



EAU LA LA !!!

WATER YOU DOING?



ECO-TIPS
FOR SEA AND SHORE!

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**Guingamp
Paimpol**
AGGLOMERATION


PAYS de GUINGAMP
BRO WINGAMP

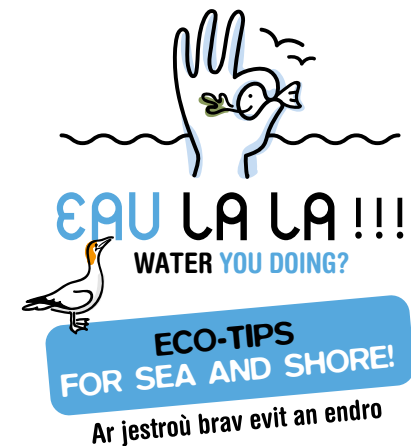
 **Lannion-Trégor**
COMMUNAUTÉ
Lannion-Trégor Kumuniezh


SAGE
Baie de Lannion


SAGE
RÉGION BRETAGNE
G.B. O.


NATURA 2000

**AGENCE FRANÇAISE
POUR LA BIODIVERSITÉ**
ÉTABLISSEMENT PUBLIC DE L'ÉTAT



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From Plestin-les-Grèves to Plouha, at sea or on shore, our environment is truly exceptional.

The outstanding biodiversity of these coastal areas has been recognised at a European level and identified as **Natura 2000** areas. Natura 2000 area managers apply measures to encourage the conservation of these natural environments and species of European interest.

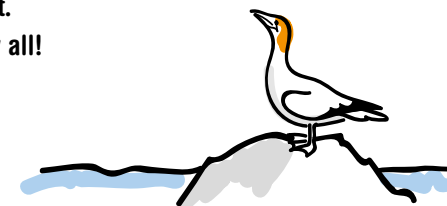
SAGE schemes (water management and development) are planning tools used to improve the quality of water and aquatic environments.

This document was created as part of a close partnership between three **Natura 2000** local council management structures and **SAGE** sponsors: Lannion-Trégor Communauté, Guingamp-Paimpol Agglomération and the Pôle d'Equilibre Territorial et Rural du Pays de Guingamp. The **French Agency for Biodiversity** provided funding for this project.

It brings together a wide range of
ECO-TIPS FOR SEA AND SHORE
destined to protect the marine environment.
These individual actions can be applied by all!

Enjoy Brittany's coastline!

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BIRD WATCHING, MARINE MAMMAL SPOTTING

[THE ART OF DISCRETION]



WHAT DOES IT MEAN?

Our coastline is made up of Marine Protected Areas (Natura 2000 sites and nature reserves) which are renowned for their ecological importance.

Birds nest along the coastline and on small islands from January to August. In the winter, numerous species forage for food, mainly in bays and estuaries.

Marine mammals are present all year round: grey seal, common dolphin, harbour porpoise.

WATER YOU DOING?

In order for the rich biodiversity to be enjoyed by future generations, **do not disturb!**

Risks:

trampling, abandonment of nests, stress, depopulation, etc.

THE LAW SAYS...

Access to the Sept-Iles nature reserve foreshore and islands is regulated.

Dogs must be kept on a lead on most natural areas and beaches.



ECO-TIPS FOR SEA AND SHORE!

Wildlife must be silently observed from a distance.

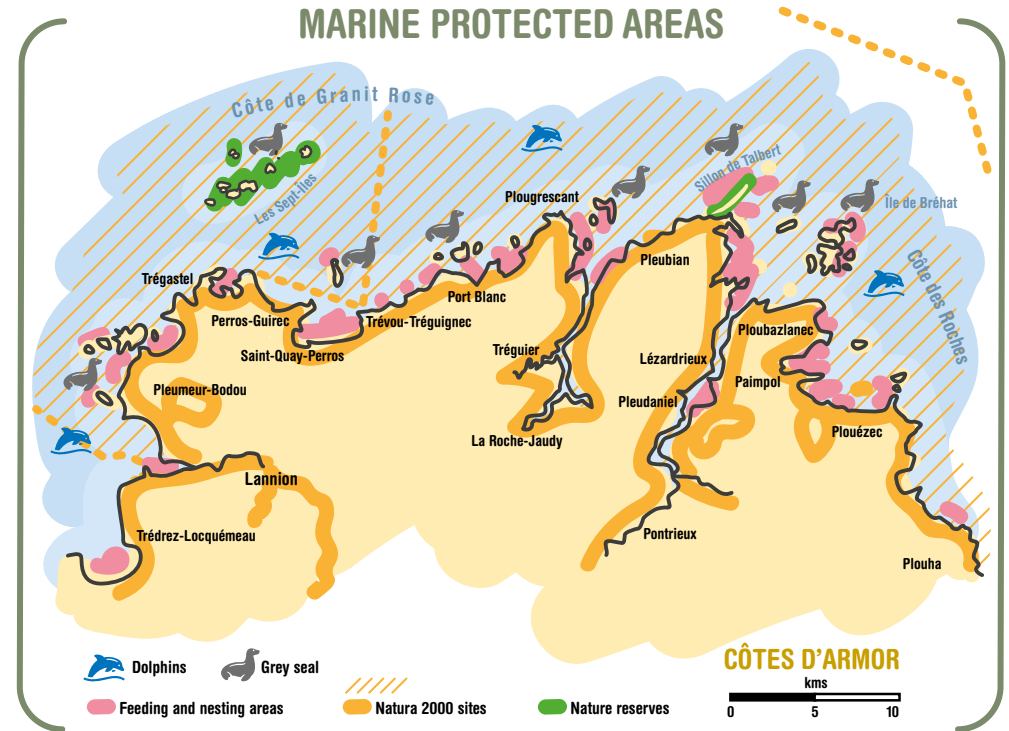
Do not land on small islands during breeding season (beginning January - end August).

Do not allow dogs to run on foreshores and natural coastal areas.

Do not follow mammals when out at sea.

Be attentive to animals' behaviour.

MARINE PROTECTED AREAS



Grey seal
"I'm a swimmer, not an acrobat!"
I'm not safe when I'm onland.



Birds
Birds flying and squawking onland and at sea may be a sign of distress.

Handy tip



Improve species awareness by reporting what you see.
www.obsenmer.org

For more information



Enjoy water sports whilst respecting fragile natural environments.
www.c-monspot.fr

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ANTI-FOULING

[NO FOOLING ABOUT!]



WHAT DOES IT MEAN?

Renewing your anti-fouling : = sandblasting, stripping, high-pressure cleaning, scraping and painting operations for boats.

Anti-fouling paint prevents marine life from attaching itself to boat hulls.



WATER YOU DOING?

Pollution risks for coastal waters and marine sediments.

Anti-fouling paint contains polluting substances such as heavy metals (copper) and biocides (which kill lifeforms) like diuron.



1 m² of antifouling paint pollutes 150,000m³ of water



THE LAW SAYS

In order to reduce pollution risks and preserve water and aquatic environment quality, **scraping and scrubbing operations on a boat are prohibited unless carried out in specific dedicated maintenance facilities.**

It is, therefore, **mandatory** to carry out (or have a professional carry out) scraping and scrubbing operations in areas where wash down residues are collected and properly disposed of. These areas are equipped with treatment methods which trap pollutants before they are emptied into the sea, or natural environments.



EAU LA LA!!!
WATER YOU DOING?

ECO-TIPS FOR SEA AND SHORE!

Remove anti-fouling paint in areas equipped with an effluent collection and treatment system.

Find out about alternatives to antifouling paint.

Avoid antifouling paint for boats which are only at sea during the day.

Dispose of all paint debris and equipment in a local recycling centre.

Avoid wasting drinking water by using it to rinse off boats.

ANTI-FOULING

[CLEAN UP YOUR ACT!]

Where is anti-fouling permitted?

Find antifouling areas equipped with an effluent collection and treatment systems on the Côtes d'Armor regional government website

www.cotes-darmor.gouv.fr

Anti-fouling section



Useful information

Anti-fouling paint is not necessary in dry stacks or for day-use only boats (and it's cheaper!)

For more information



Alternative techniques to anti-fouling paints



FIND A BALANCE BETWEEN PROTECTING THE ENVIRONMENT

(pouring salting-out and antifouling residues into the sea, etc.), **PUBLIC HEALTH** (carcinogenic substances and allergens, etc.),

COST and EFFICIENCY IN TERMS OF A BOAT'S CHARACTERISTICS.

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BLACKWATER AND GREYWATER

[WATER, WATER, EVERYWHERE]



WHAT DOES IT MEAN?

Blackwater

is toilet water, it often contains bacteria and viruses, etc.

Greywater

is the water from washing-up, showers and boat washing. It contains soap and detergents.

WATER YOU DOING?

COASTAL AREAS NEED PROTECTION

Untreated sewage from boats can spread gastroenteritis, contaminate shellfish beds and bathing water.

THE LAW SAYS...

Decree of 11th May, 2010, on the "International Convention for the Prevention of Pollution from Ships": the discharge of waste water (black, grey and bilge) into the sea is strictly prohibited in ports and within three nautical miles of the nearest land.



EAU LA LA!!!
WATER YOU DOING?

ECO-TIPS FOR SEA AND SHORE!

ON LAND

Use shoreside facilities.

If you have a holding tank use a pump-out facility.

AT SEA

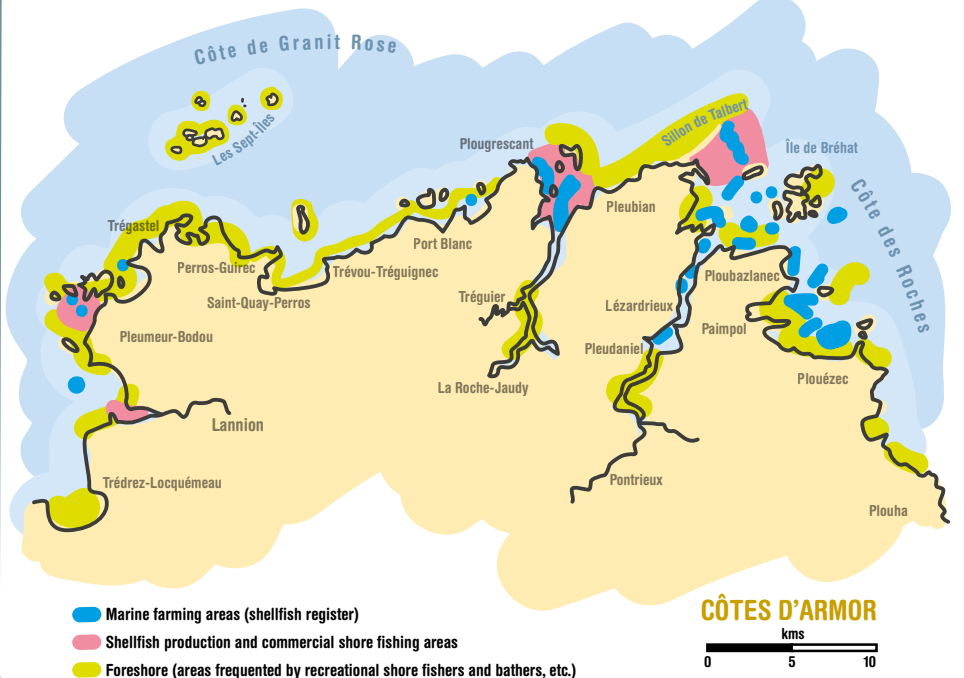
Do not flush beside coasts and environmentally sensitive areas (e.g. oyster parks).

Refer to the map opposite

ONBOARD

Use environmentally friendly cleaning products. Use on-shore dishwashing amenities.

AREAS WHICH NEED PROTECTION FROM BACTERIOLOGICAL POLLUTION



Useful information

Legislation stipulates that boats sold after 2008 with onboard toilets must be equipped with retention tanks or blackwater treatment units.

For more information

To date, Perros-Guirec, Tréguier and Paimpol ports are equipped with pump out facilities. Discussions are currently underway for new equipment in Brittany.



Wastewater and bilge water pump-out system for boats at Paimpol Port.

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WASTE MANAGEMENT

[NO TIME TO WASTE - SORT IT OUT!]



WHAT DOES IT MEAN?

A waste product is a substance or object which has been abandoned by its owner.

WATER YOU DOING?

Discharging pollutants, waste and plastic, etc. into the marine environment is harmful to both biodiversity and public health.

THE LAW SAYS...

In accordance with Article L.541-2 of the French Environmental Code, any person who produces or owns waste must ensure it is properly disposed of, in compliance with current legislation.

Persons who produce or own waste are responsible for their waste until it is destroyed or recycled.



EAU LA LA!!!

WATER YOU DOING?

ECO-TIPS FOR SEA AND SHORE!

AT SEA

Sort waste and bring it back to land.

Ensure waste does not blow away in the wind.

Use re-usable containers (crockery, baskets, pocket ashtrays, etc.)

ON LAND

Use:

"ECOPOINTS"

for household and recyclable waste (glass, cardboard and plastic, etc.).

WASTE COLLECTION CENTRES

for specific waste (oil drums, paint, etc.).

Go to a hardware store for information on how to dispose of used distress signals.

WASTE MANAGEMENT

[NO TIME TO WASTE - SORT IT OUT!]



Some waste kills marine species (discharge of toxic substances, ingestion of indigestible materials, entanglement, etc.).



Unused boats – dismantling free of charge. Further information available here www.recyclermontbateau.fr

Useful information

Waste products have a long lifespan in terms of the sea's breakdown capacity.

Several examples :



1 month



1-50 years



10-30 years



600 years



When in doubt as to waste sorting, contact the local council.

Do not dispose waste in commercial fishing skips.

For more information

www.ademe.fr
"What to do with waste" section

Find out about local initiatives, especially those organised by boating organisations.

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MOORINGS AND SEAGRASS BEDS

[ANCHORS AWEIGH]



WHAT DOES IT MEAN?

Seagrasses are marine flowering plants. These underwater meadows are covered by the sea at high tide and exposed at low tide.

Numerous species, including fish, crustaceans and birds, find rest, food and shelter here.

The soil is protected and the seagrass roots fix the sediments.

WATER YOU DOING?

Seagrass beds change over time and space and are subject to a range of natural, and human, factors.

Boat mooring greatly impacts seagrass beds: chains may rake seabeds and anchors can tear off leaves and roots.



ECO-TIPS FOR SEA AND SHORE!

Avoid mooring.

Choose to moor on buoys where they are available.

If necessary, moor on clear, sandy areas (not seagrass beds).

Do not trample on seagrass.

THE LAW SAYS...

In Brittany, recreational shore fishing (shellfish, sea urchins, marine worms) is prohibited in seagrass beds (by county order, 21/10/2013).

KNOW YOUR EELGRASS BEDS



There are two species of eelgrass along the Brittany coastline: dwarf eelgrass on muddy foreshores and common eelgrass in shallow, sandy areas.



Area damaged by mooring

Useful information

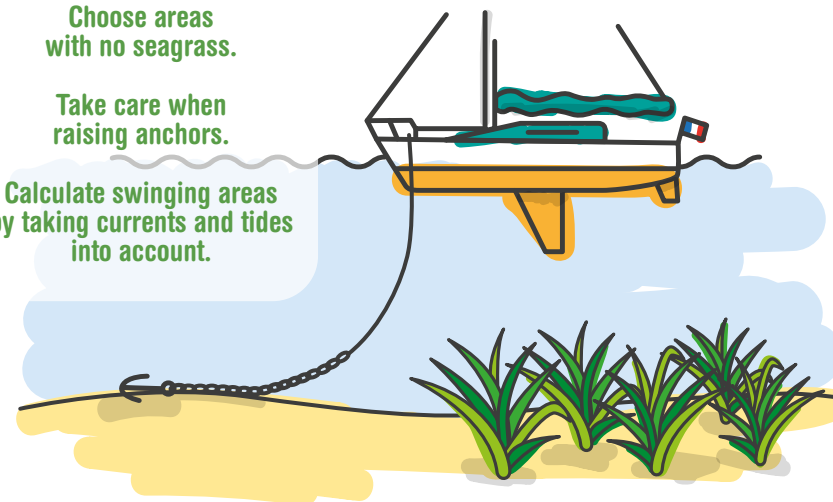
Eelgrass beds grow in bays and estuaries, areas which are also favoured by boat owners.

WHEN MOORING

Choose areas with no seagrass.

Take care when raising anchors.

Calculate swinging areas by taking currents and tides into account.



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FISHING

[SMART FISHING]



WHAT DOES IT MEAN?

Our coastline provides many fishing opportunities: coastal, shore and underwater fishing!



WATER YOU DOING?

A wide range of marine resources live in our coastal environments: shells, seaweed, shellfish and fish.

By protecting the natural environment, these resources are preserved and the species have enough time to breed.



THE LAW SAYS...

Legislation provides for the minimum landing size, amount, tools, equipment (onboard), authorised harvesting seasons, and also environmentally sensitive areas (regulated fishing in seagrass beds, replacing upturned stones in their original place).

Some areas are temporarily or permanently prohibited and are not recommended for access due to health and safety reasons, or because they are ports, or because of marine farming, etc.

To avoid illegal commerce, certain species must be marked by cutting off the lower part of the caudal fin, regardless of the type of recreational fishing (on foot, shore, underwater or onboard).



EAU LA LA!!!

WATER YOU DOING?

ECO-TIPS FOR SEA AND SHORE!

Be aware of current legislation (regularly updated).

Use measuring tools to check catch sizes.

Return egg-bearing females to the sea.

Respect environmentally sensitive areas.

Only fish the amount needed for immediate personal consumption.

FISHING

[SMART FISHING]



An upturned rock which is not replaced loses 30% of its biodiversity and takes around three years to make up the loss.



Fishing the authorised size of species means that species are naturally renewed and resources are protected.

For more information



Fish responsibly by finding out everything there is to know about good fishing practices, legislation and species.

www.pecheapied-loisir.fr

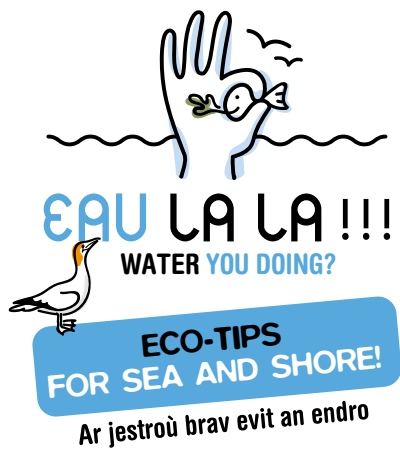
Shore fishing water quality
www.pecheapied-responsable.fr

Legislation
www.cotes-darmor.gouv.fr
"Recreational fishing" section



Some species are protected. For example, it is prohibited to fish porbeagle sharks as they are an endangered species!

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