"Example is not the main thing in influencing others,
it is the only thing." - Albert Schweitzer

YMCA CAMP SURF iCARE PLAN

Waste Reduction & Environmental Stewardship

*i*nterrelationships
Cycles
Awareness/Appreciation/Action
Resources
Energy

Strategy:
To implement practices throughout the facility to reduce consumption of natural resources, minimize production of waste materials, and promote sustainable environmental stewardship.

Steps:

- ⇒ **All departments** are involved in setting up systems and implementing the plan.
- ⇒ **Bringing new information**, technology, and ideas to the group is everyone's responsibility.
- ⇒ **Create a culture** that values and is committed to waste reduction & environmental stewardship.
- ⇒ **Develop the plan** on a continual basis and update at least once every year.
- ⇒ **Educate staff & participants** about iCARE practices, including ideas to implement at home.

*I*nterrelationships

Plants & animals live in communities that meet their special needs, and are connected through a "web of life".

Compost

Goal: Utilize and interpret a system for composting (kitchen prep and guest food waste) to connect food production, transport, consumption, and waste with the environment.

Background information:
All food can be composted but we will not be actively composting meat and milk products due to the smell and ability to attract animals. We compost:

FRUITS	EGGS & EGGSHELLS	BREAD & BAKED PRODUCTS
NAPKINS	RICE & PASTA (cooked or raw)	TEA BAGS & COFFEE GROUNDS
VEGETABLES	LANDSCAPING CLIPPINGS	ASHES FROM CAMPFIRE RINGS

**NO meat, cheese, bones, or oil*

General Camp Areas
1. Plant trimmings from around camp can be added to compost (not weeds). Weeds, iceplant, and large cuttings are piled in day camp parking area to dry out before removal. ✔
2. Cuttings are brought to DC parking and turned to create landscaping compost. ✔

Kitchen
1. There will be a composting can with a lid to use for kitchen composting. ✔
2. Food prep scraps go into compost can, compost separated front of house. ✔
3. Salad prep scraps go into a separate compost can for the compost demo area, vermi-composting (worm) bins, and chicken food ✔
4. Serve some vegetarian meals (healthier, smaller carbon footprint). ✔

Maintenance
1. Will use the tractor to turn/move compost and bring dirt to areas for landscaping. ✔
2. Staff will take all compost out to the compost pile in the gator after lunch each day. ✔

3. Compost cans are emptied onto pile and then covered with dirt and straw (and watered as needed). ✔

Office

1. When food is eaten in the office, appropriate items will be taken to compost bins or worm bin behind crafts. ✔

Program

1. Meal clean-ups include instruction/ monitoring for compost. There is a sign to identify what is compost.
2. Compostable food left on plates and serving dishes go into compost buckets during clean-up. ✔
3. Staff interprets the composting cycle to guests (ie. new soil, saved landfill space, conservation of resources, used for landscaping, etc.) ✔
4. Visit compost demo area during OE and summer camp. Tie into carbon cycle and food consumption. ✔
5. Separate compost on trips out of camp and bring back compostable items! ✔

Cycles The building materials of life (carbon, nitrogen, water, soil) are used & renewed over and over again.

Reducing/Recycling Plan

Goal: Reduce or eliminate the amount of waste where possible, and have user-friendly systems for guests and staff to be able to maximize the amount and variety of materials recycled. Utilize CA redemption materials to subsidize any waste reduction costs.

General Camp Areas

1. Provide clear signage and explanations of what we recycle and what needs to go to the landfill. ✔
2. Make sure that there is a recycling can next to every waste can.
3. Add a public outlet for recycling paper somewhere near the camp store.
4. Maintenance empties both recycling and waste containers in camp. Garbage containers have plastic liners, recycling containers have reusable/washable liners (to reduce use of plastic bags) ✔
5. Recycling containers are separated into mixed materials (plastic, glass, aluminum, bi-metal, etc.) and paper/cardboard. ✔
6. Install a filtered chilled water bottle filler/counter in center camp

Kitchen

1. Purchase milk dispenser to reduce packaging waste ✔
2. Clean cardboard boxes are broken down when emptied and stacked inside back door of kitchen. ✔
3. Bi-metal cans are rinsed, both ends removed, collapsed and placed in bin for mixed materials. Rinsed ends are placed into labeled #10 can. When can is full of lids the whole thing goes into the mixed materials bin. (**Safety**: can lids are dangerous to handle, do not place them directly into bin!) ✔
4. Plastic milk containers are collapsed and placed in bin for mixed materials. ✔
5. Glass jars, plastic #1-7 containers, and bi-metal cans are rinsed and placed in mixed material bin. ✔
5. Kitchen recycling and cardboard cart are emptied with trash into the recycling dumpsters. ✔

NOTE: only clean materials can be recycled. Contaminated cardboard/aluminum sent to the landfill.

5. No disposables - cloth napkins for meals, mugs instead of paper cups, etc. ✔

Maintenance

1. Use recycling opportunities for building materials and tools (lights, copper, etc.) ✔
2. Plan all building to minimize waste. Use leftover materials wherever possible. ✔
3. Place wood scraps (non-toxic) in wood storage area to use for kindling instead of sending to landfill ✔
4. Purchase non-toxic alternatives for products where available and dispose of toxic products safely (pesticides, herbicides, cleaning products). ✔
5~~. Purchase recyclable fluorescent lights and return in case when used.~~ ✔ Switch to LED lights (long life)
6. Provide collection site for used batteries and recycle them. ✔

Offices

1. All offices have paper/cardboard and container recycling receptacles. Maintenance to empty. ✔
2. Materials will be reused/reduced wherever possible (print on both sides of paper for multiple page documents, reuse single side paper for in house copies, reuse file folders, etc.) ✔
3~~. By-pass tray in the copier actively employed to reuse paper for in-house documents~~. (no tray, on side)
4. Decrease width of paper margins on documents to use less paper when printing.
5. Recycled products will be purchased (paper, file folders, post-it's, pencils, etc.) ✔
6. All paper will be recycled or reused when disposed of ✔

7. Develop paperless systems (utilize Y SharePoint intranet system) wherever possible. Use SharePoint for group reservations and calendar system. ✔
8. Incoming faxes sent to an email address so we only print what we need to ✔

Program

1. Materials (planning guides, flyers, website) will include information about recycling and stewardship.
2. Orientations will include information on recycling and resource management for guests ✔
3. During W, F, and Sun cleaning, check to insure that recycling and trash containers are available at all cabins, beach sites, and program areas. Notify maintenance of any needed replacements. ✔
4. Staff will separate and recycle personal materials from rooms/houses, and place in appropriate bins ✔
5. Staff will educate and set a positive example for recycling and resource conservation for all guests. ✔
6. Provide container to recycle old technology (cell phones, chargers, printer cartridges, etc) ✔

Store

1. Packaging materials will be considered when deciding what products to sell in the camp store. ✔
2. Products contained in plastic should be #1 or #2 plastic.
3. Offer Fair trade certified products for sale (✔) and interpret what that means,
3. Offer only reusable BPA-free water bottles to sell (✔). GOAL - Stop selling bottled water

Awareness/Appreciation/Action

Awareness leads to appreciation, which leads to action. We care about what we understand, and knowledge allows us to make informed decisions which positively affect our family, community, and our nation.

Purchasing

Goal: Explore purchasing options and show preference towards the purchase and utilization of environmentally friendly products. When building or replacing facilities, re-use materials or purchase recycled, non-toxic, recyclable, and sustainable products wherever feasible. Other factors such as carbon footprints, product certification, (organic, FSC, fair trade, etc), and environmental and social justice issues should be researched and considered.

General Camp Areas

1. Purchasing will focus on products that are made within a 500 mile radius to reduce the impact of shipping on the environment (i.e. to reduce our "carbon footprint")
2. Where possible purchase items made locally to reduce fuel use.
3. Combine orders and trips to stores to save on fuel and fuel emissions. ✔

Kitchen

1. Purchase Fair Trade, organic, and shade grown certified coffee ✔
2. Look for Fair Trade certified tea, fruit, and cocoa products
3. Purchase local then organic whenever feasible
4. Purchase mugs to eliminate disposable paper cups (even on weekends!) ✔
5. Purchase Green dish soap and Laundry soap (biodegradable, bio-renewable, cruelty free, etc.) ✔

Maintenance

1. Buy appliances rated with high energy efficiency (water heater, stove, refrigerator, HVAC, etc.) ✔

Program

1. Encourage donations of mugs and educate participants to bring their own hot beverage cups ✔
2. Take cloth bags to stores on errands. Avoid disposable shopping bags!
3. Camp and the staff lounge is a "styrofoam-free zone" for staff. ✔
4. Research becoming a Fair Trade Certified camp.

Store

1. Develop system to encourage healthy choices (✔)and offer local products where possible
2. Sell coffee cups for guests to purchase and use. ✔
3. Sell Fair Trade/Organic coffee (one pound bags)
4. Sell books to educate guests (Better World Shopping Guide, Home Composting, Earth 101, etc.)

Facility Development

Goal: Consider structural design & orientation to maximize energy efficiency and preservation of habitat. Reuse materials or use sustainable materials where possible.

Design and Building Orientation

1. Building orientation will optimize natural lighting and sun exposure for passive heating and photovoltaic systems where possible. ✔
2. All windows will be high performance to optimize solar gain and to reduce energy consumption. ✔
3. Incorporate alternative energy sources where possible (solar, passive solar, wind) or build to be able to incorporate at a later date. ✔
4. Plan for minimal disturbance of natural features/vegetation to preserve & enhance habitat value. ✔
5. Skylights built into building to minimize electric lighting needs during the day. (REEF, Office...) ✔
6. Orient structures to capture view & other environmental features that enhance guest experience ✔
7. Provide interpretation or passive educational opportunities for guests
8. Build butterfly gardens with an emphasis on native milkweed for Monarch butterflies.

Materials

The following criteria should be considered when replacing materials or building new structures:

1. YMCA Camp Surf will commit to purchasing at least 50% of all wood products that are Forest Stewardship Council (FSC) certified.
2. Utilize engineered lumber, sheeting and siding to incorporate recycled wood products and laminates. This provides a long lasting product made for strap and cutoffs. Can be used for joists, beams, and sheer siding
3. All lumber will be ordered to avoid excess waste (i.e. by purchasing correct lengths). Use scrap lumber for shims, backing and blocking. ✔
4. At least 50% of decking and walkways to be covered with recycled plastic products such as Trex.
5. On hand materials will be recycled and/or integrated into future projects to encourage re-use. ✔
6. All demolition project materials will be recycled with our local waste hauler EDCO and when feasible materials will be reused at YMCA Camp Surf. ✔
7. Finishes will be chosen that produce the least amount of "off-gassing" to reduce introduction of volatile chemicals into the atmosphere. Use low VOC (volatile off-gassing carcinogens) products.
8. Facilities will be well insulated using products that contain at least 25% recycled material.
9. Use petroleum and plastic free grouts, sealers and solvents whenever possible.
10. Purchase concrete with soda ash content or recycled concrete content ✔
11. Search for reused/donated materials whenever possible (ie used bricks via FreeCycle, etc.) ✔

Resources The decisions we make every day have everlasting consequences.

Water Conservation

Goal: Utilize low-flow technology on showers, toilets, spray nozzles, etc. Use composting toilets and alternative wastewater systems to minimize water usage and utilize grey water. Work with Navy to restore wetlands. Reduce water use and reuse water where possible.

General Camp Areas

1. Develop seasonal watering schedule for lawns, planter boxes, and non-irrigated landscaping ✔
2. Use native plants or plants with low water requirements in landscaping. ✔
3. Avoid watering after rain or if rain is predicted. ✔
5. Work with Navy to restore healthy wetland, propagate native plants, and develop habitat. ✔
6. Remove weeds from wetlands to avoid competition with native plants. ✔

Kitchen

1. Replace dishwasher with more efficient one (✔), always run dishwasher with a full load ✔
2. Plan ahead to thaw products in the walk-in so running water is never used. ✔
3. Use spray nozzle when needed to power wash to avoid water running ✔
4. Channel water from McKinney patio towards native garden. ✔

Maintenance

1. Use low flow showerheads, install dual flush toilets. ✔
2. Replace urinals with waterless urinals.
3. Replace leaky seals as soon as they are reported
4. Gray-water system and mulch beds to handle all waste water from REEF ✔
5. Staff laundry empties into grey-water system ✔
6. Install artificial grass in crafts as test to save water ✔
7. Install on-demand water heaters into buildings as possible ✔
8. Use drip irrigation for landscaping. (Currently use in all plant beds. Lawn still has sprinklers(
9. Replace paper towels with hand dryers in bathrooms ✔

Program

1. Sand candles are brushed off (never use a hose!) ✔
2. Use bucket to dip rinse equipment whenever possible ✔
3. Use spray nozzle on waterfront hose to rinse boards and rinse vehicle on field to water grass ✔
4. Empty stingray water (cooled) into the plants ✔
5. No water carnival indefinitely (until the drought is over). ✔
6. Purchase and use only bio-compatible soap for use in REEF sinks and laundry machines ✔

Energy The sun is the ultimate source of energy.

Energy Conservation

Goal: Implement alternative energy technology such as photovoltaic (solar), wind, and passive heating. Minimize energy use with low-energy lights, appliances, timers, clean equipment and thermostats. Monitor energy use and develop practices to minimize consumption. Shut off appliances, gas, etc. during the winter season.

General Camp Areas

1. Place signs near all light switches to remind people to turn off lights when not in use
2. Use timers for common areas and adjust times monthly to align with season. ✔
3. Turn off non-security night lighting when camp is not in use. ✔
4. Replace all exterior lights with low level dark-sky lights and LED bulbs ✔
5. Find cabin heaters that are safe and energy efficient.

Kitchen

1. Check refrigerator and freezer temperatures daily and keep adjusted at correct temperatures. ✔
2. Store food in refrigerators and freezer to allow for air circulation ✔
3. Make sure that food warmers and ovens are turned off when not needed. ✔

Maintenance

1. Use long-life and energy efficient light bulbs in all camp areas ✔ Replace all CFL with LED
2. Integrate alternative energy (i.e. solar) into the camp energy grid ✔
3. Use solar path lighting where feasible. ✔ We have gone to low level ground lighting for many uses.
4. Existing windows will be replaced with double pane windows as needed. ✔
5. Switching our T-12 to T-8 fluorescent bulbs ✔
6. New appliances will be rated energy efficient (ie REEF washer/dryers) ✔
7. Turn off all gas water heaters in area of camp not being used in slow or off season. ✔
8. Refugium and algae scrubbers incorporated into aquarium filtration system to minimize mechanical filtration needs ✔

Offices

1. Turn off office lights when not in use. ✔
2. Use air conditioners only when necessary for equipment ✔
3. ~~Turn off computers and monitors at night.~~ *IT asked us to just log off.*

Program

1. Turn off heaters and lights in quad rooms, MPR, and cabins when not in use. ✔
2. All laundry will be full loads and use cold temperatures when possible. ✔
3. Aquarium chiller monitored and cleaned for optimal performance. ✔
4. Sound equipment turned off when not in use. ✔

Store

1. Ice cream freezers to be emptied and unplugged during the off-season. ✔
2. Back-up drink refrigerator to be unplugged during off-season. ✔

Putting the "Green" in Responsibility
10 things you can do today

- **Recycle** – Set up systems to make it easy and look for minimal or recyclable packaging to avoid wasting energy and valuable resources. www.earth911.org
- **Bring Your Own Water Bottle** – 2.7 million tons of plastic are used to bottle water each year. That is 1.5 million barrels of oil in America alone… www.container-recycling.org
- **Reusable Shopping Bags** – Americans throw away 100 billion plastic bags each year. Only .06% is recycled….. www.worldwatch.org
- **Buy Locally farmed and raised food** to minimize wasted energy, support the local economy, reduce the amount of CO2 in the atmosphere, and eat healthier. Also buy organic and eat lower on the food chain! www.ewg.org & www.organicconsumers.org
- **Reduce Household Energy Consumption** – Unplug chargers when not in use, turn off lights when you leave the room, get sensors for outdoor lighting, purchase energy star appliances, make sure doors and windows are well insulated, change your air filter, and adjust the thermostat in small increments. www.nrdc.org/air/energy/genergy/easy.asp
- **Cleaning Products** - buy non-petroleum, non-toxic i.e. Seventh Generation, Planet, Simple Green, etc. Use The Better World Shopping Guide www.betterworldshopper.com
- **Buy Things that Last** - Think about the entire life of the products you purchase. ie. How long will it last? Is it recyclable? Can I donate it when I am done? Is it toxic?
- **Buy Fair Trade** coffee, tea, chocolate, etc. to make a true difference in the lives of families all over the world and to promote healthy habitat and biodiversity. www.fairtradeusa.org
- **Support Ocean-Friendly Seafood** – Keep fish populations and the ocean healthy by choosing stainable seafood in restaurants and grocery stores. www.seafoodwatch.org
- **Compact Fluorescent Light Bulbs*** – Changing one bulb will prevent 450 pounds of greenhouses gas emissions which is the equivalent of preventing 200 pounds of coal from being burned. http://www.energystar.gov (*Can be recycled at Home Depot)

Extra Credit (to really make a difference!)

- **Change your bank** and credit cards to benefit social and environmental organizations. Local credit unions support the local economy and also invest locally.
- **Reduce gas consumption** – Follow the speed limit; check your tire pressure. Drive a hybrid, diesel, or smart car. Ride a bike or walk!
- **Eat less meat** – going vegetarian for one day a week to save water and energy
- **Compost** – instead of sending plants to the landfill, turn fruit and veggie scraps and yard clippings back into healthy soil. Use fallen leaves as mulch for your yard and garden.

"You must be the change you want to see in the world. - *Mahandas Ghandi*

Z. Thompson, YMCA Camp Surf 2015

Awareness/ Appreciation/ Action! . . .

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Aluminum

- One recycled aluminum can saves enough electricity to operate a TV for three hours.
- For every 22 aluminum cans we recycle, we save the equivalent in energy of 1 gallon of gasoline.
- Recycling aluminum results in 95% less air pollution, 97% less water pollution, and 95% less energy than producing aluminum from virgin resources.
- 65% of aluminum containers in the US are recycled, yet more than 1 million tons of aluminum cans are thrown away each year.

Coffee

- Over 75 million people in the world are dependent on coffee for their livelihoods.
- By purchasing Fair Trade Certified Coffee (or other FTC products like tea, chocolate, or fruit), your spending choice insures that independent coffee growers are paid a fair price for their beans.
- Buying organic coffee also insures that pesticides are not used – which is better for you, the farmers, the coffee plants, and the environment.
- Shade grown coffee protects wildlife and songbird habitat since it is picked from plants growing under existing forest canopy.

Compost

- Composting is a natural form of recycling, which continually occurs in nature. It is the transformation of organic material (plant matter)through decomposition into a soil-like material with the help of invertebrates (insects and earthworms), and microorganisms (bacteria and fungi).
- One pound of red worms can consume half a pound of food waste every day.
- American throw away 10% of the food they buy. This results in dumping the equivalent of more than 21 million shopping bags full of food into landfill every year.
- In San Diego, 90,000 tons of yard waste goes into land fills. Grass makes up 70% of all yard waste. If grass clippings are short enough, they quickly decompose and saturate soil with nitrogen and carbon.
- Fallen leaves contain 50-80% of the nutrients that a tree extracts from the earth. By composting them, we are helping the earth replenish itself.

Glass

- Recycling a glass bottle saves enough energy to light a 100-watt bulb for 4 hours.
- Glass never wears out - it can be recycled forever.
- We save over a ton of resources for every ton of glass recycled – 1,330 pounds of sand, 433 pounds of soda ash, 433 pounds of limestone and 151 lbs. of feldspar. And use 20% less air pollution and 50% less water pollution.
- The average American uses about 500 pounds of glass each year. It is estimated that Americans throw away more than 11 million tons of glass bottles each year.

Paper

- If every newspaper made in the United States were recycled, 101,000 trees could be saved each day.
- Recycling one ton of paper saves 390 gallons of oil, and 3 cubic yard of landfill space.
- The largest trash component of landfills is paper – particularly newspaper (14% by volume).
- Enough paper is thrown away each year to build a 12 foot wall from California to New York.

Plastic

- Products made from recycled plastic bottles include drainage pipes, fleece, toys carpet, filler for pillows and sleeping bags, and cassette casings.
- If you lined up all the polystyrene foam cups made in just one day, they would circle the earth.
- About 9 billion plastic bottles are produced annually in the US, tow-thirds of which end up in landfills and incinerators.
- When buried, some plastic material may last for 700 years. If the Pilgrims had six-packs, we'd still have the plastic rings from them today.

Wood Products

- When you purchase wood and wood products you can make a choice to purchase wood that has been harvested in a way that does not negatively affect the health of the forest or wildlife habitat.
- Forest Stewardship Council (FSC) certified wood and wood products come have been harvested from forests that meet third party criteria to insure responsible and sustainable forest management.
- You can track any FSC certified lumber or wood product chain of custody back to the forest where it came from, to insure that it came from legal and well managed sources.

(Sources: I Love a Clean San Diego, Fair Trade Federation, Center for Redefining Progress, Forest Stewardship Council)

Z. Thompson, YMCA Camp Surf 2015

PROMISE
Three things I currently do to reduce my environmental footprint.

1.

2.

3.

GOAL
Three more things I will do to make an even bigger impact!

1.

2.

3.


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