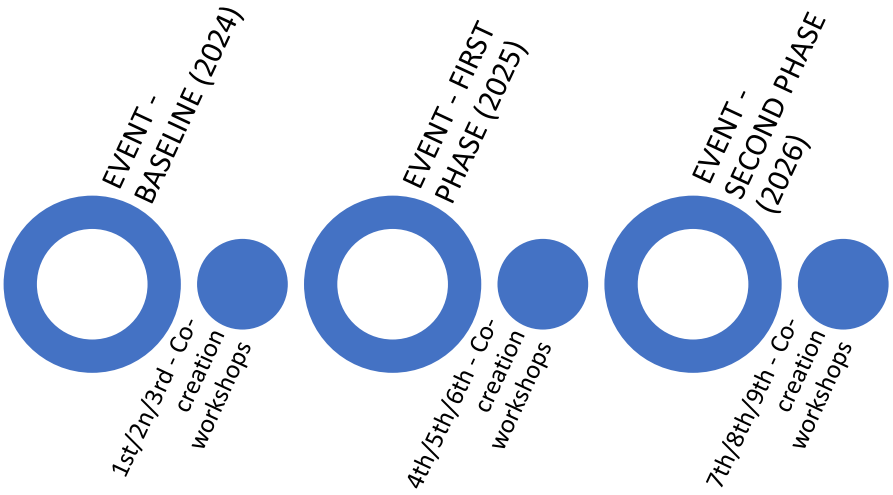
1st year (2024) - working plan

2nd year (2025) - evaluation of the implementation

3rd year (2026) - sustainability plan of the project



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2 Joint governance framework emerging from the pilots

Although the three pilot sites operate in different ecological, institutional and infrastructure contexts, the project experience points to a common governance framework based on shared responsibility rather than a single managing actor.

Public authorities and lake/land managers: Provide permits, environmental rules, infrastructure, access and mobility management, monitoring, and the institutional framework required for long-term action.

Sport clubs and event organisers: Integrate environmental measures into event planning and operations, inform participants and volunteers, collect operational data and report lessons learned.

Sport-tourism and activity providers: Apply regenerative practices during routine activity delivery and directly influence user behaviour through briefings, training and equipment management.

Environmental and education organisations: Provide ecological knowledge, environmental education content, training and advice on biodiversity-sensitive practices.

Civil society, participants and local communities: Contribute through responsible behaviour, volunteering, monitoring, litter prevention and feedback.

2.1 Joint management principles

Proportionality: requirements should reflect the scale, intensity and environmental risk of the activity.

Co-creation: measures are stronger when designed with the organisations that must implement them.

Practical feasibility: environmental ambition must be matched by infrastructure, staffing and financial capacity.

Learning by doing: measures are tested, evaluated and adjusted over successive editions or activity cycles.

Environmental education as routine practice: awareness should be embedded in sport delivery rather than treated only as a stand-alone activity.

Shared resources and coordination: reusable equipment, information materials, data and know-how can reduce the implementation burden on individual organisers.

Continuity: the final objective is to retain effective actions and stakeholder cooperation after the project.

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3 Pilot site management plans

3.1 Banyoles – Pla de l'Estany, Catalonia

3.1.1 Events/activities selected for the implementation of the project

TYPE OF EVENT	NAME OF THE EVENT	MONTH DEVELOPPED	TYPE OF SPORT
Everyday Sport	Adults group of nordic walking	From September to may	Nordic walking
Sport competition	Travessia de l'Estany	September	Swimming
Sport tourism	Xanascat Stays	July	Mixed activities (dragon boat, kayaking...)

3.1.2 Stakeholders involved in the improvement of the event to implement regenerative solutions

EVERYDAY SPORT – Adults group of nordic walking

Organization	Potential for improving the event
Consell Esportiu del Pla de l'Estany	Organizer of the activity, with her knowledge and approval we will be able to add and modify some actions
Ajuntament de Banyoles	Public administration that gives permission for the organization of sporting events, providing facilities and/or equipment. Sometimes also organizers or co-organizers. Being part of this project will help in the implementation of actions at a transversal level.
Escola Natura	Share of knowledge regarding nature and environment as an education school, and knowledge of the natural area
Consorci de l'Estany	Its main function is the preservation and revaluation of the natural and cultural heritage and promoting economic, environmental and social functions specific to the Natural Interest Area of Banyoles. With their knowledge and capacity, all the actions proposed should fit with the rules and work they follow.

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SPORT COMPETITION - Travessia de l'Estany

Organization	Potential for improving the activity
Club Natació Banyoles	Organizer of the event, with his knowledge and approval we will be able to add and modify some actions
Ajuntament de Banyoles	Public administration that gives permission for the organization of sporting events, providing facilities and/or equipment. Sometimes also organizers or co-organizers. Being part of this project will help in the implementation of actions at a transversal level.
Escola Natura	Share of knowledge regarding nature and environment as an education school, and knowledge of the natural area
Consorci de l'Estany	Its main function is the preservation and revaluation of the natural and cultural heritage and promoting economic, environmental and social functions specific to the Natural Interest Area of Banyoles. With their knowledge and capacity, all the actions proposed should fit with the rules and work they follow.

SPORT TOURISM – Xanascat Stays

Organization	Potential for improving the activity
Agenda Sports	Organizer of Dargon Boat activities in the lake of Banyoles and others for groups of adults and schools. With his knowledge and approval, we will be able to add and modify some actions
Lemon Kayak	Organizer of kayak activities in the lake of Banyoles and others. With his knowledge and approval we will be able to add and modify some actions
Ajuntament de Banyoles	Public administration that gives permission for the organization of sporting events, providing facilities and/or equipment. Sometimes also organizers or co-organizers. Being part of this project will help in the implementation of actions at a transversal level.
Escola Natura	Share of knowledge regarding nature and environment as an education school, and knowledge of the natural area
Consorci de l'Estany	Its main function is the preservation and revaluation of the natural and cultural heritage and promoting economic, environmental and social functions specific to the Natural Interest Area of Banyoles. With their knowledge and capacity, all the actions proposed should fit with the rules and work they follow.

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Consell Esportiu del Pla de l'Estany	Coordinator of the different activities and who have the relation with the school.

3.1.3 Workshops

1ST WORKSHOP		
DATE	*07/11/2024*	
ATTENDEES		
Name	**Entity representing**	**Gender**
Albert Busquets	Club Natació Banyoles	Male
Oriol Mas	Ajuntament de Banyoles	Male
Neus Vila	Escola Natura	Female
Miquel Campos	Consorci de l'Estany	Male
Jordi Ros	Consell Esportiu del Pla de l'Estany	Male
Núria Díaz	Consell Esportiu del Pla de l'Estany	Female
AGENDA	*This co-creation workshop was focused in the competition Travessia de l'Estany:* 1. *Welcome and explanation of the project* 2. *Present the results of the SWOT and VA* 3. *Presentation of possible measures/actions based on the RWS catalogue to implement in the event* 4. *Decision of the actions that will be implemented and timing (year 1, year 2, year 3…)* 5. *Conclusions of the meeting and working plan*	
CONCLUSIONS	**COMMENTS OF THE ATTENDEES:** - It is necessary to keep in mind the waste generated by sport fishing, remains of vinyl (worms) that have caused the death of turtles. - They are also found after events where there is swimming, hats, glasses and latex gloves. - Marking tapes and flanges are also found due to a lack of awareness of the people who remove these elements. - There are also water bottles, buoys and balls in the water. - All this causes the presence of microplastics in the water. - It is difficult to control the load capacity, the overcrowding and the impact on flora, fauna and humans (e.g. residents of the area). - A lack of training/awareness of the actions carried out is detected. - There is an emphasis on the overpopulation of ducks, which generate large amounts of manure and cause poor water quality.	

- It is necessary to organize the flows of people.
- It is proposed to reduce the use of megaphones in rowing training, using for example headphones and the reduction as far as possible of the use of catamarans.
- It is emphasized that the main problem facing the lake and its surroundings is the hyper-frequency of uses and invasive species.

80TH EDITION TRAVESSIA DE L'ESTANY:

Positive aspects to highlight:

- Blood donation campaign in parallel with the event
- Little need for signage
- Separation of waste
- Activity suitable for people with reduced mobility

Proposal of actions to be implemented:

REGISTRATION

- 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 test on the environment and making the event a sustainable test and respectful of the environment where it takes place" and that, in addition, it takes you to some web section that gives information of the lake, rules, preservation...
- Introduce the possibility of offsetting the carbon footprint
- Ask how people travel to the event to find out if we can improve it for future editions.
- Include a green fee to be able to implement more sustainable actions (eg shuttle transport).

ACCESS TO THE EVENT

- Inform how to get there by public transport, even though the organizer comments that it is a time when there is no public transport.
- Promote shuttle transport such as the Tren-Pintxo.
- Put a bicycle rental point in the club or at the departure point.
- Enable more bicycle parking.

HUMAN RESOURCES

- Volunteering: train them in this aspect so that they are familiar with the rules and promoters of the measures.

AWARENESS

- The person speaking through the microphone can inform about the space we are in, the value and the preservation measures.

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- Actions can be taken through social networks (e.g. asking questions and among the participants, raffling off an entry or a photo contest with a sustainability theme).

ACOUSTIC

- Control the decibel levels and the focus of the speakers.
- Analyze when it is necessary to play music or speak through the microphone.

SUPPLY

- Find an alternative to single-use bottles.

OTHERS

- Add environmental aspects to the rules of the event. Such as recommending the use of sun creams that do not damage the quality of the water.
- On the website, before giving information about the event, that you can see information about the lake.

Of all these proposed actions, as the next edition of the event approaches (September), we will meet again with the organization to see which can be implemented in 2025 and which we postpone for 2026 and beyond.

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2ND WORKSHOP		
DATE	7/11/24	
ATTENDEES		
Name	**Entity representing**	**Gender (male/female/binary)**
Oriol Josep Geli	Lemon Kayak	Male
Marta Domper	Agenda Sports	Female
Oriol Mas	Ajuntament de Banyoles	Male
Neus Vila	Escola Natura	Female
Miquel Campos	Consorci de l'Estany	Male
Marc Planagumà	Consell Esportiu del Pla de l'Estany	Male
Jordi Ros	Consell Esportiu del Pla de l'Estany	Male
Núria Díaz	Consell Esportiu del Pla de l'Estany	Female
AGENDA	*This co-creation workshop was focused in the sport tourism activity* – **Xanascat Stays***:* 1. *Welcome and explanation of the project* 2. *Present the results of the SWOT and VA* 3. *Presentation of possible measures/actions based on the RWS catalogue to implement in the event* 4. *Decision of the actions that will be implemented and timing (year 1, year 2, year 3…)* 5. *Conclusions of the meeting and working plan*	
CONCLUSIONS	**SPORT TOURISM – Activities for schools around the lake** Proposal of actions to be implemented: **ACOUSTIC** - Drum noise can be annoying. From Agenda Sports it is reported that a layer has been put over the drum which makes it not resonate as much. The next option would be to do the same as is done with batteries, but it involves a very high expense. **AWARENESS:** - Use kayaks or dragon boats as floating classrooms to be able to influence all aspects of the course in the environment we have discussed. It is currently being done to a greater or lesser extent. **OTHERS:** - Waste collection: Coordinate all the agents who work in the lake to organize the Day of cleaning the lake. Escola de Natura does it for its part and the canoeing section of the club as well.	

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	Of all these actions, once the activity of the companies in the lake resumes, work will be done to see which of these actions can be implemented in the short and long term.

3RD WORKSHOP		
DATE	7/11/24	
ATTENDEES		
Name	**Entity representing**	**Gender (male/female/binary)**
Oriol Mas	Ajuntament de Banyoles	Male
Neus Vila	Escola Natura	Female
Júlia Ribas	Consell Esportiu del Pla de l'Estany	Female
Jordi Ros	Consell Esportiu del Pla de l'Estany	Male
Núria Díaz	Consell Esportiu del Pla de l'Estany	Female
AGENDA	*The third co-creation workshop was focused in the everyday sport Adults group of Nordic Walking:* 1. *Welcome and explanation of the project* 2. *Present the results of the SWOT and VA* 3. *Presentation of possible measures/actions based on the RWS catalogue to implement in the event* 4. *Decision of the actions that will be implemented and timing (year 1, year 2, year 3…)* 5. *Conclusions of the meeting and working plan*	

CONCLUSIONS	**EVERYDAY SPORT – Adults group of nordic walking** Proposal of actions to be implemented: **AWARENESS:** - Use the same walks to raise awareness. - During practice, carry out cleaning and waste collection actions. Other measures that come before the end of the meeting: - Take care of the loss of handkerchiefs, papers, as there are many on the way. - Create a forum or promote existing ones, to share transport to get around. - Inform about how to recycle, as a lack of knowledge is detected in this area.

4TH WORKSHOP		
DATE	19/11/2025	
ATTENDEES		
Name	**Entity representing**	**Gender (male/female/binary)**
Albert Busquets	Club Natació Banyoles	Male
Montse Gassiot	Club Natació Banyoles	Female
Neus Vila	Escola Natura	Female
Oriol Mas	Ajuntament de Banyoles – Sports Department	Male
Albert Sicras	Ajuntament de Banyoles – Environmental Department	Male
Marc Planagumà	Consell Esportiu del Pla de l'Estany	Male
Júlia Ribas	Consell Esportiu del Pla de l'Estany	Female

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Jordi Ros	Consell Esportiu del Pla de l'Estany	Male
Núria Díaz	Consell Esportiu del Pla de l'Estany	Female
AGENDA	The fourth co-creation workshop focused on the Lake Banyoles Crossing event after implementing regenerative actions for the first time: **1. Evaluation of the implementation** **2. Improvement proposals** **3. Conclusions of the meeting and working plan**	
CONCLUSIONS	**Current state and evolution (2024 → 2025)** • The organisation now knows where participants come from, but not how they travel to the event. • Environmental recommendations were shared with volunteers and athletes. • The event speaker incorporated environmental messages throughout the competition. **Reflections and contributions from the meeting** **Mobility and access** Possibility of installing triathlon bars to increase the bicycle parking capacity. Reviewing public transport timetables and exploring whether reinforcement with the local operator (TEISA) is feasible for that day. Considering a system of incentives or rewards for athletes who share a vehicle. Conducting on-site surveys on the mode of transport, since mobility may change from the time of registration to the day of the event. **Water and materials** Proposal to set up a drinking water point (fixed or removable) at the finish line with multiple taps for reusable cups. Possibility of contacting a cleaning service for washing reusable cups. **Registration form** Adding a paragraph explaining the environmental measures and allowing participants to contribute €1 to environmental actions. **Environmental impact** Reducing unnecessary music and announcements to decrease acoustic impact. Reminder of noise regulations: day-time limit of 60 dB (Regulation of Activities of the Estany). Proposal to close the road from La Draga to Lió during major events, maintaining access only for pedestrians, people with disabilities, and organisation vehicles. Promote the use of reusable marking tapes available from the Consell Esportiu.	

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Future proposals (2026)

Mobility & CO_2

Obtain an estimated CO_2 calculation per participant.

Publish each year the carbon footprint and the environmental measures applied.

Add to the registration form:

transport system used

place of origin

option to offset CO_2 through a green fee/donation

environmental commitment for activities held in a vulnerable natural area

Environmental communication

Include information about the lake and its ecological value on the website/registration platform.

Continue delivering environmental recommendations to volunteers and athletes.

Water & waste

Estimate water consumption linked to the event.

Reduce and eventually eliminate single-use plastic bottles.

Improve waste management with reusable materials and selective collection.

Acoustic impact

Assess and minimise noise generated during the event.

Sustainable mobility

Increase bicycle parking spaces at start/finish points.

Promote car sharing and club-organised buses (public transport is very limited in that time slot).

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5TH WORKSHOP		
DATE	19-11-2025	
ATTENDEES		
Name	**Entity representing**	**Gender (male/female/binary)**
Albert Busquets	Club Natació Banyoles	Male
Montse Gassiot	Club Natació Banyoles	Female
Neus Vila	Escola Natura	Female
Oriol Mas	Ajuntament de Banyoles – Sports Department	Male
Albert Sicras	Ajuntament de Banyoles – Environmental Department	Male
Marc Planagumà	Consell Esportiu del Pla de l'Estany	Male
Júlia Ribas	Consell Esportiu del Pla de l'Estany	Female
Jordi Ros	Consell Esportiu del Pla de l'Estany	Male
Núria Díaz	Consell Esportiu del Pla de l'Estany	Female
AGENDA	The fifth co-creation workshop focused on the **Xanascat Stays**, following the first implementation of regenerative actions: 1. Evaluation of the implementation 2. Improvement proposals *3.* Conclusions of the meeting and working plan	
CONCLUSIONS	**Current state and evolution (2024 → 2025)** • The organisation now knows **both where participants come from and how they arrive**. • **Environmental awareness actions** increased (recycling, selective waste collection, behaviour guidelines). • **Inclusion of participants with Special Educational Needs (SEN)** was proactively enhanced. • Cycling outings were used to **promote safe cycling habits and road safety rules**. • Use of **reusable materials** was promoted (e.g., flasks instead of single-use bottles) to reduce plastic consumption. **Observations and contributions from the meeting** - Reinforcing **environmental messaging during activities**, not only before or after. - Ensuring materials and equipment used do not involve **contaminating chemical products**.	

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Future proposals (2026)

Environmental performance

- Produce an **estimated CO_2 calculation per participant and activity**.
- **Analyse water consumption** directly linked to adventure and outdoor activities.
- Avoid the use of **chemical cleaning products** for equipment and materials.

Education & awareness

- Add environmental awareness activities **during the sports sessions**, not only in briefing moments.
    - Example: **"floating classrooms"** during canoe/kayak sessions to explain lake vulnerability and natural values.
- Promote **daily environmental routines** (waste, water, energy).

Plastic reduction

- Further reinforce the use of **reusable bottles and materials**, avoiding single-use plastics entirely.

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6TH WORKSHOP		
DATE	19-11-2025	
ATTENDEES		
Name	**Entity representing**	**Gender (male/female/binary)**
Albert Busquets	Club Natació Banyoles	Male
Montse Gassiot	Club Natació Banyoles	Female
Neus Vila	Escola Natura	Female
Oriol Mas	Ajuntament de Banyoles – Sports Department	Male
Albert Sicras	Ajuntament de Banyoles – Environmental Department	Male
Marc Planagumà	Consell Esportiu del Pla de l'Estany	Male
Júlia Ribas	Consell Esportiu del Pla de l'Estany	Female
Jordi Ros	Consell Esportiu del Pla de l'Estany	Male
Núria Díaz	Consell Esportiu del Pla de l'Estany	Female
AGENDA	The sixth co-creation workshop focused on the **Nordic Walking activity**, following the implementation of the first regenerative actions: 1. **Evaluation of the implementation** 2. **Improvement proposals** 3. **Conclusions of the meeting and working plan**	

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CONCLUSIONS	**Current state and evolution (2024 → 2025)** - To improve the estimation of carbon emissions, participants are now asked **how they arrive** to the activity. - Environmental awareness actions are carried out in collaboration with the **Consorci de l'Estany** and **Centre El Puig**, including waste collection initiatives. - Walking routes are increasingly aligned with **environmentally responsible behaviour** and respecting marked paths. **Observations and contributions from the meeting** - Participants must remain on **marked and authorised paths** to avoid erosion or disturbance. - New passage sensors have been installed, though the group noted that the **status and use of collected data** is still unclear. - General proposals discussed also apply to Nordic Walking, such as reducing **acoustic impact** during outdoor activities and avoiding unnecessary amplified sound. **Future proposals (2026)** **Environmental measurement and monitoring** • Advance towards a **real CO_2 calculation per participant and activity**. • Monitor the **acoustic and erosive impact** caused by group movement in sensitive areas. **Biodiversity protection** • Promote **silent zones** during specific stretches of the route to avoid disturbing local fauna, encouraging active listening of the natural environment. • Reinforce messages about respecting marked paths and avoiding shortcuts. **Data and technology** • Improve the use of **newly installed sensors** to better understand participant flow and potential environmental impact. • Establish a clear protocol for **collecting, analysing and using data** for environmental monitoring.

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7TH WORKSHOP		
DATE	09-10-2026	
ATTENDEES		
Name	Entity representing	Gender (male/female/binary)
Albert Busquets	Club Natació Banyoles	Male
Montse Gassiot	Club Natació Banyoles	Female
Neus Vila	Escola Natura Banyoles	Female
Adrià José	Consell Esportiu del Pla de l'Estany	Male
Núria Díaz	Consell Esportiu del Pla de l'Estany	Female
AGENDA	This workshop topic was addressed during the joint closing stakeholder meeting held on 9 October 2026. Focus: Lake Banyoles Crossing (Travessia de l'Estany), sport competition. The meeting reviewed implemented actions and lessons learned, identified improvement opportunities, and discussed longer-term continuity and project policy recommendations. 1. Evaluation of the implementation 2. Improvement proposals 3. Conclusions of the meeting and sustainability plan of the project	
CONCLUSIONS	The event already contributed to the local community through promotion of a local artist, a linked blood donation campaign, and an accessible activity for people with reduced mobility. Actions implemented in the Regenera framework included staggered starts, a shuttle bus for younger participants, environmental communication (including the "Coneix i estima l'Estany" banner), a temporary water supply point and reusable cups. Cup cleaning was managed in collaboration with a social organisation. **KEY LEARNING AND CHALLENGES** The event's environmental footprint goes beyond the lake itself: transport, parking, participant movement, waste, materials, noise, access arrangements, awareness and social/environmental benefits must be considered together. Club Natació Banyoles made a financial effort to introduce improvements. Additional equipment, specialised services and changes in procedures can increase organisational costs, making shared resources and funding support important for continuity. **FUTURE IMPROVEMENT PROPOSALS** Explore an environmental commitment for participants and assess a possible green fee or environmental contribution linked to positive action in the lake area.	

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	Continue improving mobility and parking management; assess a water connection closer to the finish area; review hygienic washing and storage arrangements for reusable cups. Update an information leaflet about the lake, its environmental values and recommended responsible behaviours, for reuse in other sports events. **CONTINUITY AND GOVERNANCE** The meeting also discussed policy recommendations: proportionate assessment of event pressures; environmental management for larger events; coordinated lake access and mobility; positive environmental returns; and stable coordination between public authorities, environmental organisations and sport organisers. Project webinars remain available to support follow-up training and adoption. The European project is closing, but the participants highlighted the value of continuing to apply its tools and lessons.

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8TH WORKSHOP		
DATE	09-10-2026	
ATTENDEES		
Name	Entity representing	Gender (male/female/binary)
Neus Vila	Escola Natura Banyoles	Female
Adrià José	Consell Esportiu del Pla de l'Estany	Male
Núria Díaz	Consell Esportiu del Pla de l'Estany	Female
Albert Busquets	Club Natació Banyoles	Male
Montse Gassiot	Club Natació Banyoles	Female
AGENDA	This workshop topic was addressed during the joint closing stakeholder meeting held on 9 October 2026. Focus: Xanascat Stays / Summer Camps, sport tourism. The meeting reviewed implemented actions and lessons learned, identified improvement opportunities, and discussed longer-term continuity and project policy recommendations. 1. Evaluation of the implementation 2. Improvement proposals 3. Conclusions of the meeting and sustainability plan of the project	
CONCLUSIONS	**IMPLEMENTATION REVIEW – XANASCAT STAYS / SUMMER CAMPS** Environmental learning was integrated into regular multi-sport stays for children and young people rather than treated as a stand-alone activity. Implemented measures included the REEP educational activity, active mobility and walking where feasible, local clean-up actions, improved waste separation, and practical explanations and discovery activities about the natural environment. **KEY LEARNING** Short, hands-on environmental prompts embedded in sport activities make sustainability relevant to participants and easier to carry into everyday behaviour. Environmental education can be woven into the sport experience rather than delivered separately. **FUTURE IMPROVEMENT PROPOSALS** Embed environmental education consistently in the regular activity programme rather than relying on occasional events. Escola Natura Banyoles offered to train activity leaders and provide practical knowledge, teaching ideas and tools to include environmental themes naturally during sport sessions.	

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CONTINUITY

The REEP resource can be reused as a flexible pool of activities or small reflection prompts, helping teams sustain and adapt the approach across future camps.

The meeting also discussed policy recommendations: proportionate assessment of event pressures; environmental management for larger events; coordinated lake access and mobility; positive environmental returns; and stable coordination between public authorities, environmental organisations and sport organisers.

Project webinars remain available to support follow-up training and adoption. The European project is closing, but the participants highlighted the value of continuing to apply its tools and lessons.

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9TH WORKSHOP		
DATE	09-10-2026	
ATTENDEES		
Name	Entity representing	Gender (male/female/binary)
Neus Vila	Escola Natura Banyoles	Female
Adrià José	Consell Esportiu del Pla de l'Estany	Male
Núria Díaz	Consell Esportiu del Pla de l'Estany	Female
Albert Busquets	Club Natació Banyoles	Male
Montse Gassiot	Club Natació Banyoles	Female
AGENDA	This workshop topic was addressed during the joint closing stakeholder meeting held on 9 October 2026. Focus: Nordic walking, everyday sport. The meeting reviewed implemented actions and lessons learned, identified improvement opportunities, and discussed longer-term continuity and project policy recommendations. 1. Evaluation of the implementation 2. Improvement proposals 3. Conclusions of the meeting and sustainability plan of the project	
CONCLUSIONS	**IMPLEMENTATION REVIEW – NORDIC WALKING / EVERYDAY SPORT** Nordic walking groups linked regular physical activity to environmental awareness and care for the surrounding landscape. Implemented measures included participation in Let's Clean Up Europe and Setmana de la Natura, adaptation of the REEP education resource to adults, and removal of single-use water bottles in favour of reusable alternatives. **KEY LEARNING** Environmental responsibility can be part of ordinary sport routines and not only special sustainability campaigns. Everyday activity offers repeated opportunities for practical learning and action. **FUTURE IMPROVEMENT PROPOSALS** Consolidate these measures within the routine delivery of the activity and include environmental workshops within the Nordic walking session calendar. **CONTINUITY** Keep integrating accessible environmental education and good waste-prevention habits into regular walking sessions, using resources developed by Regenera. The meeting also discussed policy recommendations: proportionate assessment of event pressures; environmental management for larger events; coordinated lake	

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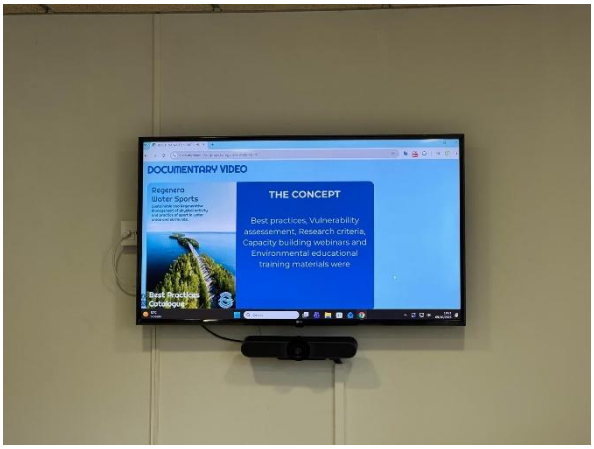
	access and mobility; positive environmental returns; and stable coordination between public authorities, environmental organisations and sport organisers. REEP and the project webinars remain available to support follow-up training and adoption. The European project is closing, but the participants highlighted the value of continuing to apply its tools and lessons. 

3.2. Lake Keel, Achill, Co. Mayo Ireland

3.2.1. Events/activities selected for the implementation of the project

TYPE OF EVENT	NAME OF THE EVENT	MONTH DEVELOPPED	TYPE OF SPORT
Everyday Sport	Achill Surf	October	Watersports
Sport competition	Pure Magic	October	Watersport Competition
Sport tourism	Achill Education Center	November	Watersports

3.2.2. Stakeholders involved in the improvement of the event to implement regenerative solutions

EVERYDAY SPORT –

Event Co Creation workshop

Stakeholders Achill Surf

Reason for Joining Events-

- This is one of the actions the water sport companies are carrying out for the Regenera Project.
- Watersport providers serve as the first point of contact for the public who utilize their services.
- The staff members are informed about the Regenera project and carry out the scheduled training; they then can pass this knowledge to the service users.

SPORT COMPETITION –

Event Co Creation workshop

Stakeholders Pure Magic

Reason for Joining Events-

- This is one of the actions the water sport companies are carrying out for the Regenera Project.
- Watersport providers serve as the first point of contact for the public who utilize their services.
- The staff members are informed about Regenera and carry out the scheduled training; they then can pass this knowledge to the service users.

SPORT TOURISM –

Event Co creation workshop

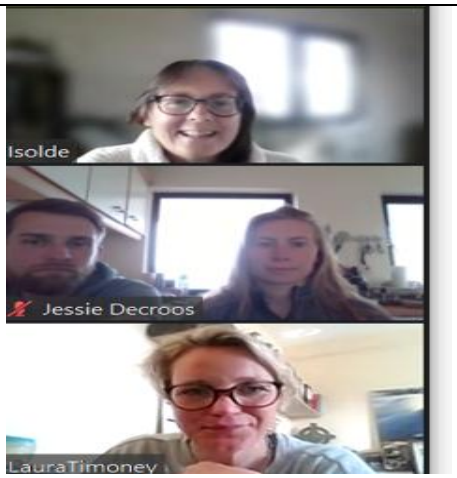
Stakeholders- Achill Education Center

Reason for Joining Events-

- This is one of the actions the water sport companies are carrying out for the Regenera Project.
- Watersport providers serve as the first point of contact for the public who utilize their services.
- The staff members are informed about Regenera and carry out the scheduled training; they then can pass this knowledge to the service users.

3.2.3. Workshops

1ST WORKSHOP		
DATE	*22/10/24 online*	
ATTENDEES		
Name		Gender (male/female/binary)
Laura Timony	Achill Education Center	f
Jessie Declors	Achill Education Center	f
Isolde Dingerkus	Leave No Trace	f
Sean Darcy	Leave No trace	m
AGENDA	1. Introductions and explanation of Regenera Project 2. Present the results of the First SWOT and Vulnerability Analysis of Lake Keel 3. Presentation of possible measures/actions that could be carried out by organisation to help regenerate the Lake 4. Decision of the actions that will be implemented and timings. 5. Agreement to plan and meeting conclusion	
CONCLUSIONS	The Center has agreed to do upcoming training for water sport providers and to partake in the future Regenerative Event. They will endeavor to have all staff trained. They also agree to run further litter picks and use other options with Regenera to improve the lake. • Ingress and egressing lake shore at one point only • Carry out regular litter picks • Recycle bins will be installed at the centre (which is not in vicinity of the lake) • options for making tourism sport more sustainable- carbon footprint reductions, encourage reusable bottle usage.	

2ND WORKSHOP		
DATE	28/11/2024 By Phone call	
ATTENDEES		
		Gender (male/female/binary)
Iarlaith Clancy	Achill Surf	m
Henry Mulroy	Achill Surf	m
Sean Darcy	Leave No Trace	m
AGENDA	1. Introductions and explanation of Regenera Project 2. Present the results of the SWOT and Vulnerability Analysis. 3. Presentation of possible measures/actions that could be carried out by organisation 4. Decision of the actions that will be implemented and timing 5. Agreement to plan and meeting conclusion	
CONCLUSIONS	The Provider has agreed to do future training and to take part in the future Regenerative Event. They will endeavor to have all staff trained also. Achill Surf is run by the individual and he uses temporary staff during the summer so all these staff may not get trained. Some other actions they hope to carry out include • Ingress and egressing lake shore at one point only • Carry out regular litter picks • Install bins for participants use • options for making daily sport more sustainable- carbon footprint reductions, less water wastage of water brought onsite, encourage reusable bottle usage	

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3RD WORKSHOP		
DATE	9/12/24 By phone Call	
ATTENDEES		
Name	Entity representing	Gender (male/female/binary)
Francois Culossi	Pure Magic	m
Sean Darcy	Leave No trace	m
AGENDA	1. Introductions and explanation of Regenera Project 2. Present the results of the SWOT and VA 3. Presentation of possible measures/actions that could be carried out by organisation 4. Decision of the actions that will be implemented and timing 5. Agreement to plan and meeting conclusion	
CONCLUSIONS	Pure Magic has agreed to do future training and partake in the Regenerative Event. They will endeavor to have all staff trained and carry out other regenerative actions during their Kite surfing festival. Some actions that they hope to carry out include • Ingress and egressing lake shore at one point only • Carry out regular litter picks • Install bins at future events • options for making festivals more sustainable- carbon footprint reductions, less water wastage of water brought onsite, encourage reusable bottle usage. • Agreed to restrict parking at the site as cars have been allowed to park allow shoreline.	

4TH WORKSHOP		
DATE	14/4/2025	
ATTENDEES		
Name	Entity representing	Gender (male/female/binary)
Isolde Dingerkus	LNTI	f
Jessie Decroos	Achill Outdoor Education	f
Laura Timony	Achill Outdoor Education	f
Mick Kane	Achill Outdoor Education	m
AGENDA	1. Introductions and update of Regenera Project 2. Present the results of the Second SWOT and Vulnerability Analysis of Lake Keel	

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	3. Update on measures/actions that can/are being carried out by AOE to help regenerate the Lake 4. Decision of further actions that will be implemented and timings. 5. Agreement to plan and meeting conclusion
CONCLUSIONS	**Updates on measures** Bins have been installed at the center. Most participants now use reusable bottles. The carbon footprint is an issue as most participants come by plane to Dublin and are then bused to Achill. All the locals come by car. More regular litter picks need to be carried out on site, especially during summer months. Signage must be installed ASAP to inform people of the need to protect the biodiversity of the lake. **Decision of further actions** AOE will take part in • The REEP Training • And in the regenerative event in August • And will continue the actions set out last year **Second SWOT and Vulnerability Analysis** The Vulnerability Study conclusion was also discussed. There are so many issues at this site, especially with local farmers. There are many legacy issues for farmers and change is very difficult. Some improvements that could be made will not be sustainable. It was discussed at the local authority meeting, for example, to install erosion prevention coir matting on the lake shore, but this was dismissed by local farmers as this may damage livestock. AOE has tried to engage farmers many times over the years, but it is met with challenges and generally more difficulties.

5TH WORKSHOP		
DATE	15-04-2025 *By Phone Call*	
ATTENDEES		
Name	Entity representing	Gender (male/female/binary)
Isolde	LNTI	f
Francois Colussi	Pure Magic	m
AGENDA	1. Introductions and update of Regenera Project 2. Present the results of the Second SWOT and Vulnerability Analysis of Lake Keel 3. Update on measures/actions that can/are being carried out by Pure Magic to help regenerate the Lake 4. Decision of further actions that will be implemented and timings. 5. Agreement to plan and meeting conclusion	
CONCLUSIONS	**Second SWOT and Vulnerability Analysis** Pure Magic feels that the NPWs need to do more to protect the site. He will be following the new rules for them this year to have a license for the Kite Surfing Festival. The issues with farmers are preventing infrastructure building. Pleased to see that the lake water quality is good. **Decision of further actions** Pure Magic will take part in • the REEP Training in 2025 • and in the regenerative event in August 2025 • and will continue and improve the actions set out last year **Update on measures/actions** Pure Magic has installed more bins at festivals. Parking, which was an issue, is now restricted to one area of the site at every festival. They now apply for a license before each festival from National Parks and Wildlife Services Pure Magic will endeavor to implement more actions like litter picks at the site after each festival.	

6TH WORKSHOP		
DATE	15-04-2025 *By Phone Call*	
ATTENDEES		
Name	Entity representing	Gender (male/female/binary)
Isolde Dingerkus	LNTI	f
Iarlaith Clancy	Achill Surf	m
AGENDA	1. Introductions and update of Regenera Project 2. Present the results of the Second SWOT and Vulnerability Analysis of Lake Keel 3. Update on measures/actions that can/are being carried out by Pure Magic to help regenerate the Lake 4. Decision of further actions that will be implemented and timings. 5. Agreement to plan and meeting conclusion	
CONCLUSIONS	**Second SWOT and Vulnerability Analysis** Achill Surf expressed surprise that there were issues with protecting the lake and its biodiversity. He felt that the sport providers are doing the best they can to protect the lake and that the NPWS need to be more forceful in implementing protection measures. **Update on measures/actions** Achill Surf had a difficult business year in 2024 and has not commenced business at Lake Keel for 2025. He has carried out a number of litter picks and used only one area to enter and exit the water. **Decision of further actions** Achill Surf will take part in • the REEP Training in 2025 • the regenerative event in August 2025 • will continue the actions set out last year	

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7TH WORKSHOP		
DATE	*4/10/2026* in person	
ATTENDEES		
Name	Entity representing	Gender (male/female/binary)
Isolde Dingerkus	LNTI	F
Jessie Decroos	Achill Outdoor Education	F
Richard Friberrg	Achill Outdoor Education	M
Martina Kilian	Achill Outdoor Education	F
AGENDA	1. Evaluation of the project and its implementations 2. Improvement proposals 3. Conclusions of the meeting and sustainability plan of the project	
CONCLUSIONS	**Evaluation of the project** AOE have been very positive in their actions with the Regenera Project. They have implemented the REEP programme in some of their summer camp groups. They continue to do litter picks with some of the participants of summer camps. It has been difficult due to time constraints to do this more regularly. The participants ingress and egress from one point only at the lake shore. All participants are encouraged to use reusable bottles, and no bottled water is available at the center. Recycling bins have been installed at the center headquarters. Carbon footprint reductions have been difficult to ascertain and introduce. The main issue being that all participants must travel by private car or bus, as there is no public infrastructure on the island. The center is looking at more green energy usage, so this will help in the future. They do not offer water at the lake shore for showers etc. participants return to the headquarters for this. **Improvement proposals** • A user-friendly carbon footprint survey is needed to educate participants- AOE will look for an option and will include it in further REEP trainings in the future • A purpose-built pontoon/pier is needed at the site, and AOE will continue to lobby with local municipality about this. **Sustainability plan** • AOE will continue communications with the local farmers to try and bring about some more changes, like fencing off part of the site from sheep grazing, which will in turn help to prevent further shore erosion and biodiversity loss etc.	

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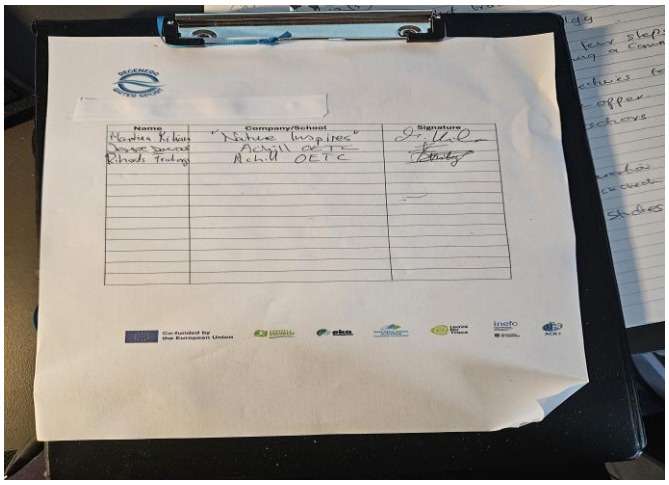
	• AOE will continue using the REEP training with addition of a Carbon Footprint survey if a suitable one can be found • Other regenerative actions they hope to continue include minimising biodiversity disturbance and continued monitoring of invasive species. Achill Outdoor education also feels that there are many legacy issues at the lake and that the area needs proper policing by the local National Parks and Wildlife Service. The area should be closed off from sheep and proper infrastructure put in place like parking and a pontoon/pier. This would help protect the lake and its biodiversity. 

8TH WORKSHOP		
DATE	*5/10/2026*	
ATTENDEES	BY PHONE CALL	
Name	Entity representing	Gender (male/female/binary)
Isolde Dingerkus	LNTI	F
Francois Cullossi	Pure Magic	M
AGENDA	1. Evaluation of the implementations 2. Improvement proposals 3. Conclusions of the meeting and sustainability plan of the project	
CONCLUSIONS	**Evaluation** Pure Magic has carried out some of the implementations, but not all, due to time and staffing issues. There are now recycling bins as well as waste bins at the festival. They do exit and enter at one point on the lake shore during surfing lessons, but not during the festival. Recycling, bringing home rubbish and reuseable bottles are encouraged at the festival. Parking is now restricted to one area during the festival, this is proving difficult to police, especially when visitors come to view the kite	

	surfing. He feels that the local police need to assist with this, as he does not have enough staff. He hopes to look for volunteers next year. Pure Magic apologised for not being more involved with the project- he has staffing issues and has little spare time. Pure Magic felt the REEP training was a very positive action and hoped to continue to use this in the future. **Improvement proposals** Pure Magic feels that there are too many legacy issues at the lake and that the area needs proper policing by the local National Parks and Wildlife Service. The area should be closed off from sheep and proper infrastructure put in place like parking and a pontoon/pier. **Sustainability plan** • Pure Magic hopes to train his staff in the REEP Programme • He will instigate more litter picks by staff members as time allows. The company made no further commitments due to staffing and time constraints in Pure Magic.	
9TH WORKSHOP		
DATE	*6/10/2026 by phone call*	
ATTENDEES		
Name	Entity representing	Gender (male/female/binary)
Isolde Dingerkus	LNTI	F
Iarlaith Clancy	Achill Surf	M
AGENDA	1. Evaluation of the implementation 2. Improvement proposals 3. Conclusions of the meeting and sustainability plan of the project	
CONCLUSIONS	**Evaluation** Achill Surf felt that the project was very useful in helping him understand the lake, its biodiversity, and how best to regenerate and protect it. They completed the REEP training and have used elements of it when out giving lessons to participants. He continues to use only one point to enter and exit the water. **Improvement proposals** Achill Surf felt that sport providers can only do so much and that the local municipality needs to come on board with the National Parks and wildlife service. The area needs proper infrastructure. This cannot be done by the sport providers. **Sustainability plan** • Achill surf will train any new staff in REEP • No further commitments are made.	

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3.3. Näsijärvi, Tampere, Finland

3.3.1. Events/activities selected for the implementation of the project

TYPE OF EVENT	NAME OF THE EVENT	MONTH DEVELOPPED	TYPE OF SPORT
Everyday Sport	Näsijärven Purjehdusseura / Näsijärvi Sailing Club	All-year-round (mostly summer)	Sailing
Sport competition	Tampere Maraton	August	Running
Sport tourism	Lake Trails	All-year-round (mostly summer)	Cycling (Skating in winter)

3.3.2. Stakeholders involved in the improvement of the event to implement regenerative solutions

EVERYDAY SPORT – Näsijärven Purjehdusseura, Näsijärvi Sailing Club

Organization	Potential for improving the event
Näsijärven Purjehdusseura, Näsijärvi Sailing Club	Potential to include new regenerative actions to their sailing operations, events and education. The Näsijärvi Sailing Club is today the largest inland waterway club in Finland in terms of membership and activity. The club employs an office secretary and a harbour master. The club also has an environmental officer. Organising and participating in sailing competitions is at the heart of the club's activities. For cruising, the club has five camping sites along the Lake Näsijärvi waterway, with good moorings, saunas and other necessary facilities for members and their guests. The club organises training activities, ranging from the basics to more advanced theory, mainly during the winter and early summer for members and young people and adults who are not yet members of the club.
Tampereen Satamatoimisto, Tampere Harbour Office	Tampere Harbour Office is in charge of the overall guidelines, development and infrastructure of the Tampere ports and harbours. They can affect in multiple ways how many of the sailing- and harbour -related actions are carried out and what infrastructure or guidelines are used to facilitate the events and actions.

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Pirkanmaan Jätehuolto Pirkanmaa Waste Management Company	The waste management company of the region is in charge of the harbour and port waste management and can affect proactively also in how to manage and develop the sailing and boating -related values and methods in recycling and circular economy.

SPORT COMPETITION – Tampere Maraton

Organization	**Potential for improving the activity**
Tampere Maraton Club	Organizer of the event. They are the most important body to try and develop the regenerative actions related to the event.
City of Tampere	Public administration that gives permission for the organization of sporting events, providing facilities and/or equipment. Important to get involved into the process from the start. Can provide better solutions with different facilities and support.
The public transport company	An important organization to get involved in how to sustainably mobilize the big amount of arriving participants so that private car need diminishes as much as possible.

SPORT TOURISM – Lake Trails

Organization	**Potential for improving the activity**
Ekokumppanit Oy / Ecofellows Ltd.	Coordinator of Lake Trails route network, a lakeside cycling trail network around the pilot area lakes. Also the coordinator of the winter lake trails on the frozen lakes. The communication and services provided on the trails and trail map are an important baseline to the ethos of the trails and its users.
The City and municipalities	The city and municipalities are in charge of the permits and signage on the trails. Also, the main organizations in deciding what is the best route option from the perspective of law, safety and environment.
Visit Tampere	Visit Tampere is in charge of the regional tourism development and also the cycling tourism service package development and how they are communicated.

3.3.3. Workshops

1ST WORKSHOP		
DATE	*18/12/2024*	
ATTENDEES		
Name	**Entity representing**	**Gender**
Matti Pollari	Visit Tampere	Male
Olli Vakkala	Ekokumppanit Oy / Ecofellows Ltd.	Male
Heikki Aittala	City of Tampere	Male
AGENDA	*This workshop was focused in the Lake Trails development and possibilities:* 1. *Welcome and foreword* 2. *Present the opportunities and situation of the area* 3. *Presentation of possible measures/actions (Best Practices)* 4. *Decision of the actions that will be implemented and timing* 5. *Conclusions of the meeting and working plan*	
CONCLUSIONS	- Trails go alongside the lakeside. It is necessary to have information and solutions for the travelers to fill their water bottle and empty their waste for example. - The cyclists could be a very helpful group to watch or inform certain important things related to the wellbeing of the ecosystem and other - Could this perspective be the bigger brand of the trail network? "Regenerate your area" etc. as cycling is an environmental friendly way of travel, to get people away from driving a car through the same trails. -Public transport as a very important level, how to get in and out of the trails sustainably Proposal of actions to be implemented: **COMMUNICATION** - The Lake Trail website and brochures should include a more proactive message related to the theme - Only the certified and sustainable services are highlighted on the route map **ACCESS TO THE TRAILS** - Inform in a better and prioritized way in how to get there by public transport, as trains and buses welcome bicycles also **SERVICES ALONG THE ROUTES** - Training sessions in how to get an environmental or bicycle friendly service certification with regenerative perspective included - A new kind of information and trail station concept	

	AWARENESS - Actions can be taken through social networks, social media and website to promote the theme - Arranging of campaigns - Arranging of regenerative themed cycling trips

2ND WORKSHOP		
DATE	22.1.2025	
ATTENDEES		
Name	**Entity representing**	**Gender (male/female/binary)**
Ulriika Myllylä	Tampere Maraton Club	Female
Olli Vakkala	Ekokumppanit Oy / Ecofellows Ltd.	Male
Carl Willandt	Ekokumppanit Oy / Ecofellows Ltd.	Male
Aki Leinonen	Tampere Maraton Club	Male
AGENDA	*This workshop was focused in the Tampere Maraton development and possibilities:* 1. *Welcome and foreword* 2. *Present the opportunities and situation of the project* 3. *Presentation of possible measures/actions related to the event (Best Practices)* 4. *Decision of the actions that will be implemented and timing* 5. *Conclusions of the meeting and working plan*	
CONCLUSIONS	**COMMENTS OF THE ATTENDEES:** - The biggest environmental risk during the marathon is that the wrappings of snacks, energy gels etc. end up in the environment and lakes. - In terms of CO2 the biggest factor is the mobility of the attendees and competitors of the marathon - There is also affect in where the competitors decide to accommodate and how long their visit to the region is -The materials used in the competition are the most obvious thing to take in to consideration (plastic cups vs. carton etc.) Proposal of actions to be implemented: **COMMUNICATION** - Highlight the environmental risks and good practices in all competition marketing - During the Maraton day, before the competition, use the time when people are warming up to bring forth environmental educational actions	

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	MOBILITY AND LOGISTICS - Arrange train / bus combined ticket products when registering to the Maraton - Highlight shared car transfer and reward somehow from a "full car" - Include City bike registration to the competition fee **ON THE MARATON ROUTE** - The water and sports drink cups should be recyclable or organic material - The snacks shared should not have wrappings on them - Waste management well planned and on the site monitored **AFTER** - A plogging event to shadow the Maraton event - A "regenerative" price for the competitors (planting a tree for every participant etc.)

3RD WORKSHOP		
DATE	3.4.2025	
ATTENDEES		
Name	**Entity representing**	**Gender (male/female/binary)**
Olli Vakkala	Ekokumppanit Oy / Ecofellows Ltd.	Male
Hannu Vesterinen	Näsijärven Purjehdusseura, Näsijärvi Sailing Club	Male
AGENDA	*This workshop was focused in the development and possibilities of Näsijärvi sailing and boating:* *1. Welcome and foreword* *2. Present the opportunities and situation of the project* *3. Presentation of possible measures/actions related to the event (Best Practices)* *4. Decision of the actions that will be implemented and timing* *5. Conclusions of the meeting and working plan*	
CONCLUSIONS	**COMMENTS OF THE ATTENDEES:** - The biggest environmental risk is the gasoline and bilge water poorly managed, so that there could be leaks to the environment and water ecosystem - Also when moving boats from lake to lake, the boat can carry organisms that doesn't belong to the ecosystem, that is why a wash point is always needed during transfer - Events gather a lot of people together, these opportunities should be used for educational purposes also	

	- The club already has an environmental officer, which is a huge benefit in also how to bring forward the project and pilots -There is a lot of infrastructure related to the sport / events (ports, harbours, piers, bases, gas stations, bilge water pumps etc.) that is managed by different organisations with different guidelines, there should be some sort of standardisation Proposal of actions to be implemented: **COMMUNICATION** - With the Environmental officer, go through the existing club guidelines and develop / create a new template - Harbours, ports should all have similar "good practice" information on them when people arrive with their boats. The info should also be easily accessible when planning the event or trip - Event information should all include the "best practice" **EVERY DAY SAILING & BOATING** - The biggest thing definitely related to the infrastructure safety as there would be no leaks of hazardous materials or substances to the water → this needs a modern new best practice template and "family of products" in communication way also, so the in every port the information, content and infrastructure is safe and standardised - The monitoring of the water ecosystem as these people are on the water daily, seeing the changes or possible hazards on the water → citizen-science **SAILING EVENT** - The management of boats and the hazardous substances, washing of boats very important - Use the forum for best practices and enviromental education - Waste management well planned and on the site monitored **AFTER** - A "regenerative" price for the competitors (planting a tree for every participant etc.)

4TH WORKSHOP		
DATE	12-11-2025	
ATTENDEES		
Name	Entity representing	Gender (male/female/binary)
Heikki Aittala	City of Tampere	Male
Matti Pollari	Visit Tampere Oy	Male
Olli Vakkala	Ekokumppanit Oy	Male
AGENDA	1. *Evaluation of the implementation* 2. *Improvement proposals* 3. *Conclusions of the meeting and working plan*	
CONCLUSIONS	• The implementation was to track and point out the possible "shadow areas" without services and infrastructure, where visitors are most probable to end up in doing actions that might harm the environment. Also, to bring more focus into the communication and marketing materials printed in the future related to the environmental and regenerative actions. Also, to plan a new kind of intervention concept in providing services for the trail visitors. Also, to highlight the public transport opportunities • One of the trails were highlighted as a pilot, a trail called "Näsi". The "shadow areas" were tracked and listed. • Pilot village areas are in the spotlight of the interventions. Part of this and ongoing development process in the villages, a new concept has been planned were more information, and services are provided to the trail visitors – these are called "Trail Stations" and the first ones are to be developed during 2026. • The public transport connections and possibilities are now highlighted on the trail website and the map. • The next step would be to bring more focus into the marketing materials that are printed during the spring 2026 and 2027.	

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5TH WORKSHOP		
DATE	13-11-2025	
ATTENDEES		
Name	Entity representing	Gender (male/female/binary)
Ulriika Myllylä	Tampere Maraton Club	Female
Olli Vakkala	Ekokumppanit Oy / Ecofellows Ltd.	Male
Carl Willandt	Ekokumppanit Oy / Ecofellows Ltd.	Male
AGENDA	1. *Evaluation of the implementation* 2. *Improvement proposals* 3. *Conclusions of the meeting and working plan*	
CONCLUSIONS	1. **Evaluation of the implementation** a. Going through how the different sustainability interventions worked. In the competition the prices were changed to wooden "medals", the competitor pre-pack was in recyclable paper bag and contained mostly only eatable and drinkable products and no "extra stuff", the service stations drink cups were changed from plastic to recyclable carton, service stations trash cans were stretched to a wide effect area to minimise the trash ending up in environment. An after event was taken place, where the marathon route was trailed through by volunteers to pick up and gather the possible trash that has ended into environment. Most of the interventions got good feedback and worked well and will be in effect also the next year. 2. **Improvement proposals** a. Some service stations also provided eatables of which some of were still offered in a plastic cup, this is something to also considered next year in changing into more environmental friendly material. b. The mobility, arriving, departing and logistics is something also that could be evaluated next, as it is a substantial part of the environmental footprint c. Also, possible regenerative actions, like an integrated fee in the price of the registrations that would be channeled into for example conservation projects. 3. **Conclusions of the meeting and working plan** a. The organisation and attendees were positive related to the interventions and it gives motivation to continue and progress.	

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	b. A planning meeting will be arranged in the beginning of the year, where the next year event is planned

6TH WORKSHOP		
DATE	*14.1.2026*	
ATTENDEES		
Name	Entity representing	Gender (male/female/binary)
Julia Pajula	Näsijärven Purjehdusseura, Näsijärvi Sailing Club	Female
Olli Vakkala	Ekokumppanit	Male
AGENDA	1. *Evaluation of the implementation* 2. *Improvement proposals* 3. *Conclusions of the meeting and working plan*	
CONCLUSIONS	• Going through last year approach, as the coordinator of the environmental focus of the sailing club has been changed • To go through the timeline of the possible interventions • Sailing club's existing environmental guidelines are gathered and highlighted on their website and are communicated to their club members which is a very important. The environmental protocols are coordinated • Club home harbour waste management arranged in a very organised way with paint waste, batteries, small metal items, liquid waste such as motor oil, fuel, antifreeze, oil and fuel filters, absorbent mats and trays (solid oil waste), mixed waste, cardboard, paper and biowaste sorted • With the Environmental officer, go through the possible interventions that would be focused more to the end of the project • Using the forum for best practices and environmental education	

7TH WORKSHOP		
DATE	*29.10.2026*	
ATTENDEES		
Name	Entity representing	Gender (male/female/binary)
Olli Vakkala	Ekokumppanit / Ecofellows	Male
Matti Pollari	Visit Tampere	Male
Heikki Aittala	City of Tampere	Male
AGENDA	1. *Evaluation of the implementation* 2. *Improvement proposals* 3. *Conclusions of the meeting and working plan*	
CONCLUSIONS	• The whole package regarding the communication is ready to be published for the next cycling season, including the sustainability plans, map locations for different environmentally friendly services, the trails station hubs and better way to bring forth the public transport opportunities • Some have already been published during the project and are online already • Next time the paper map is published, selected information will be added to the printed material also • The calculator data highlights the fact that the amount of cyclists on the trail are growing yearly, so it's very important to continue with the themed development • The first trail service point to see light late 2026 / early 2027	

8TH WORKSHOP		
DATE	*29-09-2026*	
ATTENDEES		
Name	Entity representing	Gender (male/female/binary)
Heidi Pirttikangas	Tampere Maraton Club	Female
Ulriika Myllylä	Tampere Maraton Club	Female
Olli Vakkala	Ekokumppanit / Ecofellows	Male
AGENDA	1. *Evaluation of the implementation* 2. *Improvement proposals* 3. *Conclusions of the meeting and working plan*	
CONCLUSIONS	• Reflecting again how the different sustainable interventions were received and worked, including, the wooden "medals", the competitor pre-pack in recyclable paper bag and contained mostly only eatable and drinkable	

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	products, the service stations drink cups from recyclable carton, waste collection on the route was stretched to a longer effect area to minimise the trash ending up in the environment. • The mobility, arriving, departing and logistics is something that could be a big development topic towards next year, as the local public transport company offers a possibility to combine event tickets to work as public transport tickets throughout the event period • The discussed possibility of regenerative action, like an integrated fee in the price of the registrations that would be channeled into for example conservation projects, was not part of this years event, but will be part of the next phase planning and possibilities. • The organisation and staff took the interventions very positively and there is a will to make "sustainability / environmental perspective" as an even bigger and highlighted focus and brand of the event.

9TH WORKSHOP		
DATE	*28.10.2026*	
ATTENDEES		
Name	Entity representing	Gender (male/female/binary)
Julia Pajula	Näsijärvi Sailing Club	Female
Ismo Pietari	Näsijärvi Sailing Club	Male
Olli Vakkala	Ekokumppanit / Ecofellows	Male
AGENDA	1. *Evaluation of the implementation* 2. *Improvement proposals* 3. *Conclusions of the meeting and working plan*	
CONCLUSIONS	• Focusing on the boat hull preparation concept as it is a very important topic regarding the vulnerability and environmental safety of the blue spaces when boats are moved in and out from blue space to another, preventing invasive species in migrating to environments they don't belong • Finalise concrete action plans for the future to enable the club bases and island locations to work as environmentally friendly way as possible in terms of energy consumption, waste management, environmental issues. • The sustainability guideline are also updated towards the next sailing season • Timeline-wise, the most important interventions will come into life in 2027, which automatically continues the work of the project	

4. Cross-pilot comparison and lessons learned

Theme	***Banyoles***	***Lake Keel***	***Tampere***
Environmental education	*Integrated into camps, Nordic walking and event communication; training support offered by Escola Natura.*	*REEP used by providers; training seen as a key long-term legacy.*	*Education and communication integrated into trails, marathon and sailing/harbour practices.*
Mobility and access	*Parking, shuttle options, bicycle access and possible traffic restrictions discussed for major events.*	*Major constraint due to limited public transport; parking concentration and shoreline access are key issues.*	*Public transport highlighted for trails; marathon mobility identified as a major future footprint issue.*
Waste / materials	*Reusable cups, shared reusable materials, selective collection and reduction of single-use plastics.*	*Bins, recycling, litter picks and reusable bottles.*	*Recyclable event materials, structured harbour waste systems and post-event clean-up.*
Governance challenge	*Need to coordinate sport, municipal and environmental actors while keeping measures financially feasible.*	*Sport providers cannot solve infrastructure, grazing, enforcement and public-management issues alone.*	*Strong technical/sector partners; final continuity arrangements still need to be documented.*

4.1. Shared barriers

- Financial cost of more sustainable materials, services and operational adaptations.
- Limited staff time and implementation capacity, especially for smaller providers.
- Mobility patterns that depend heavily on private vehicles.
- Environmental measures that require public infrastructure or regulatory support beyond the control of sport organisers.
- Need for clearer, easier monitoring tools for carbon footprint and other environmental indicators.
- Need to keep environmental education practical, repeated and linked to the actual sport experience.

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- Financial and organisational capacity. While many regenerative measures can be implemented through low-cost operational changes, larger interventions, infrastructure improvements and long-term monitoring require additional financial resources, technical capacity and institutional support. The availability of funding can therefore determine whether certain actions can be implemented, expanded or maintained beyond the project period.

4.2. Shared enabling factors

- Stable relationships between organisers, public authorities and environmental organisations.
- Environmental education resources such as REEP.
- Shared equipment and infrastructure that reduce the cost for individual organisers.
- Clear environmental communication before and during activities.
- Annual review cycles that allow measures to be tested and improved rather than imposed all at once.
- Long-term ownership by the organisations that will continue the activity after the project.
- Access to appropriate funding and institutional support for larger interventions and the long-term continuity of regenerative measures, combined with the integration of feasible low-cost actions into regular organisational practices.

5 Continuity considerations emerging from the Joint Management Plan

Based on the pilot experience, the following continuity considerations are proposed as the common legacy of D2.3. They are intentionally flexible so that each pilot can adapt them to its ecological and institutional context.

- Retain the regenerative measures that proved feasible;
- Maintain coordination between the main local stakeholders;
- Continue using the environmental education resources developed by the project;
- Transfer unresolved infrastructure or regulatory issues to the competent public authorities;
- Identify the organisations and stakeholders responsible for maintaining and reviewing the measures implemented;
- Assess the financial and technical resources required for larger actions and long-term continuity, and explore appropriate funding opportunities in cooperation with public authorities and other relevant stakeholders.

The pilot experience has shown that continuity requires a combination of organisational commitment, stakeholder cooperation and adequate resources. While several low-cost measures can be integrated into regular sport management, larger interventions and long-term environmental improvements may depend on dedicated funding and institutional support. These considerations should be reflected in future local planning to reduce the risk of losing progress achieved during the project.

These considerations are derived from the pilot implementation and stakeholder workshops. The detailed long-term community, financial and organisational sustainability of the project results is addressed in **D3.1 Sustainability Plans**.

6 Conclusions

The implementation of the Regenera Water Sport Joint Management Plan has shown that regenerative management of sport and physical activity in water areas requires a combination of environmental ambition, practical feasibility and long-term cooperation between stakeholders.

Across the pilot sites, the project has confirmed that there is no single management model that can be applied uniformly. Each territory operates in a different ecological, institutional and infrastructure context, and therefore the measures adopted need to be adapted to the characteristics, pressures and capacities of each site. At the same time, the pilot experience has identified a set of common principles that can guide future action: proportionality, co-creation, shared responsibility, continuous learning, environmental education, access to appropriate infrastructure and long-term continuity.

One of the main lessons is that sport organisers and activity providers can implement many practical improvements directly, such as reducing single-use materials, improving waste management, integrating environmental education, promoting reusable resources, adapting communication and introducing operational changes. However, the pilots have also shown that some of the most significant environmental pressures cannot be addressed by organisers alone. Mobility, parking, shoreline access, infrastructure, enforcement, biodiversity protection and long-term environmental monitoring frequently require the active involvement of public authorities, environmental bodies and land or lake managers.

The participatory process has also demonstrated the value of implementing measures progressively. The three-year cycle of identifying priorities, testing actions, evaluating their implementation and defining improvements has allowed the partners to distinguish between measures that can become part of normal activity management and others that require additional resources, coordination or structural changes. This learning-by-doing approach has been particularly useful in ensuring that environmental actions remain realistic and can be maintained beyond the project period.

Environmental education has emerged as one of the most transferable outcomes of the project. The use of REEP and other awareness actions has shown that environmental learning is most effective when it is integrated into the sport experience itself rather than delivered only as a separate activity. This approach can be maintained through staff and volunteer training, brief practical messages, participant engagement and the continued use of the educational resources developed by REGENERA.

The pilots have also identified important barriers to continuity. More sustainable materials and services may involve additional costs; smaller organisations may have limited staff capacity; mobility often

remains dependent on private vehicles; and some environmental improvements depend on infrastructure or decisions outside the control of sport organisations. Furthermore, the experience has highlighted that funding is essential for implementing larger regenerative actions and may also be necessary to ensure the continuity of progress achieved during the project. While many practical, low-cost measures can be maintained through organisational commitment and integration into regular activities, more ambitious interventions require adequate financial resources, institutional support and clear long-term responsibilities. These challenges reinforce the importance of shared resources, public support and stable cooperation between sport, environmental and public actors.

Overall, the Joint Management Plan confirms that the main legacy of REGENERA WATER SPORT is not only the individual environmental measures implemented during the project, but also the establishment of a collaborative way of working. Maintaining at least one coordination point in each pilot, reviewing recurring activities with environmental and sport stakeholders, retaining the measures that have proved feasible, continuing environmental education and using the project's Policy Recommendations as a reference can help ensure that the results of REGENERA continue beyond the end of the European funding period.

The experience generated through the project therefore supports a transition from isolated sustainability actions towards a more integrated and regenerative approach, in which sport activities are managed together with their environmental, social and territorial impacts. The continuity of this approach will depend on the capacity of local stakeholders to maintain cooperation, assign responsibilities and progressively incorporate the lessons learned into the ordinary management of sport and recreational activities in water areas.

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