

Tips for a **SUSTAINABLE SWIM**



Here are some easy ideas you can try leading up to the event and on race day too. They are all aimed at reducing your environmental footprint, as well as GHG emissions.

Go plastic free



Eliminate single use plastics on event day and during training by switching them out for items such as reusable drink bottles, keep cups, cutlery and sunscreen packaged in reusable tubs, and utilising water bottle refill stations at the start and finish lines.

In 2020, only 9% of Australia's 2.5 million tonnes of plastic waste was sent for recycling, with another 84% ending up straight in landfill. Contamination makes plastics difficult to recycle, so it is important to avoid single use plastics altogether. PTP sponsor **Yeti** have an awesome range of reusable items such as coffee cups and water bottles. Check out their gear [here](#).

Low emissions food and supplies



Use locally and responsibly sourced ingredients and supplies, such as local seasonal fruits and vegetables. Autumn foods will be coming into season in March, including apples, grapes, pears, eggplant, kale and sweet potatoes.

PTP sponsors **Harvest Road**, **Dirty Clean Food** and **Austral Fisheries** are all fantastic examples of local suppliers of responsibly sourced fresh produce. Read more about their sustainable practices and values through the links on the PTP sponsor webpage [here](#).

Wear sustainable/recycled material swimwear



Many brands now offer recycled or sustainable swim wear ranges, such as [Speedo's Eco Collection](#). These can be a great option when purchasing your team's matching swimwear, as they help reduce the impact of mass produced fast fashion and recycle plastic waste from the ocean to turn into fabric. PTP merchandise also have a few eco-friendly options, including an organic cotton tee, recycled polyester puffer jacket and recycled trucker cap! Check out the KC Australia sponsored PTP merchandise [here](#).

Environmentally friendly sunscreen



Reduce your impact on the ocean and marine life by using reef safe sunscreen – ones containing natural minerals such as titanium dioxide or zinc oxide, and **not** containing chemical ingredients like oxybenzone and octinoxate, as these have been found to cause coral reef deterioration, seeping into young coral and contributing to coral bleaching.

Reduce waste and food packaging



On race day pack your food and other supplies in re-usable containers or biodegradable containers. Once food supplies are all gone, containers can also be re-used for transporting wet bathers and swim caps home. For those unavoidable but recyclable packaging items – remember to utilise the yellow recycling bins located all over Rottneest Island.

Offset your race day emissions



The last thing your team can do is “offset” your race day emissions (just like you can offset a flight). For as little as \$5 a swimmer (or a cup of coffee) you can offset 1/3 of a tonne of greenhouse gases (GHGs), which equates to over a tonne of GHGs per team of four swimmers. This is more than the average emissions your team is likely to generate from participating in the event - through things such as travel to and from the event, vessel support during the swim, food consumed, and even production of your swim wear - all while contributing to a **net zero future**.