

# Be water kind

Protect the marine environment from pollution so everyone can enjoy time on the water

## Suitable for all

**A** great way to prepare young people for water activities like sailing, kayaking and white-water rafting is to consider how you can minimise your impact on the environment while still having fun. Here are some tips for planning your activities and the things you might do alongside them either at a beach, river, canal, other waterway or watersports centre.

## How to protect our oceans and waterways

- 1** If you are bringing a packed lunch put it in a reusable box or cool bag. Avoid carrier bags that might blow away.
- 2** Use surf boards and wetsuits made with eco-friendly, natural and recycled materials.
- 3** Don't drop litter on beaches or beside rivers, particularly plastic which is a huge problem for our oceans. Bring bags with you to collect everyone's rubbish and take it away, recycling as much as possible.

**4** If you make a campfire or have a barbecue after your water activities, only burn wood or charcoal, and make sure you put your fire out properly. Bring your own reusable plates and cutlery instead of buying disposable ones.

**5** Take part in a beach clean, or get involved in cleaning up your local waterways. Or organise your own, alongside your water activities.

## Badge



Royal Navy partners the Time on the Water Staged Activity Badge

## Partner



## Outcomes

While these tips do not contribute directly to the Time on the Water Staged Activity Badge, young people will be prepared to minimise their environmental impact when they take part in water activities while working towards their badge. Share the information on this page so they understand how the Royal Navy helps to look after the environment.

## More information

For more resources and adventurous activity ideas visit: [scouts.org.uk/findanactivity](http://scouts.org.uk/findanactivity). To learn more about the Royal Navy and to find more resources, go to [scouts.org.uk/royalnavy](http://scouts.org.uk/royalnavy).



Reusable plastic cup

## Saving our seas

The Royal Navy has an important role defending the UK but also has a responsibility to the environment. Everything from the design of its ships to where they sail and what they do in marine conservation areas is carefully planned. The Royal Navy works with conservation organisations to ensure it follows the rules to protect ecosystems and sealife. Find out more: [royalnavy.mod.uk/environmental-protection](http://royalnavy.mod.uk/environmental-protection).