



# SUSTAINABILITY PLAN



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## Introduction

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Rowing is an environmentally friendly activity.

The intention of this document is to encourage a culture of responsibility for protecting nature and therefore the sustainability of the sport.

The document highlights important issues and appropriate ways of dealing with them in accordance with sustainable environmental practice.



## PART I – Policy and Principles

### 1.0. POLICY

- 1.1. The Organizing Committee of the Varese Rowing World Cup and World Rowing are committed to promoting practices within the sport of rowing which are environmentally sustainable and setting new standards in sustainable sports event management.
- 1.2. Environmental sustainability in rowing includes social, cultural, economic and ecological responsibility which fulfils present needs while allowing future generations to meet their needs.

### 2.0. PRINCIPLES

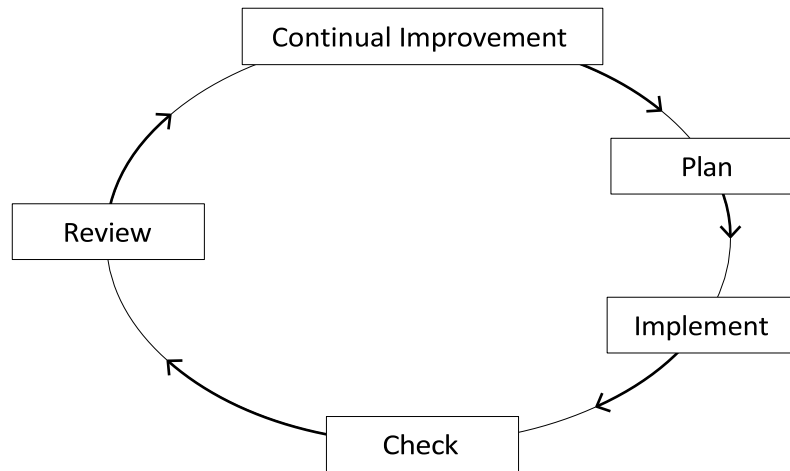
In implementing this policy, the Organizing Committee of the Varese Rowing World Cup and World Rowing will be guided by the following principles:

<b>Protection of the habitat of fauna and flora and biodiversity</b>	Rowing provides opportunities to observe wildlife in its natural environment across thousands of miles of waterways and coastlines. With this in mind it's important to be conscious to avoid disturbance, damage and disruption to nature.
<b>Conservation of resources both renewable and non- renewable</b>	Consideration of how we use our resources are key to reducing our carbon footprint, or non-renewable waste. By minimizing use of fossil fuels and using greener sources of energy it will make a small but vital impact.
<b>Reduction of the production of waste and pollutants in all their forms</b>	How boats are cleaned after use, can have an impact on our waterways and coast. Careless storage of boat fuel, for example, has the potential to pollute waters, or improper disposal of plastic waste could result in water pollution.
<b>Recognition of the importance of heritage and indigenous cultural values</b>	Many cultures and local communities are reliant on biodiversity and have a particular relationship with their landscapes. If competing, running an event or travelling to row, consider the local impact to surrounding communities.
<b>Promotion of healthy conditions for all involved in the sport of rowing</b>	Hosting an event or providing facilities in safe and healthy conditions, is important to the wellbeing, comfort and enjoyment of all involved.
<b>Fostering environmental awareness and education about sustainable development within the rowing community</b>	Raise awareness and nurture an ethos where all members can contribute to and learn about environmental sustainability. Share ideas and encourage innovative approaches which can be applied in everyday life, outside of rowing, as well.
<b>Consulting the wider community to foster positive partnerships.</b>	By identifying local organisations who can advise you in your endeavours, it will give you all the support you need to become more environmentally sustainable

## PART II – Approach of the Management System

### 3.0 PDCA

This Sustainability Management System is based on the Continual Improvement approach:



- **Plan:** The planning stage involves the identification of the environmental issues (these include Water quality, Ecological conditions, Air quality, Energy use, Water use, Waste, Noise, Traffic, Social responsibilities etc.) developing a policy and commitment to the environment. The planning phase will contribute the establishment of the objectives and practical environmental performance targets established by the organization as well as the development of the formal control measures to be applied in subsequent stages.
- **Implementation:** This stage involves the development and application of appropriate internal controls, considering the Plan.
- **Check:** This stage involves routine monitoring during the development, execution and wrap up of the event. This is achieved through routine checks of actions to ensure that the environmental aspects identified during the planning phase are adequately protected during the day-to-day activities. This stage also requires an effective reporting mechanism to ensure that any malfunction or environmental degradation is reported and corrective action is taken. Monitoring at the day-to-day operations level and reporting findings up through the organization to the point where appropriate changes can be made is an appropriate approach to ensure compliance and improvement.
- **Review:** The cornerstone of an effective sustainability program is striving for and achieving continual improvement from year to year or from one event to the next.



## PART III – Sustainability Plan’s content

### 4.0 EXPLANATION

In line with World Rowing’s ‘Small Steps towards Environmental Sustainability’, The Organizing Committee of the Varese Rowing World Cup encourage the following to be considered during regattas, around the boathouse and at home rowing course.

#### 4.1 Accommodation

The Organizing Committee has the duty to manage the accommodations for FISA, national jury and some specific teams (that required this specific service).

First, it’s useful to know that all the accommodations that are managed by the Organizing Committee are located close to the event (between 1km and 19km away). This means that emissions due to the movement of the shuttles is contained.

Then it’s good to know that all the accommodations managed by the Organizing Committee have the own Code of Ethics and/or have a declaration of sustainability.

This is the list of the declarations that the accommodations shared with the Organizing Committee:

- <https://donguanellabarza.org/sezione-trasparenza/>
- [https://www.gruppouna.it/corporategovernance?\\_gl=1\\*pgije3\\*\\_up\\*MQ..\\*\\_ga\\*OTYxMjQ0NDA1LjE3MTA4NDU5ODU.\\*\\_ga\\_LXVBEDH6YD\\*MTcxMDg0NTk4NC4xLjAuMTcxMDg0NTk4NC4wLjAuMA.\\*\\_ga\\_3R5SJEDWK4\\*MTcxMDg0NTk4NC4xLjAuMTcxMDg0NTk4NC4wLjAuMA](https://www.gruppouna.it/corporategovernance?_gl=1*pgije3*_up*MQ..*_ga*OTYxMjQ0NDA1LjE3MTA4NDU5ODU.*_ga_LXVBEDH6YD*MTcxMDg0NTk4NC4xLjAuMTcxMDg0NTk4NC4wLjAuMA.*_ga_3R5SJEDWK4*MTcxMDg0NTk4NC4xLjAuMTcxMDg0NTk4NC4wLjAuMA)
- Villa Cagnola: Counteracting food waste by optimising the use of raw materials; progressive decrease in the use of plastic/glass; an integrated micro-filtration system has been inserted, filtering the water that is served in the restaurant, again in an efficient way; they were made available for their guests, even in the garden, containers for separate collection in order to optimize waste collection; with a special poster, we invite their guests to observe a green optic, asking you to reuse the towels in the room and avoid replacing them, if not necessary, in order to save energy and protect the environment
- Montelago Ternate: They have an internal policy that goes more and more in these directions: Combating food waste, optimizing the use of raw materials by making targeted and precise orders. Gradually decrease the use of plastic/glass. Made available for guests, even in the garden, containers for separate collection in order to optimize waste collection. With a special message, we invite guests to observe a green optic, asking you to reuse the towels in the room and avoid replacing them, if not necessary, in an energy saving and environmental protection. Always in a perspective of contrast to energy waste, there are solar panels that in addition to producing energy also act on the accumulation of domestic water using precisely solar energy to post or gas to heat it. The rooms have an intelligent management system to reduce the waste of electricity and there are new heat pumps of the latest generation to be used for heating and cooling of the structure also here to reduce the environmental impact as much as possible with zero emission of fumes and gases. In addition, company rules and values have always been in place for staff, such as, legality, fair remuneration, protection of privacy, trust, equality, transparency, which are designed to improve the relationship of collaboration between the parties.

- Horizon: the structure is equipped with solar panels for the production of domestic hot water; in the rooms they use recycled toilet paper, paper cups, shower shampoo dispensers with refills to reduce disposable plastic; they comply with the provisions on separate collection and even in public areas the guest baskets have this division; they use concentrated detergents and bottles; they use automatic dispensers for dishwashers and washing machines to optimize consumption
- Vecchia Riva: They have solar panels; they carry out separate collection; the hotel is equipped with home automation (rooms: without the card inserted inside the slot there is no electricity); for an extended stay, sheets and towels are not changed every day, but only at the request of guests; the stairs and corridors adjacent to the rooms have motion readers, so the lights only turn on when they detect the passage of a person.

It's also possible to find some interesting informations for all Teams, Guests, Spectators into the following website: <https://vareserowing.com/spectators-accomodation/>



The booking service for the World Rowing Cup I in Varese is powered by Varese Convention & Visitor Bureau.

For information and booking contact [rowing@vareseturismo.it](mailto:rowing@vareseturismo.it)

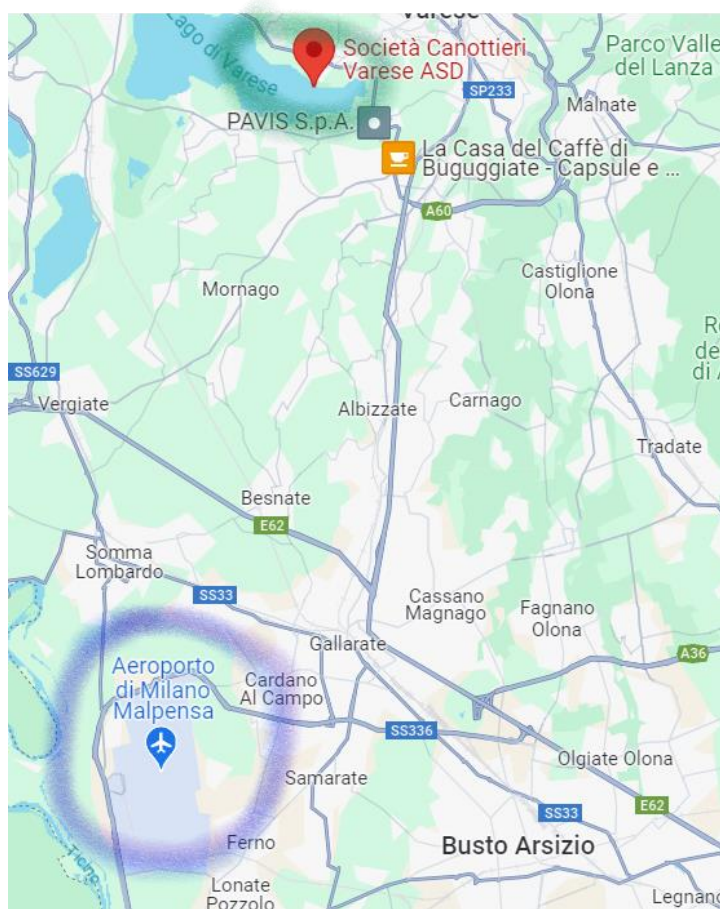
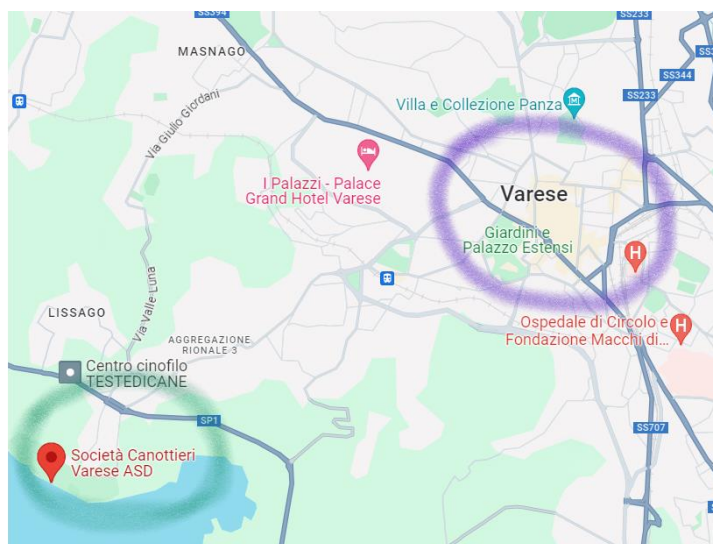
## 4.2 Transport

The event location (Via dei Canottieri, 21, 21100 Varese VA)

<https://www.google.com/maps/place/Societ%C3%A0+Canottieri+Varese+A.S.D/@45.8144388,8.7839078,13.75z/data=!4m6!3m5!1s0x47867e7dab88be45:0xa88941adf6355ae0!8m2!3d45.8019999!4d8.7801126!16s%2Fg%2F1ym82vsvp?entry=ttu>) is well served by the public transport from Varese Center and other close cities.

These are a couple of very useful website to use public transport:

- [Come arrivare a Schiranna a Varese con Treno o Bus? \(moovitapp.com\)](https://moovitapp.com/)
- [Biglietteria CTPI - LINEE URBANE](https://biglietteria.ctpi.it/)



At the event will be possible to see the following timetable and other useful information like this one (an Italian and an English Version will be available for all Teams, guests, spectators):



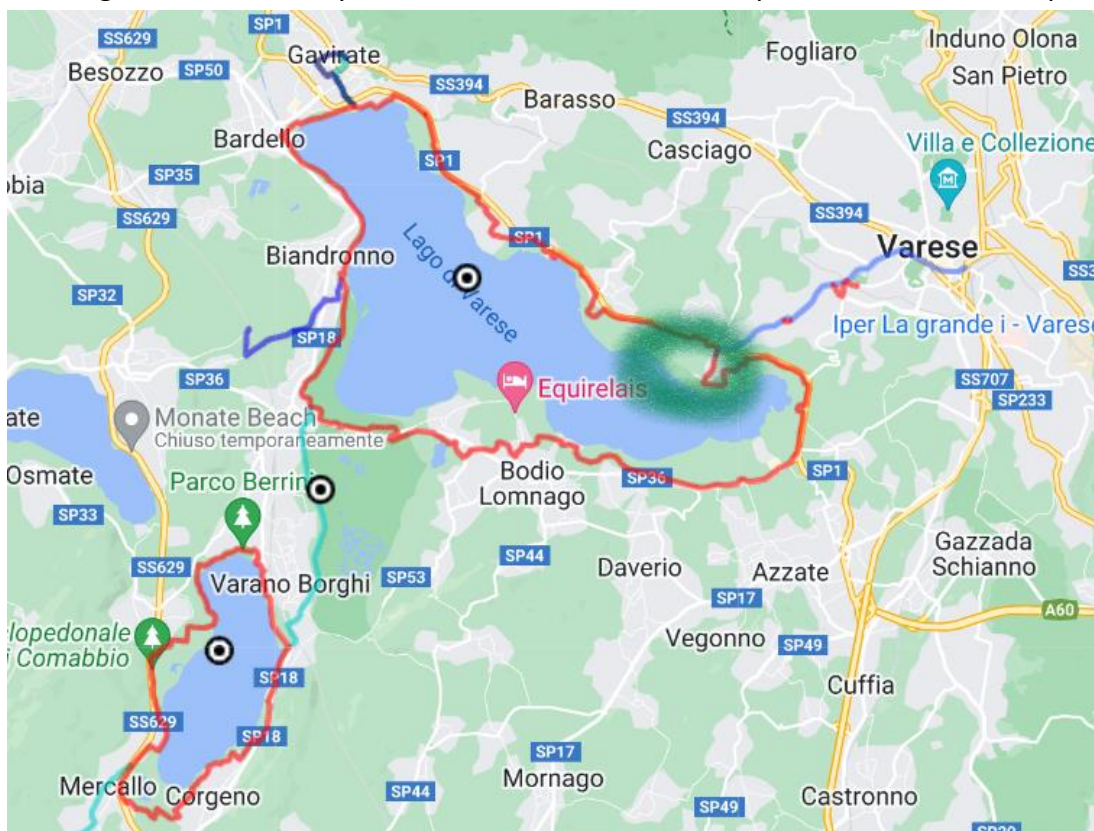
Fermata	Linea N21 con DIRAMAZIONI N23/N24: orario SCOLASTICO in vigore da 1 dicembre 2023.																							
	12/12	13/12	14/12	15/12	16/12	17/12	18/12	19/12	20/12	21/12	22/12	23/12	24/12	25/12	26/12	27/12	28/12	29/12	30/12	31/12	1/1	2/1	3/1	4/1
Varese - stazioni FS/FN (Confartigianato)	-	-	-	no sab	-	-	no sab	-	-	07:00	07:15	07:40	08:15	08:40	09:40	10:40	11:40	12:10	12:10	-	-	-	-	-
Varese - via Vittorio Veneto 9	-	-	-	-	-	-	-	-	-	07:02	07:17	07:42	08:17	08:42	09:42	10:42	11:42	12:12	12:12	-	-	-	-	-
Varese - corso Aldo Moro (fr. Inps)	-	-	-	-	-	-	-	-	-	07:04	07:19	07:44	08:19	08:44	09:44	10:44	11:44	12:14	12:14	-	-	-	-	-
Varese - via Sacco (Robbioni/ Municipio)	-	-	-	-	-	-	-	-	-	07:05	07:20	07:45	08:20	08:45	09:45	10:45	11:45	12:15	12:15	-	-	-	-	-
Varese - viale XXV Aprile (masso sacro)	-	-	-	-	-	-	-	-	-	07:06	07:21	07:46	08:21	08:46	09:46	10:46	11:46	12:16	12:16	-	-	-	-	-
Varese - via Ghiringhelli (Questura)	-	-	-	-	-	-	-	-	-	07:07	07:22	07:47	08:22	08:47	09:47	10:47	11:47	12:17	12:17	-	-	-	-	-
Varese - via Daverio 146 (Bobbiate)	-	-	-	-	-	-	-	-	-	07:09	07:24	07:49	08:24	08:49	09:49	10:49	11:49	12:19	12:19	-	-	-	-	-
Varese - lungolago bv. Lissago (Schiavina)	-	-	-	-	-	-	-	-	-	07:12	07:27	07:52	08:27	08:52	09:52	10:52	11:52	12:22	12:22	-	-	-	-	-
Varese - lungolago Calcinato del Pesce (rotonda)	-	-	-	-	-	-	-	-	-	07:15	07:30	07:55	08:30	08:55	09:55	10:55	11:55	12:25	12:25	-	-	-	-	-
Gavirate - via Rovera (Groppellofr. ponte)	-	-	-	-	-	-	-	-	-	07:17	07:32	07:57	08:32	08:57	09:57	10:57	11:57	12:27	12:27	-	-	-	-	-
Gavirate - via Rovera fr. Garoni (Oltrona)	-	-	-	-	-	-	-	-	-	07:19	07:34	07:59	08:34	08:59	09:59	10:59	11:59	12:29	12:29	-	-	-	-	-
Gavirate - via I Maggio (Votomere/circolo)	-	-	-	-	-	-	-	-	-	07:22	07:37	08:02	08:37	09:02	10:02	11:02	12:02	12:32	12:32	-	-	-	-	-
Gavirate - via Nosè (Votomere/pensilina)	-	-	-	-	-	-	-	-	-	07:24	07:39	08:04	08:39	09:04	10:04	11:04	12:04	12:34	12:34	-	-	-	-	-
Gavirate - via al Lido (Ticinofr. Posta)	-	-	-	-	-	-	-	-	-	07:27	07:42	08:07	08:42	09:07	10:07	11:07	12:07	12:37	12:37	-	-	-	-	-
Gavirate - viale Ticino (fr. Vignacoe)	-	-	-	-	-	-	-	-	-	07:28	07:43	08:08	08:43	09:08	10:08	11:08	12:08	12:38	12:38	-	-	-	-	-
Gavirate - via Olssonini (distretto scolastico)	-	-	-	-	-	-	-	-	-	07:48	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bardello - via Marconi (deposito Autolinee)	06:45	06:10	06:30	06:36	06:45	06:47	06:50	07:05	-	-	-	-	-	-	-	-	-	12:10	-	-	-	-	-	-
Bardello - ponte (via Quaglia 9/Marconi)	06:46	06:11	06:31	06:37	06:46	06:48	06:51	07:06	07:19	-	08:09	08:43	09:09	10:09	11:09	-	12:39	12:39	-	-	-	-	-	-
Bardello - via Roma (Piazz)	06:47	06:12	06:32	06:38	06:47	06:49	06:52	07:07	07:30	-	08:10	08:44	09:10	10:10	11:10	-	12:40	12:40	-	-	-	-	-	-
Biandronno - piazza Cavour (Municipio)	06:50	06:15	06:35	06:41	06:50	06:52	06:55	07:10	07:33	-	08:13	08:47	09:13	10:13	11:13	-	12:43	12:43	-	-	-	-	-	-
Biandronno - via Roma 34 (farmacia)	06:51	06:16	06:36	06:42	06:51	06:53	06:56	07:11	07:34	-	08:14	08:48	09:14	10:14	11:14	-	12:44	12:44	-	-	-	-	-	-
Biandronno - via Salvini (fr. scuole)	06:52	06:17	06:37	06:43	06:52	06:54	06:57	07:12	07:35	-	08:15	08:49	09:15	10:15	11:15	-	12:45	12:45	-	-	-	-	-	-
Biandronno - Cassinetta (via Borghi fr. Corvi)	06:55	06:20	06:40	-	06:55	06:57	07:00	07:15	07:38	-	08:18	08:52	09:18	10:18	11:18	-	12:48	12:48	-	-	-	-	-	-
Ternate - via Mazzini (Paoli/Chalet)	-	-	-	P	-	06:58	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Ternate - via Mazzini 5 (distributore/Chalet)	-	-	-	R	-	06:59	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Ternate - via Stazione (stazione FS)	-	-	-	O	-	07:00	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Varano Borghi - piazza Matteotti (Contini)	-	-	-	S	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Varano Borghi - via Motta 16 (Dei Martiri)	-	-	-	E	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Ternate - Carabinieri	-	-	-	G	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Travedona - villaggio Ignis (via V. Veneto fr. Motta)	06:56	06:21	06:41	U	06:56	-	07:01	07:16	07:39	-	08:19	-	09:19	10:19	11:19	-	12:49	12:49	-	-	-	-	-	-
Travedona - via V. Veneto (Fontana San Carlo)	06:57	06:22	06:42	E	06:57	-	07:02	07:17	07:40	-	08:20	-	09:20	10:20	11:20	-	12:50	12:50	-	-	-	-	-	-
Travedona Monate - via V. Veneto (fr. Chiossetto)	06:58	06:23	06:43	-	06:58	-	07:03	07:18	07:41	-	08:21	-	09:21	10:21	11:21	-	12:51	12:51	-	-	-	-	-	-
Travedona Monate - via Moro (chiesa)	06:59	06:24	06:44	P	06:59	-	07:04	07:19	07:42	-	08:22	-	09:22	10:22	11:22	-	12:52	12:52	-	-	-	-	-	-
Travedona M. - via Matteotti (Montale)	-	-	-	E	-	-	07:05	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Travedona M. - via Matteotti (Leopardi)	-	-	-	R	-	-	07:09	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Travedona Monate - via Moro (chiesa)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Travedona Monate - via De Gasperi (Diaz)	06:00	06:25	06:45	G	07:00	-	07:12	07:20	07:43	-	08:23	-	09:23	10:23	11:23	-	12:53	12:53	-	-	-	-	-	-
Travedona Monate - piazza Repubblica (fr. Marconi)	06:01	06:26	06:46	A	07:01	-	07:13	07:21	07:44	-	08:24	-	09:24	10:24	11:24	-	12:54	12:54	-	-	-	-	-	-
Cadrezzate - via Mogno 455	06:02	06:27	06:47	L	07:02	-	07:14	07:22	07:45	-	08:25	-	09:25	10:25	11:25	-	12:55	12:55	-	-	-	-	-	-
Cadrezzate - piazza Davi (chiesa)	06:03	06:28	06:48	L	07:03	-	07:15	07:23	07:46	-	08:26	-	09:26	10:26	11:26	-	12:56	12:56	-	-	-	-	-	-
Ispra - JRC	-	-	-	I	-	-	07:18	-	-	-	08:30	-	-	-	-	-	-	-	-	-	-	-	-	-
Osmate - via Marconi fr. 50	06:05	06:30	06:50	A	07:05	-	07:23	07:26	07:48	-	-	-	09:28	-	11:28	-	12:58	12:58	-	-	-	-	-	-
Osmate - piazza Marconi (fr. Iavatoio)	06:06	06:31	06:51	T	07:06	-	07:24	07:26	07:49	-	-	-	09:29	-	11:29	-	12:59	12:59	-	-	-	-	-	-
Comabbio - via Lago di Monate (Al Boschi)	-	-	-	E	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Lentate - via Lentate (Stallone)	-	-	-	-	-	-	07:31	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Lentate - via Lentate (frazione Oca)	-	-	-	-	-	-	07:33	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Lentate - via alla Piana (per Taino)	-	-	-	-	-	-	07:34	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
San Giorgio - via Pieve	-	-	-	-	-	-	07:37	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Sesto Calende - distretto scolastico	-	-	-	-	-	-	07:39	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

CORSA 11111 TRAVATA DA VIA XXV APRILE PER COINCIDENZA CON BUS NON PROVENIENTE DA VARESE

COLLEGAMENTO PER BREGANO - MALCESINO al minuto '96

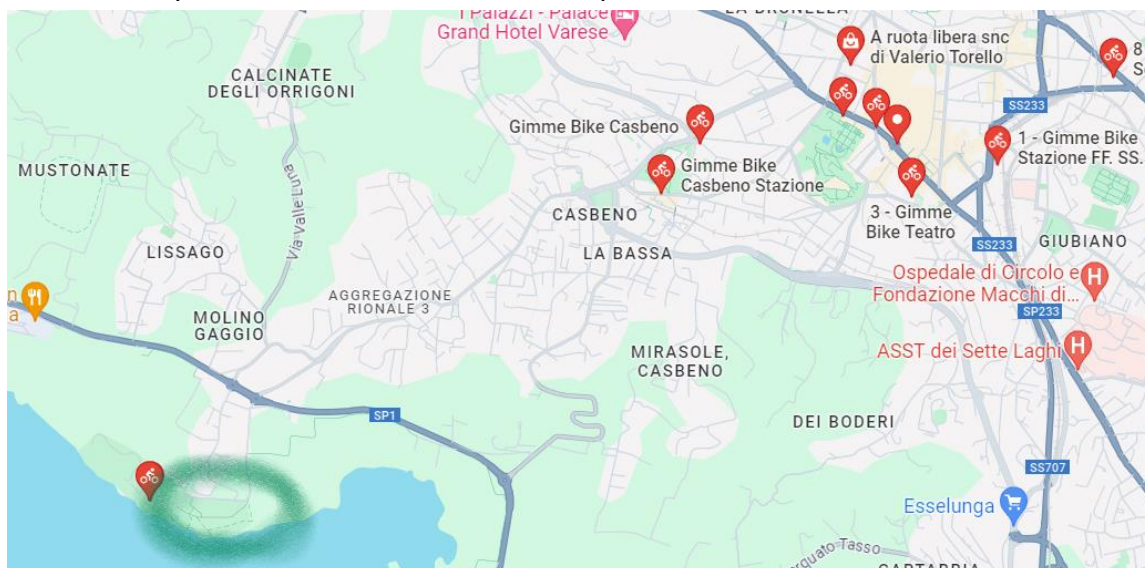
feriale 6 = dal lunedì al sabato; feriale 5 = dal lunedì al venerdì; festivo = domenica e giorni festivi. In orario sono riportate solo le fermate principali.

It's interesting to know that very close to the location event it's possible to find a bike path:



This is a useful website that will be shared with all all Teams, guests, spectators:  
[http://www.gpsvarese.it/i\\_cartina.asp?tipo=Piste%20ciclabili](http://www.gpsvarese.it/i_cartina.asp?tipo=Piste%20ciclabili)

If it's necessary, close to the location Event it's possible to find more than one bike rental point.



<https://www.google.com/maps/search/bike+rental/@45.8100252,8.7815496,14z?hl=it&entry=ttu>

Close and into the site it's possible to find cyclists priority parking (through these pics it's possible to see some bike parking, for electric bikes and for bikes).





The staff of the Organizing Committee during the event will move around the area on foot or by bike and/or will use as much as possible electrical transports (some electrical bikes, one electric van and one powerboat is available).

There are some dedicated parking spaces closer to the event entrance for people with health issues or disabilities.



For more information it's possible to make reference to the following website:  
<https://vareserowing.com/spectators/>



Then it's useful to know that the Organizing Committee has the duty to manage the transport for FISA and some specific teams (that required this specific service). To do that in the best way, the Organization is working with some partners.

### 4.3 Energy

During the event, natural light is used to the maximum, thus reducing the use of artificial lighting.

On the days of the event:

Sunrise is expected from 6.44 am

Sunset is scheduled at 8.08 pm

Low consumption led light bulbs are used during the event

### 4.4 Resource management

In the event area there are drinking water fountains available to teams, staff, visitors and guests.

During the event will be available a Bio detergent for washing boats:



The detergents for the boats will be placed at the following point: boat washing. There the athletes can find the detergents and the pipes of the water, at the moment we have bought a dozen of detergents.

In the event area will be possible to find some useful QRCode information, regarding the content of this plan (es. Info on transport, quality of Lake water, waste management).

All our partners has an own ethic policy / sustainability plan / basic rules.

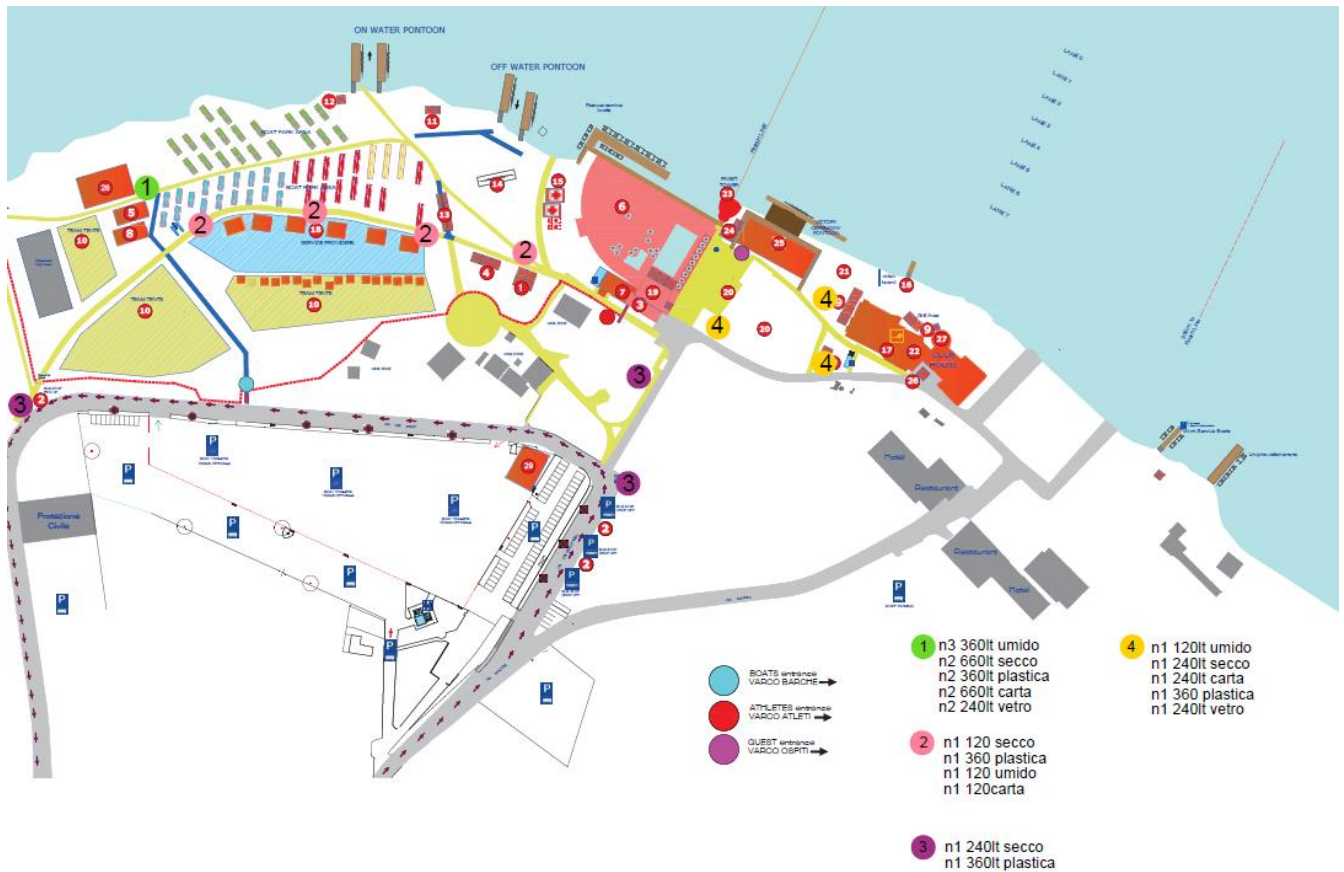
#### 4.5 Waste management

The Organizing Committee will manage all the wastes produced during the event, through the collaboration with the municipality of Varese and the company Sangalli Giancarlo & C. (The Company Sangalli Giancarlo & C. S.r.l is certified according to the rules: EMAS, Environmental Statement, HSE Policy and Social Responsibility and Ethics, SA 8000:2014 Social Accountability International Standard, ISO 9001 Quality Management System, ISO 14001 Environmental Management System, ISO 45001 Management System for Health and Occupational Safety, ISO 39001 Road Safety Management System, SOA).



This is the map of all bins (paper, cardboard, plastic, glass, undifferentiated) that will be present during the event:





Every day all the bins will be emptied by the specialized operators from 4am to 6am, and at the same time all the streets will be cleaned through specific vehicles and instruments.

Every evening all the areas will be checked and cleaned by the internal staff (volunteers).



The Organizing Committee will try to minimize as much as possible the amount of plastic produced at the event, for example by providing all Volunteers recyclable and reusable water bottles.

The company that will manage the catering service, Union Chef srl, has the own Code of Ethics that is available on their website <https://unionchef.com/codice-etico/>.

The Organizing Committee wants minimize as much as possible the amount of leftover food giving it to an association of volunteers at the end of each lunch time.

Some volunteers, through the use of their electric cargo bikes, will take the leftover food in favor of canteens and realities that feed the poor.



## 4.6 Water and nature management.

Every year the local health authority (ATS) carries out water quality analysis of Varese Lake.

This is the last updating:

World Rowing Water Quality Microbial and Chemical Testing Template											
Report 1: Chemical Analysis											
Sample Number	Sampling site			Conditions		pH	Cl	NH4	NO3	NO2	Biochemical Oxygen
n	DATE	TIME	Location	Weather	Comments		mg/l	mg/l	mg/l	mg/l	mg O2/l in 5
1	20-gen-00	11:46	Site 1	sunny							
2	21-gen-00	11:01	Site 1	cloudy							
*right click the row number to insert additional rows				rainfall, heavy rainfall, etc							
						pH (pH)	Cloruri (mg/l Cl)	Azoto ammoniacale (mg/l N)	Azoto nitrico (mg/L N)	Azoto nitroso (mg/l N)	Conducibilità elettrica a 20°C (µS/cm)
1	07/06/2023		Biandronno	sunny	Campionamenti e analisi	8,9	11	0,06	0,055	0,003	227
World Rowing Water Quality Microbial and Chemical Testing Template											
Report 2: Microbiological Samples											
Sample number	Sampling site			conditions		Index organism 1		Index organism 2		Index organism 3 (if applicable, give method)	
(continuous)	DATE	TIME	Location	weather	comments	Coli	CFU / 100ml	Enterococci	CFU / 100ml	name	Count / 100ml
1	20-gen-00	11:46	Site 1	sunny		Escherichia coli mf	234	Enterococcus faecalis	228	species	23455
2	21-gen-00	11:01	Site 1	cloudy		Escherichia coli mf	234	Enterococcus faecalis	228	species	123455
*right click the row number to insert additional rows				rainfall, heavy rainfall, etc							
1	12-giu-23		Varese Schiranna	sunny	(campionamenti e analisi ATS)		5		<1		
2	03-lug-23		Varese Schiranna	sunny	(campionamenti e analisi ATS)		35		4		



World Rowing Water Quality Microbial and Chemical Testing Template												
Report 3: Cyanobacteria												
Sample Number	Sampling Site			Conditions		Index Methods		Total Micro-cystins	Index Organism 1 (if applicable, give method)		Index Organism 2 (if applicable, give method)	
(Continuous)	DATE	TIME	Location	Weather	Comments	Chlorophyll	mg / m <sup>3</sup>	µg/L	Cyanobacteria	cells/mL	Cyanobacteria /	Cells/mL
1	20-gen-00	11:46	Site 1	sunny		method	3,6	0	species	23455	species	23455
2	21-gen-00	11:01	Site 1	cloudy		method	3,6	0,1	species	123455	species	123455
*right click the row number to insert additional rows												
1	15-giu-23		centro lago		Centro lago (boa ARPA) - superficie (2m)	Spettrofoto metro	4,9					
2	11-lug-23		centro lago		Centro lago (boa ARPA) - superficie (1m)	Spettrofoto metro	1,6					
3	12-giu-23		Varese Schiranna	sunny	Varese Schiranna spiaggia (campionamenti ATS)	Spettrofoto metro	3,0	<0,15	Microcystis wessenbergii 5,9 x 10 <sup>4</sup> cellule/litro Lyngbya sp. 1,1 x 10 <sup>6</sup> cellule/litro Aphanizomenon flos-aquae 9,4 x 10 <sup>4</sup> cellule/litro Dolichospermum planctonicum 1,1 x 10 <sup>5</sup> cellule/litro Microcystis aeruginosa 9 x 10 <sup>4</sup> cellule/litro			
4	03-lug-23		Varese Schiranna	sunny	Varese Schiranna spiaggia (campionamenti ATS)	Spettrofoto metro	5,8	<0,15	Lyngbya sp. 1,8 x 10 <sup>6</sup> cellule/litro Microcystis wessenbergii 3,9 x 10 <sup>5</sup> cellule/litro Dolichospermum planctonicum 7,6 x 10 <sup>4</sup> cellule/litro Planktothrix agardhii/rubescens 9,1 x 10 <sup>4</sup> cellule/litro Microcystis aeruginosa 2,7 x 10 <sup>5</sup> cellule/litro Dolichospermum lemmermannii 5,7 x 10 <sup>4</sup> cellule/litro			

During the next months the local health authority (ATS) will carry out the same analysis to keep under control the quality of the waters of the lake.

AQST "PROTECTION AND REHABILITATION OF LAKE VARESE".

There is a Program of Actions and Monitoring Reports of the Lake Varese Territorial Development Framework Agreement. This is the last report managed and published by the region LOMBARDIA:

[https://www.regione.lombardia.it/wps/wcm/connect/abb12486-43e9-4738-96f0-c6b12c69227f/AQST+lago+di+Varese\\_IX+relazione+semestrale.pdf?MOD=AJPERES&CACHEID=ROOTWORKSPACE-abb12486-43e9-4738-96f0-c6b12c69227f-oNuy2WwC](https://www.regione.lombardia.it/wps/wcm/connect/abb12486-43e9-4738-96f0-c6b12c69227f/AQST+lago+di+Varese_IX+relazione+semestrale.pdf?MOD=AJPERES&CACHEID=ROOTWORKSPACE-abb12486-43e9-4738-96f0-c6b12c69227f-oNuy2WwC)

## CONOSCI IL TUO LAGO?

### FIORITURE ALGALI

Le fioriture algali consistono in una **rapida proliferazione di alghe o batteri fotosintetici in un breve periodo di tempo**.

La crescita delle alghe è legata a **processi naturali** biologici che avvengono all'interno del lago ed è tanto maggiore quanto maggiori sono i nutrienti presenti nelle sue acque.

Le alghe del lago non sono normalmente pericolose per la salute umana. Occorre invece prestare attenzione quando le fioriture algali sono costituite da cianobatteri (chiamati anche alghe verdi-azzurre).

Nel corso del 2021 si sono registrati due importanti episodi di sviluppo di alghe (settembre, ottobre-dicembre).

### BALNEAZIONE

Viene effettuato il monitoraggio mensile su cinque punti del lago. **Negli ultimi 3 anni non si sono registrate criticità** legate alla qualità delle acque per la balneazione.

### LIVELLO DI TROFIA DEL LAGO

Negli ultimi tre anni la concentrazione di **fosforo** (uno dei principali nutrienti per la crescita delle alghe) oltre al carbonio e all'azoto, **è diminuita** nelle acque del lago.

Il lago rimane comunque in un livello di trofia elevata (eccesso di nutrienti). Questa eutrofizzazione nel periodo estivo provoca una diminuzione dell'ossigeno sul fondo del lago e la produzione di sostanze dannose per gli organismi acquatici.

### STATO DI SALUTE

Attualmente il **lago è classificato in stato ecologico sufficiente**. Non si riscontrano significativi problemi di inquinamento delle acque da sostanze inquinanti come metalli, antiparassitari, antibiotici.

Per migliorare lo stato di salute del lago sono state attivate due misure:

#### L'impianto di prelievo ipolimnico:

- non causa effetti negativi evidenti né nel lago di Varese, né sul fiume Bardello, né nel lago Maggiore
- migliora la qualità delle acque del lago asportando sostanze dannose

#### Gli interventi di miglioramento del reticolo fognario:

- riduzione degli scarichi a lago
- risoluzione di criticità nella rete
- implementazione del sistema fognario.

### MONITORAGGIO

Il lago di Varese è **uno dei laghi più monitorati d'Italia e d'Europa**.

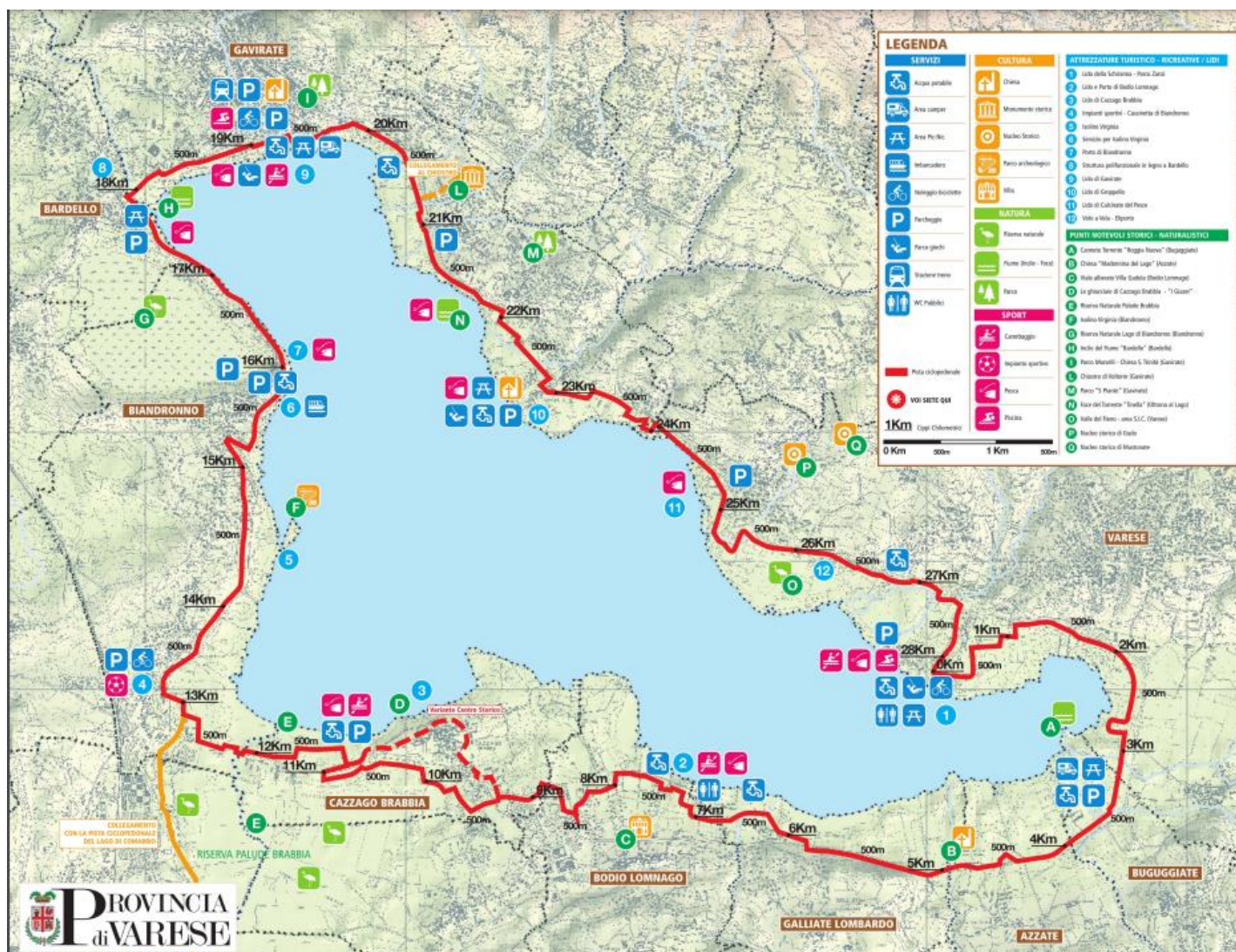
Nel punto di massima profondità è stata installata una boa che, grazie a una serie di sensori, effettua misure con elevata frequenza temporale. Inoltre, ogni mese viene effettuato un monitoraggio di oltre 50 parametri. Come ulteriore controllo del lago è attivo il monitoraggio tramite telerilevamento da satellite.

DO YOU KNOW YOUR LAKE?

<b>ALGAL BLOOMS</b>	<p>They consist in a rapid proliferation of photosynthetic algae in a short period of time (in 2021 two important blooms were observed in the period september-december).</p> <p>They are not normally dangerous to human health.</p> <p>They are natural biological processes that take place in the lake.</p> <p>They can be dangerous when they are green-blue because they consist of cyanobacteria.</p>
<b>STATE OF HEALTH</b>	<p>Currently the lake is classified in sufficient ecological status.</p> <p>There are no significant problems of pollution from water by pollutants such as metals, parasites, antibiotics.</p> <p>Over time have been adopted by the province and the region of improvement activities.</p>
<b>BATHING</b>	<p>Monthly monitoring is carried out on 5 different points of the lake. In the last 3 years, there have been no problems related to the quality of the water for bathing.</p>
<b>LEVEL OF LAKE TROPHIES</b>	<p>In the last 3 years the concentration of phosphorus, in addition to carbon and nitrogen has decreased within the waters of the lake.</p> <p>In summer, however, there are high levels of eutrophy due to the large amount of nutrients present and the lack of oxygen, thus causing the production of substances harmful to aquatic organisms.</p>
<b>MONITORING</b>	<p>Lake Varese is one of the most monitored lakes in Italy and Europe. At the deepest point, frequent monitoring is carried out through a series of sensors.</p> <p>More than 50 parameters are monitored every month.</p> <p>There is also frequent monitoring by satellite remote sensing.</p>

This is the updated map of Varese Lake and the services that it's possible to find close to it (<https://www.arpalombardia.it/temi-ambientali/acqua/acque-superficiali/qualita/laghi/> & [https://www.regione.lombardia.it/wps/wcm/connect/7f9bd28e-f1da-4ba8-942c-d7329414b358/Lago+Varese\\_Mappa+pista+ciclabile.pdf?MOD=AJPERES&CACHEID=ROOTWOR KSPACE-7f9bd28e-f1da-4ba8-942c-d7329414b358-o5t5f.p](https://www.regione.lombardia.it/wps/wcm/connect/7f9bd28e-f1da-4ba8-942c-d7329414b358/Lago+Varese_Mappa+pista+ciclabile.pdf?MOD=AJPERES&CACHEID=ROOTWOR KSPACE-7f9bd28e-f1da-4ba8-942c-d7329414b358-o5t5f.p)) :





Making a focus on the event site, it's possible to see :

drinking water





This useful information will be shared with all Teams, guests and spectators.

As we already underlined, during the event will be available a Bio detergent for washing boats.

toilets management-> Consider dry mobile toilets or toilets with sewage tanks/ connecting toilet trailers with sewage disposal systems in place. Percentage of toilets that are NOT chemical toilets. IN ATTESA DI INFORMAZIONI

Shower management -> showers against water waste

FOTO DA INSERIRE

The disturbance to natural environment will be avoided.



No smoking rule in the park, in the stands, in the club



#### 4.7 Social Responsibility

The Organizing Committee workforce and volunteers' recruitment strategy:

All volunteers are divided into 5 different groups and each group has a responsible person

MANAGEMENT OF BOATS AND WHARVES

AWARD MANAGEMENT

BOAT MANAGEMENT

BOAT MANAGEMENT

## BAR

To recruit all volunteers the Organizing Committee has a specific person that manage the following strategy:

- The local school office has been involved, submitting to the teachers of reference a format to make their students available according to their skills and competences (to date about 165 underage students have joined).
- In addition, a search campaign was made through the press, social media (Official Web site <https://vareserowing.com/volunteers/> , Instagram, Facebook, Whatsapp etc.) and word-of-mouth (to date about 80 people have joined).



## general information

Get on board for the **World Rowing Cup I** as Volunteers and you will live an incredible and unforgettable experience in an international environment 🌍

Participating as a Volunteer is very simple, if you are already 15 years old, fill out the form at this link 📄 <https://bit.ly/3wzCoLO> and you're done!



The event has been published and it will still published by: Profile Instagram VARESEROWING, Official website <https://vareserowing.com/>, press conference, local newspaper and local digital news website VARESE NEWS <https://www.varesenews.it/2022/08/mondiali-canottaggio-2024-2026-varese-ci-crede/1489336/>

## SUSTAINABILITY PLAN -DO-CHECK-ACT CHECK LIST FOR USE DURING THE EVENT

DATE:	
EVENT DAY:	
TIME PERIOD FROM:	TO:
PERSON RESPONSIBLE:	

	DESCRIPTION	YES	NO	COMMENTS
<b>1</b>	<b>ENVIRONMENT PROTECTION - CLEANING - WASTE MANAGEMENT</b>			
1.1	Do you observe the presence of rubbish on the ground? Record the corrective actions taken.			
1.2	Is there floating waste observed in the water body? If yes, are there corrective actions taken?			
1.3	Do you observe any liquid fuels leakage incidents in the ground or in the water? Record the corrective actions taken.			
1.4	Is management of chemicals and fuels performed according to the safety regulations?			
1.5	Is the number of waste bins adequate? If no, are there corrective actions taken?			
1.6	Is the waste management and recycling system signage adequate and properly placed? Do you believe that waste separation signage is comprehensive enough (by athletes, staff, spectators)? Are there any alternatives?			
1.7	Are waste bins emptied according to the operational plan?			
1.8	Is the main waste compound kept in a clean and odourless condition? Can you detect any discharges from waste bins, containers or waste storage areas? If yes, suggest corrective actions.			

1.9	Is the medical waste management procedure followed according to the operation plan?			They will be entrusted to the Red Cross
<b>2</b>	<b>WATER USAGE</b>			
2.1	Are water taps needlessly left running?			
2.2	Do you observe any leaks in the water mains? If yes, record the functional areas where it was observed.			
2.3	Do you observe any leaks in chemical or sewage connected toilets? If yes, record the functional areas where it was observed.			
2.4	Do you observe any leaks in the lake? If yes, record the functional areas where it was observed.			
2.5	Do you detect unpleasant odour coming from the main drainage system? If yes, record the functional areas where it was observed.			
<b>3</b>	<b>AIR QUALITY MONITORING – NOISE MONITORING</b>			
3.1	Can you detect any visible air pollution incidents (i.e. gas emissions) originating from cleaning materials, fuels or dust?			
3.2	Can you detect excessive air emissions from car, bus or boat engines?			
<b>4.</b>	<b>MAINTENANCE OF GREEN AREAS</b>			
4.1	Are there green areas that need remediation? If yes, report the conditions and the corrective actions needed to be taken.			
<b>5</b>	<b>ENERGY</b>			
5.1	Are general use lights switched on during daytime?			
5.2	Is electronic equipment needlessly switched on? If yes, record the functional areas where it was observed.			