



ASOCIACIÓN
DE NAVEGANTES
MEDITERRÁNEO

NAUTICAL COMMITMENT TO MARINE CONSERVATION

The social nautical sector plays a key role in promoting a respectful relationship with the marine environment and in advancing towards better conservation of the sea and its life forms.

Sailing in waters teeming with life and sharing the marine space respectfully are common goals of good sailors like you.

**What can you do
to be a sailor committed
to marine conservation?**



1 HELP SCIENCE AND BIODIVERSITY

Your observations can make a difference.

If you find an injured or entangled animal, do not cut the rope. **Call 112**. Take note of the location and wait for the experts to arrive.

Practise marine citizen science: If you see drift nets, turtles, seabirds, jellyfish, etc., take a photo and upload it to www.observadoresdelmar.es

Sign up for workshops and courses on marine biodiversity. If you know what you are seeing, you will enjoy it more.

2 RESPECT MARINE PROTECTED AREAS

They must be preserved.

When sailing in marine protected areas (natural parks, natural sites, Cabrera National Park, and marine reserves), familiarise yourself with the regulations in advance so that you can adapt your speed, anchoring, and activities. Some activities, such as fishing, require prior authorisation.

For **protected natural areas** ¹ and for each marine reserve, specific details are provided on the **maximum speed allowed (3 or 5 knots)**, restricted or prohibited navigation areas, the obligation to anchor at ecological buoys, the prohibition of motorised navigation in exclusion zones, and time or seasonal restrictions.

3 ANCHOR LIKE A PROFESSIONAL

Anchor away from the coast and on sand.

Do not drop anchor on top of *Posidonia oceanica*; It is a protected marine plant that is extremely valuable for keeping our waters clean and healthy ². You can download apps such as **ProjectePosidonia**, **Donia** or **PosidoniaMaps** to see where to anchor. It only grows 1 cm per year (on average), so imagine how long it takes to regrow what an anchor pulls out! Help protect it.

When anchoring on sand or another suitable seabed, **prevent the anchor from dragging** by letting out enough chain (3 times the depth).

In unmarked swimming areas, respect swimmers by keeping a large safe distance from the shore.

² Decree 25/2018.

4 FISH RESPONSIBLY

Fish with a licence only for what you are actually going to consume; respect sizes, closed seasons, and protected species.

The **2025 recreational fishing book** ³ for the Balearic Islands contains detailed information on what you can fish for and where, as well as good practices and information of interest. There is also the **recreational fishing diary** ⁴, an app from the regional government that provides information on minimum sizes, limited catch species, marine reserves, etc.

Keep up to date with fishing regulations. You can find the official minimum size regulations at bit.ly/ReglaTallasMinimas and at the offices where fishing licences are processed.

Remember, only fish for what you need and practice catch and release. Also, take care of your fishing gear and try not to lose any equipment (you'll save money and protect the sea). In marine reserves, you must declare your catches in the recreational fishing log.

5 CONTROL SPEED AND DISTANCE

Adjust your speed and distance to avoid disturbing marine wildlife, swimmers, and divers.

In unmarked areas, the swimming zone is understood to be **200 meters** from the beach and **50 meters** from the rest of the coast. Respect this distance and reduce your speed to a maximum of **3 knots**. In marked swimming areas, motorised navigation is prohibited, except in authorised access channels, where the speed may not exceed **3 knots** ⁵.

Look out for buoys that indicate where someone is swimming or diving. Do not exceed **3 knots** within a **50-meter** radius of a diving buoy.

In the presence of cetaceans or other protected marine species, reduce your speed to less than **4 knots**, maintain a minimum distance of **60 meters**, and exercise extreme caution up to **300 meters** ⁶.

⁵ Article 73, Royal Decree 876/2014.

⁶ Royal Decree 1727/2007, protection of cetaceans.

6 REDUCE NOISE POLLUTION

Your music and engine noise affect the environment.

Noise pollution can occur on the surface through music or at depth caused by engine noise.

There is nothing better for sea lovers than listening to the sea. If you want to listen to music, do so with respect for others: **turn down the volume or use headphones**.

Underwater noise affects the communication, behaviour, and health of marine wildlife. It is one of the 11 descriptors of Good Environmental Status ⁷. **Regulate your speed**.

⁷ Marine Strategy Framework Directive (2008/56/CE).

7 USE BIODEGRADABLE PRODUCTS

avoid products that are harmful to the marine environment, such as antifouling paint.

When buying products for your boat, such as soaps, paints, greases, etc., make sure they are the least harmful to the sea. **Reduce their use to the minimum necessary**.

Antifouling paint is made from compounds such as copper, arsenic, and other biocides, which are very harmful to the sea. There are other options, such as silicone-based antifouling paints. In summer, you can use a brush while snorkelling

to clean the underwater hull and remove the organisms that attach themselves to it.

Use biodegradable soaps and detergents. Conventional detergents contain surfactants that limit oxygen exchange with the surface.

8 AVOID SPILLING INTO THE SEA

No fuel, bilge water, or sewage.

Ask for the port's wastewater collection system and use it. Bring an adapter so you can use it anywhere.

Have absorbent paper available. A good option in case of accidental spills is to soak kitchen paper with the liquid and then throw it in the bin. Do not throw oil from a tin of mussels into the sea, for example. Soak it up with a napkin or, better still, store it in a container for recycling.

Be careful when filling up with petrol. If the tank overflows, do not let the fuel go into the sea.

9 THROW RUBBISH INTO THE CONTAINER

Separate your waste and do not throw anything into the sea, not even organic matter.

Do not throw anything into the sea: no plastics, no cigarette butts, not even organic matter. We don't eat what fish eat. Furthermore, waste organic matter can cause uncontrolled algae growth, which in turn reduces the light and oxygen available to other species, a phenomenon known as eutrophication.

If possible, collect any waste you see while sailing. If you see a significant accumulation, **call 112**.

Reduce your waste as much as possible and use reusable items. Separate any waste you generate and take it to the appropriate containers in the port. Regulations vary from country to country, so find out in advance.

10 BE AN EXAMPLE, EDUCATE OTHERS, AND SPREAD THE WORD

Share this information:

Share these ten tips with everyone you know who sails.

Be a spokesperson, off the boat, taking advantage of your conversations with fellow sailors to promote marine conservation and respect for the sea.

¹ bit.ly/EspaciosProtegidos

³ bit.ly/LibroPesca

⁴ bit.ly/DiarioPesca