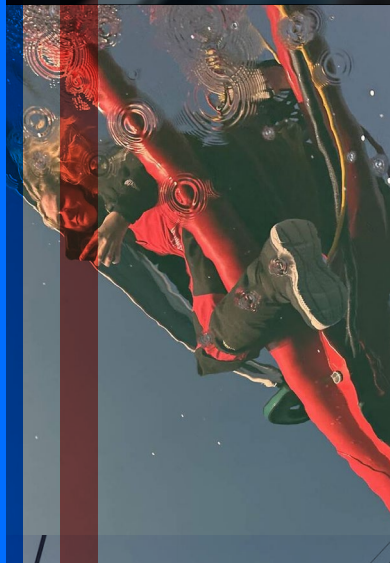
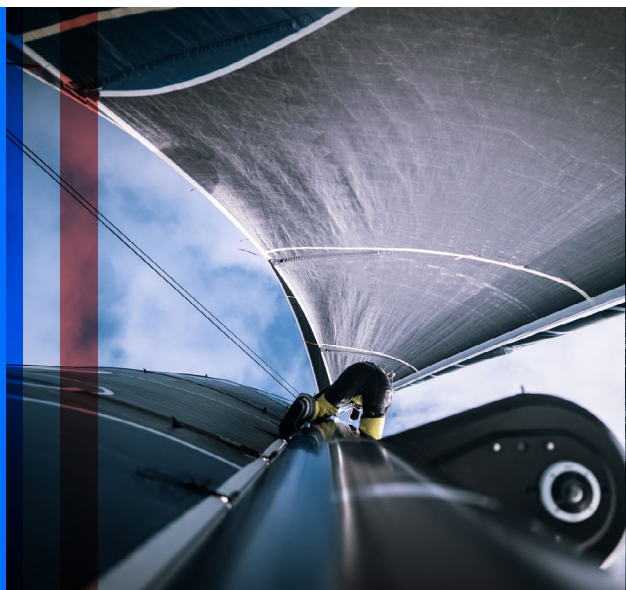
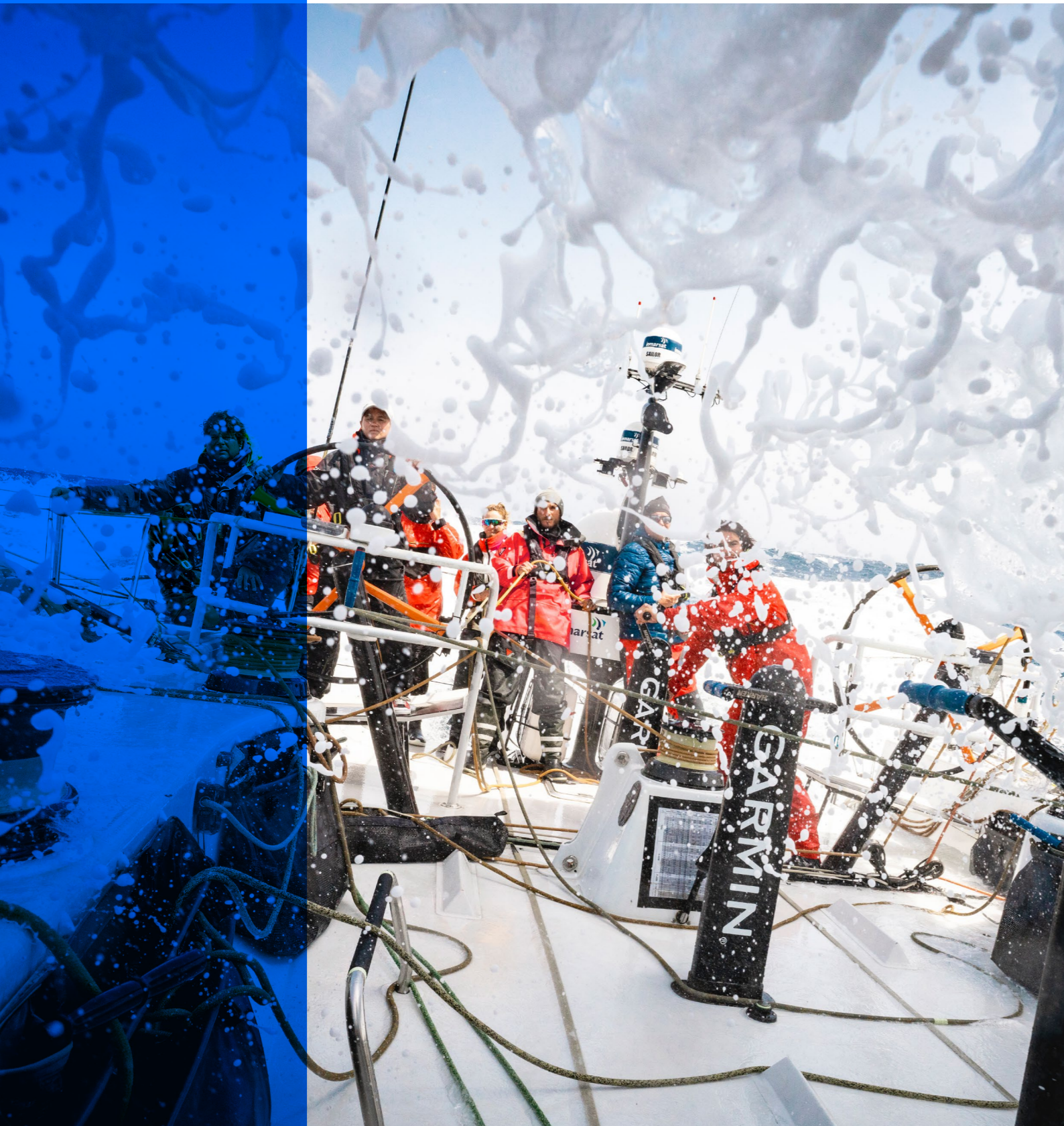


MEET THE TEAMS!

SPECIAL RELEASE





CONTENT

01	All Aboard	04
02	A Home From Home	06
03	Boat Life	08
04	The Ocean Race Legends!	10
05	Meet The Teams!	12
06	Activity 1	16
07	Activity 2	17
08	Activity 3	18

ALL ABOARD!



► The Ocean Race welcomes you on an epic journey across the ocean!

The Ocean Race is one of the toughest and most exciting sailing races in the world. Teams of sailors race around the world, across some of the wildest and most dangerous parts of the ocean.

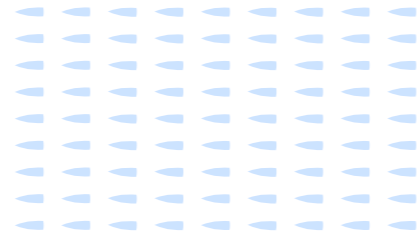
The race is split into different stages, and along the way, the boats stop at various cities around the world so the crews can rest, fix their boats, and take part in events with the public. It's not just about racing — teams also help collect important information about the ocean and climate to support science and raise awareness about protecting our planet. The boats are high-tech and super fast, and the race is a huge test of teamwork, bravery, and endurance.

The Ocean Race is more than a competition — it's a journey that pushes people to their limits while helping to protect the future of the ocean.

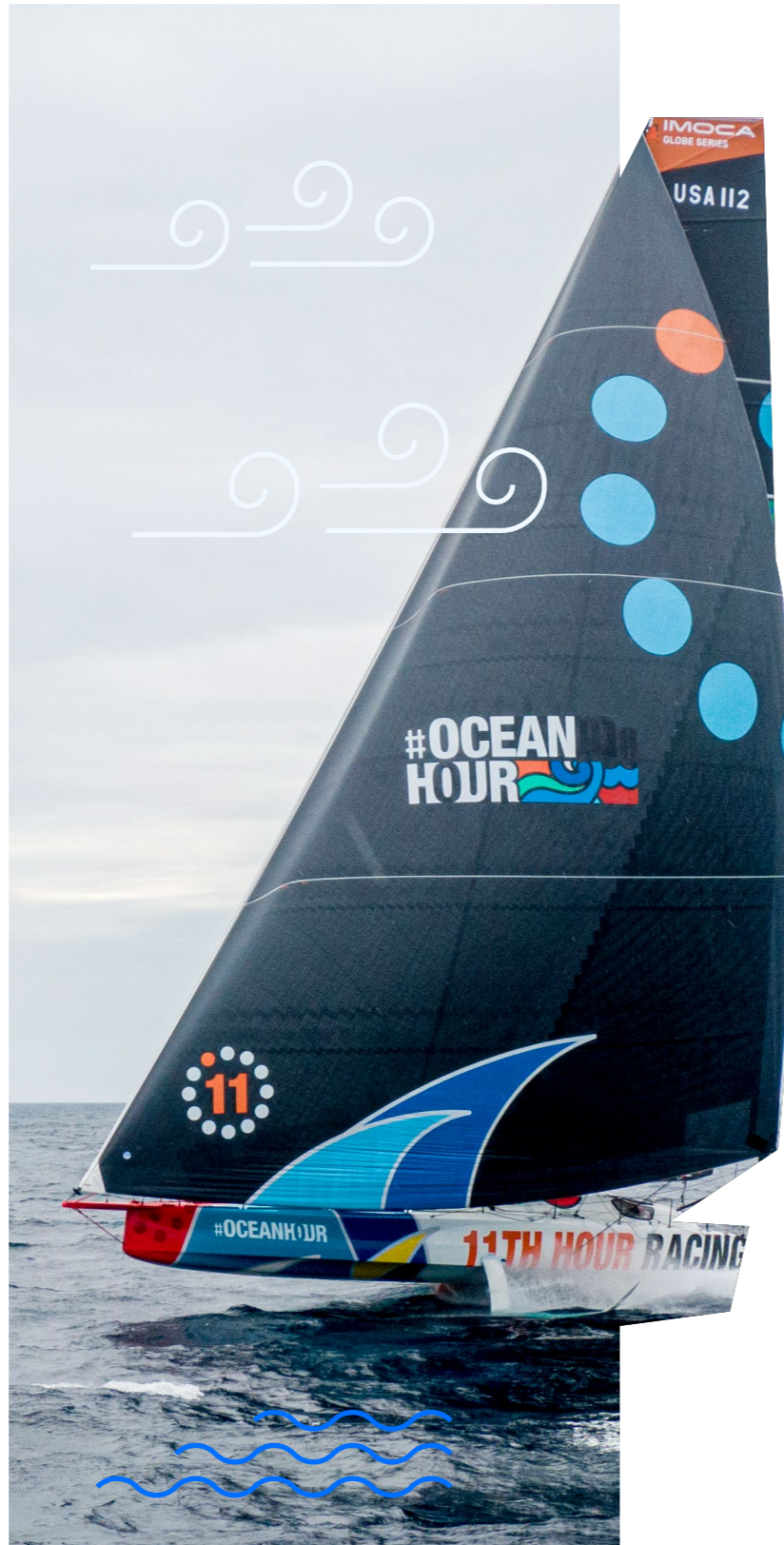
Find out where the Race is going next!
www.theoceanrace.com



A HOME FROM HOME!



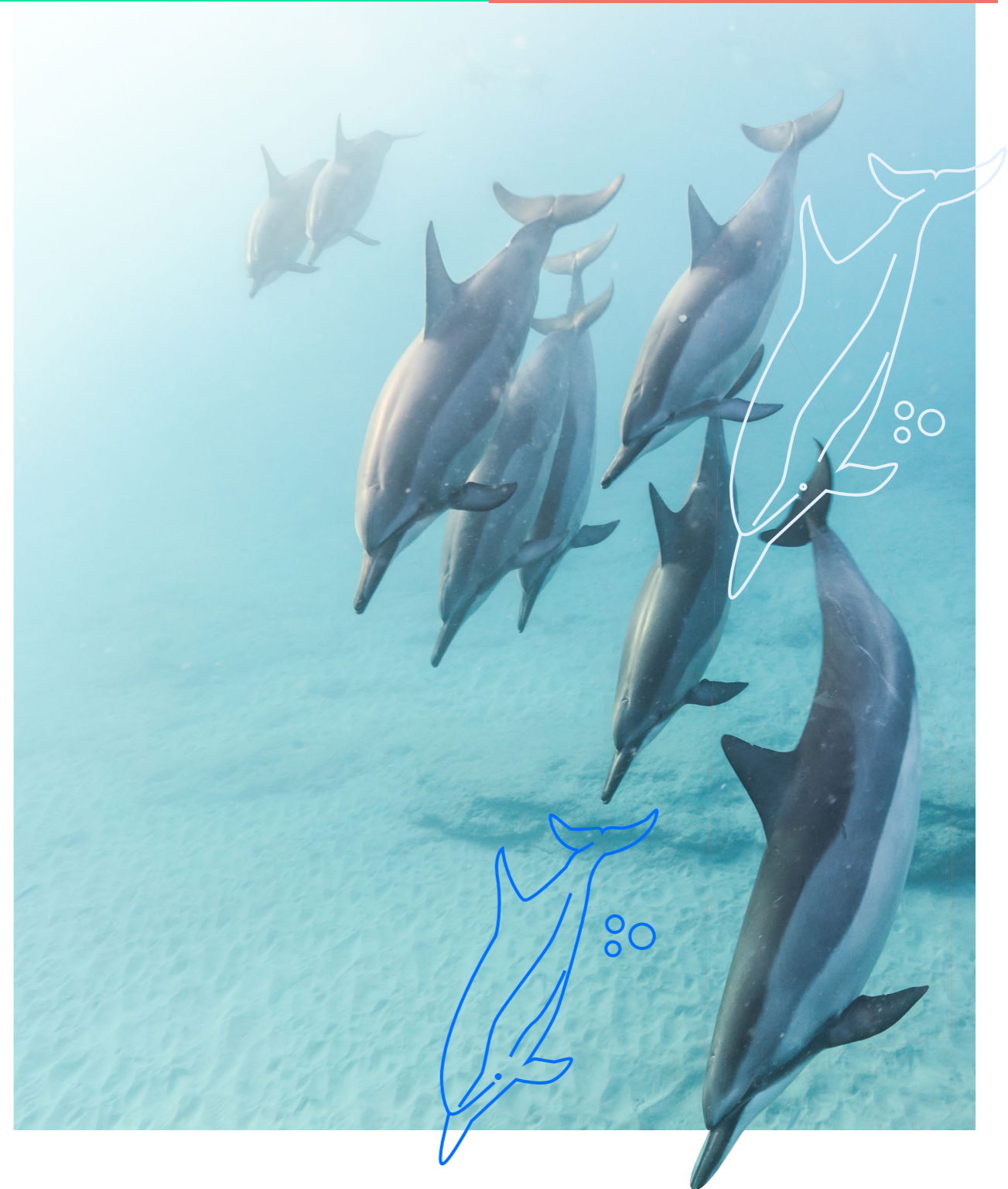
▶ Taking part in a race means leaving home far behind and embracing life at sea. Sailors spend every moment of each day on the boat eating, sleeping, working and relaxing in the same small space. With extreme racing speed is critical, which means the boats need to be as lightweight as possible. Every item onboard has to be carefully considered, with no unnecessary weight allowed and waste minimised. Perhaps we could learn a thing or two about this way of living and apply it to our life on land?



Check out this film of some of the amazing wildlife that sailors get to see during the Race!

▶ Beautiful (& surprising) Sailing Wildlife Encounters

▶ The sailors support their teammates by listening, respecting and trusting each other. They also have a lot of fun along the way, creating life-long bonds and friendships. Life at sea has many challenges, but also incredible perks, such as encountering wonderful wildlife.



BOAT LIFE



▶ Sailors work so hard during the Race that they can eat the equivalent of 10 steaks, (6,790 calories) per day. Being at sea for long periods means fresh food is in short supply, so sailors have to eat freeze-dried meals, the same food astronauts eat in spaceships! Despite the large amount of calories they take in, sailing is so physically gruelling that the sailors still lose weight after each leg of the Race.

The confined space onboard means the team members are always together. Can you imagine what this might be like? Crew work around the clock, it's a 24/7 job. Each team will have a special work rota so that they get the breaks they need to rest and recuperate. Some teams might work

4 hours on duty 4 hours off duty and alternatively some teams might work 2 hours on deck/on duty, 2 hours on standby, 2 hours rest and repeat 4 times during the day. Imagine only getting 2-4 hours of sleep at a time!!

What about electricity and water? How do they get the resources they need? All of the boats competing in The Ocean Race have to produce some of their electricity from renewable energy sources like solar panels or hydro-generators. The boats use a desalinator (an instrument that removes salt from seawater) to make water for drinking and cooking. Sailing aboard these vessels also requires some impressive kit that helps to gather vital information needed to monitor the ocean's health. The Ocean Race provides scientific equipment that teams install on board to record data on the state of the ocean, including water temperature, levels of dissolved oxygen and carbon dioxide, microplastics, and meteorological data to inform weather forecasts.



THE OCEAN RACE SCIENCE KIT

- ▶ **Weather Station:** measures barometric pressure, wind speed and direction and air temperature
- ▶ **OceanPack:** measures dissolved oxygen, salinity and temperature
- ▶ **Microplastic Sampler:** measures microplastics in the water
- ▶ **Drifter buoys:** measure barometric pressure, wind speed and direction and air temperature

▶ You can find out more about our Science Programme [here](#)

Sailors in the elite teams that take part in The Ocean Race need to be team players with specific skills. Check out this video to learn how living and working at sea can be both challenging and rewarding.

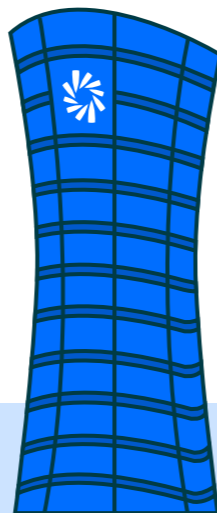
▶ [This was The Ocean Race 2017-18 | The Ocean Race](#)

Wonder what it's like living, eating, sleeping and working on a boat for long periods of time?

▶ [Life onboard a racing yacht | The Ocean Race Europe](#)



THE OCEAN RACE RACE LEGENDS!



▶ Tracy Edwards

Superstar skipper and legend Tracey Edwards, who first raced in the 1989-90 Whitbread Round the World race at the young age of 23 years old, went on to compete aboard her yacht 'Maiden' in the Legends Race in June 2018. Edwards is the first woman to lead an all-women crew and be awarded the Yachtsman of the Year Award after her success in the race! Her documentary 'Maiden' tells her story.

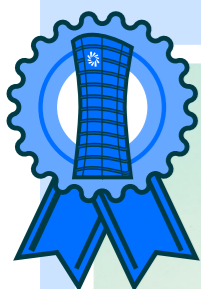


Photo: Tanya Visser/PPL

▶ Cornelius van Rietschoten

Two-time (1977-78 and 1981-82) champion skipper Cornelius van Rietschoten, nicknamed the 'Dutch Flyer' is the only sailor to have won the race after suffering a heart attack (and surviving) along the way. What a legend!



Photo: Onne van der Wal/PPL

The Ocean Race started 50 years ago, during which time legends have been made and honoured for their adventures traversing the seas and leading their courageous and determined teams to victory. Here are just some of the legends of our Race!

▶ Magnus Olsson

Our Legends Race Ambassador Magnus Olsson, sailed the 1985-86 race aboard Simon Le Bon's boat Drum and raced in six other editions, winning with EF Language in 1997-98. Following these endeavours, Olsson's legendary knowledge and skills were put to great use in coaching the all-female Team SCA in 2014-15.

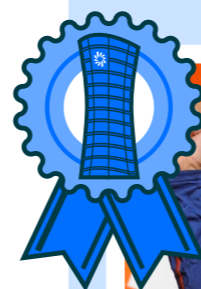


Photo: Rick Tomlinson/Volvo Ocean Race

▶ Peter Blake

We honour and remember a sailor considered one of the greatest ever, our lost legend New Zealander Peter Blake who was tragically killed by pirates while on expedition in 2001. Blake persevered through the first five Races, leading Steinlager 2 to a sweeping victory in 1989-90 and fulfilling a lifelong dream.

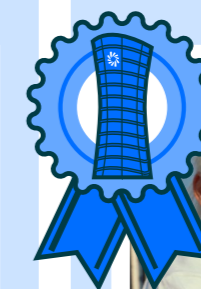
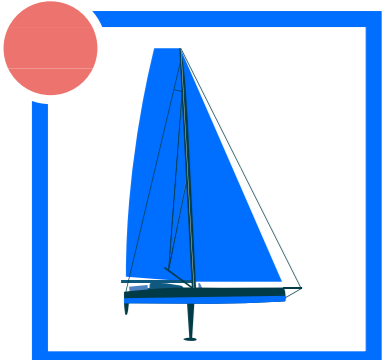


Photo: Rick Tomlinson / Volvo Ocean Race Roger Lean-Vercoe / PPL

Sailing around the world involves clear communication, collaboration and attention to detail as well as a creative mindset.

DISCOVER MORE ABOUT THE TEAMS IN THE RACE!

The race isn't a race without the teams. Each team has their own mission to help the ocean. Find out about the teams competing in The Ocean Race [here](#). Select two teams you want to know more about and complete this profile page.



TEAM NAME:

.....

SCIENCE EQUIPMENT ONBOARD:

.....

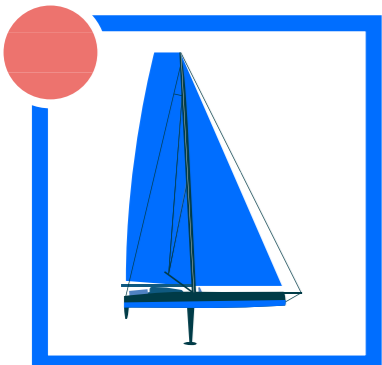


TEAM MEMBERS:

.....

TEAM MISSION:

.....



TEAM NAME:

.....

SCIENCE EQUIPMENT ONBOARD:

.....

TEAM MEMBERS:

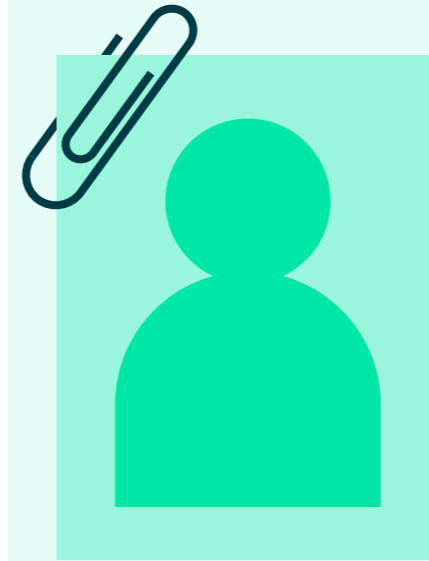
.....

TEAM MISSION:

.....

MEET A TEAM MEMBER

Which team members do you want to know more about?
Complete the profiles!



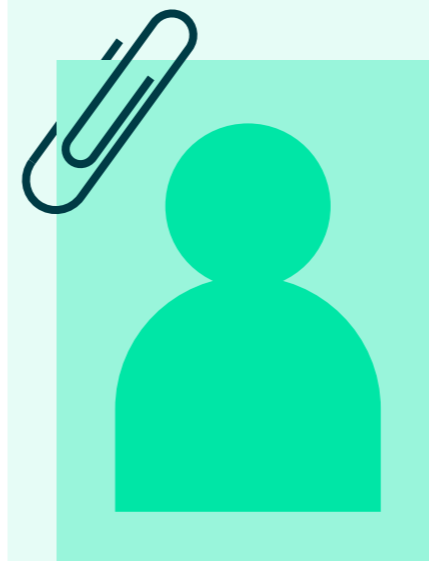
NAME:

CREW ROLE:

NATIONALITY:

NUMBER OF TIMES IN THE OCEAN RACE:

.....



NAME:

CREW ROLE:

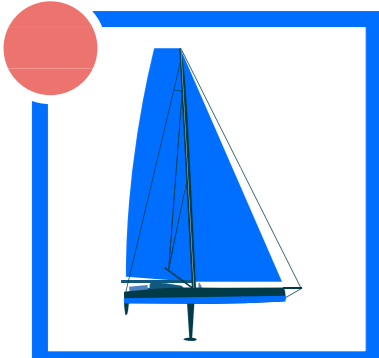
NATIONALITY:

NUMBER OF TIMES IN THE OCEAN RACE:

.....

DISCOVER MORE ABOUT THE TEAMS IN THE RACE!

The race isn't a race without the teams. Each team has their own mission to help the ocean. Find out about the teams competing in The Ocean Race [here](#). Select two teams you want to know more about and complete this profile page.



TEAM NAME:

.....

SCIENCE EQUIPMENT ONBOARD:

.....

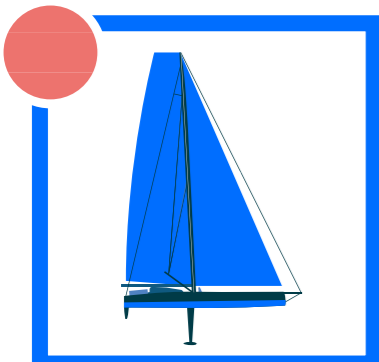


TEAM MEMBERS:

.....

TEAM MISSION:

.....



TEAM NAME:

.....

SCIENCE EQUIPMENT ONBOARD:

.....

TEAM MEMBERS:

.....

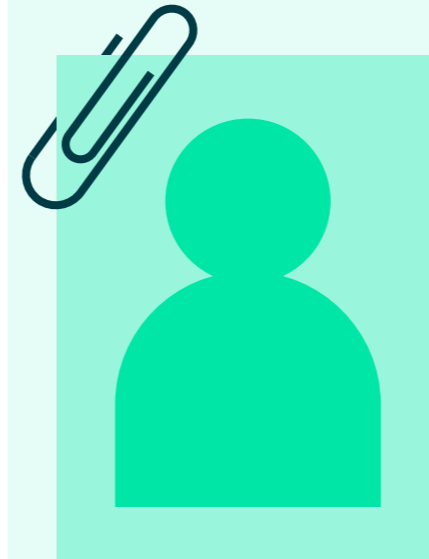
TEAM MISSION:

.....

MEET A TEAM MEMBER

Which team members do you want to know more about?

Complete the profiles!



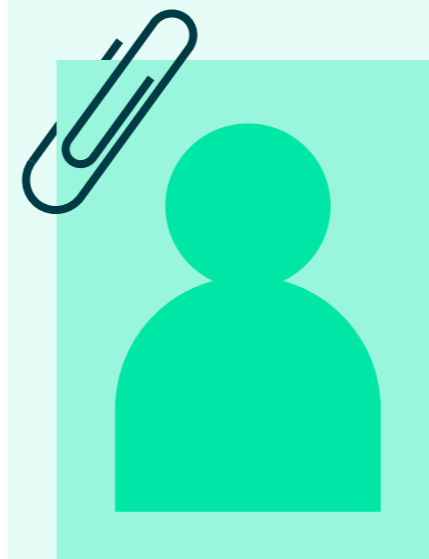
NAME:

CREW ROLE:

NATIONALITY:

NUMBER OF TIMES IN THE OCEAN RACE:

.....



NAME:

CREW ROLE:

NATIONALITY:

NUMBER OF TIMES IN THE OCEAN RACE:

.....

ACTIVITY 1

Rope Square (15–20 mins)

Sailing through rough seas requires strong teamwork and communication. See how you would fare by trying this activity. You will need a piece of rope long enough so that everyone in the group can hold onto it with both hands.



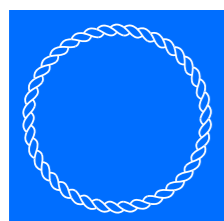
Step 1

Tie a piece of rope so that it forms a circle.



Step 4

Close your eyes.



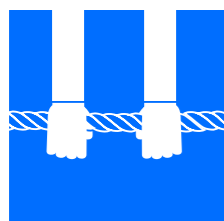
Step 2

Lay the rope in a circle on the floor.



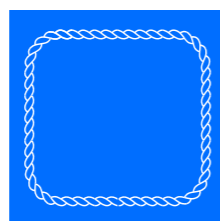
Step 5

Walk around in a circle with your eyes closed, 3–4 times.



Step 3

Stand around the rope circle, pick up the rope and hold it with both hands.



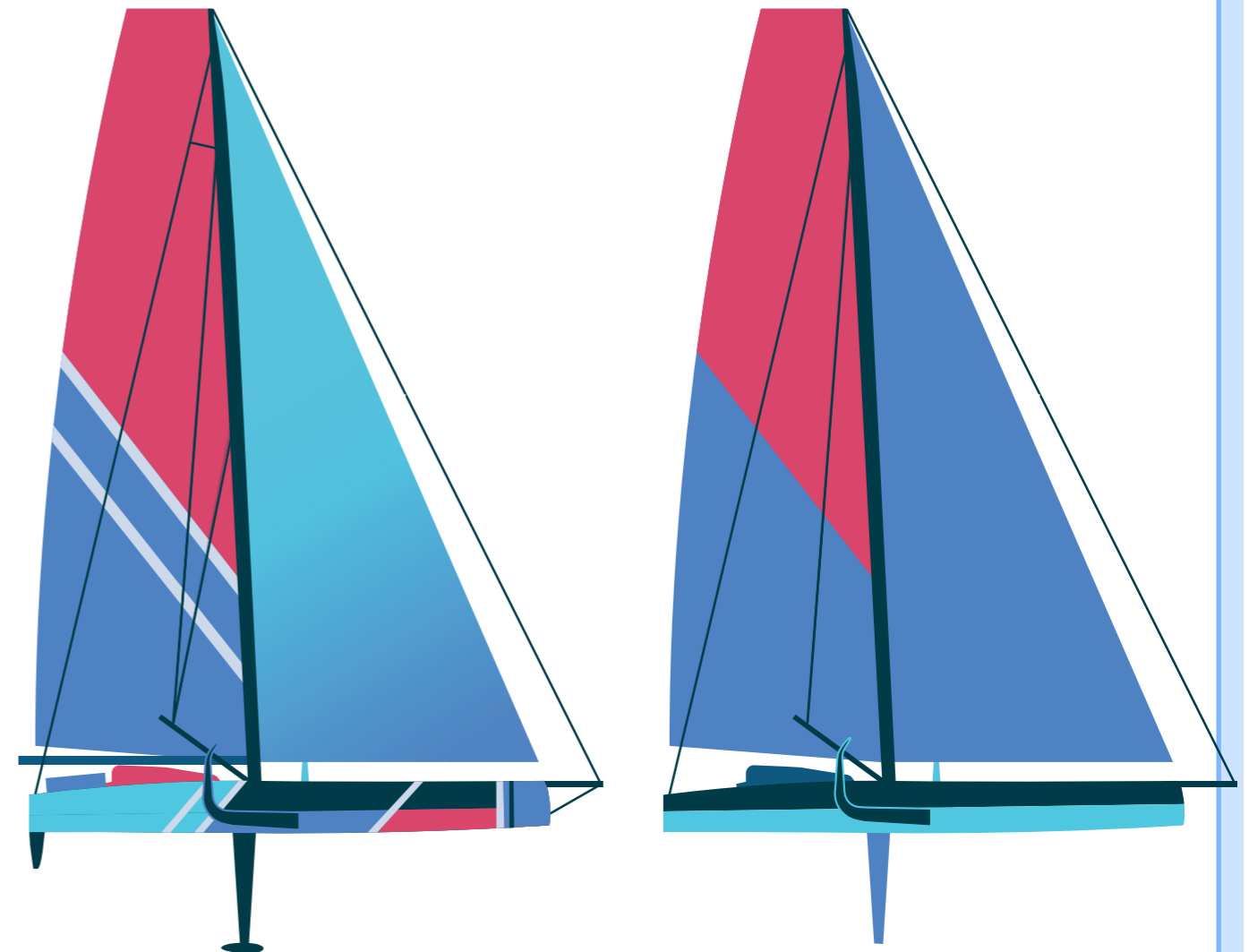
Step 6

Try and form a square with the rope, without opening your eyes or letting go of the rope!

ACTIVITY 2

Spot the difference (10 mins)

Look at the two images of IMOCA 60 sailboats. Can you find the ten differences between them? Circle them!



ACTIVITY 3

Creativity challenge (45–60 mins)

Raising awareness of the state of the seas is an important part of The Ocean Race. The huge sails on the boats provide an opportunity to share messages that can be seen across the world.

1. Discuss the following questions in pairs, and then share ideas as a whole group.

What should the world know about the ocean?

What might the ocean say if it could speak?

2. Imagine you are designing a sail for a boat competing in The Ocean Race. Look online at some of the teams and their sails for inspiration.

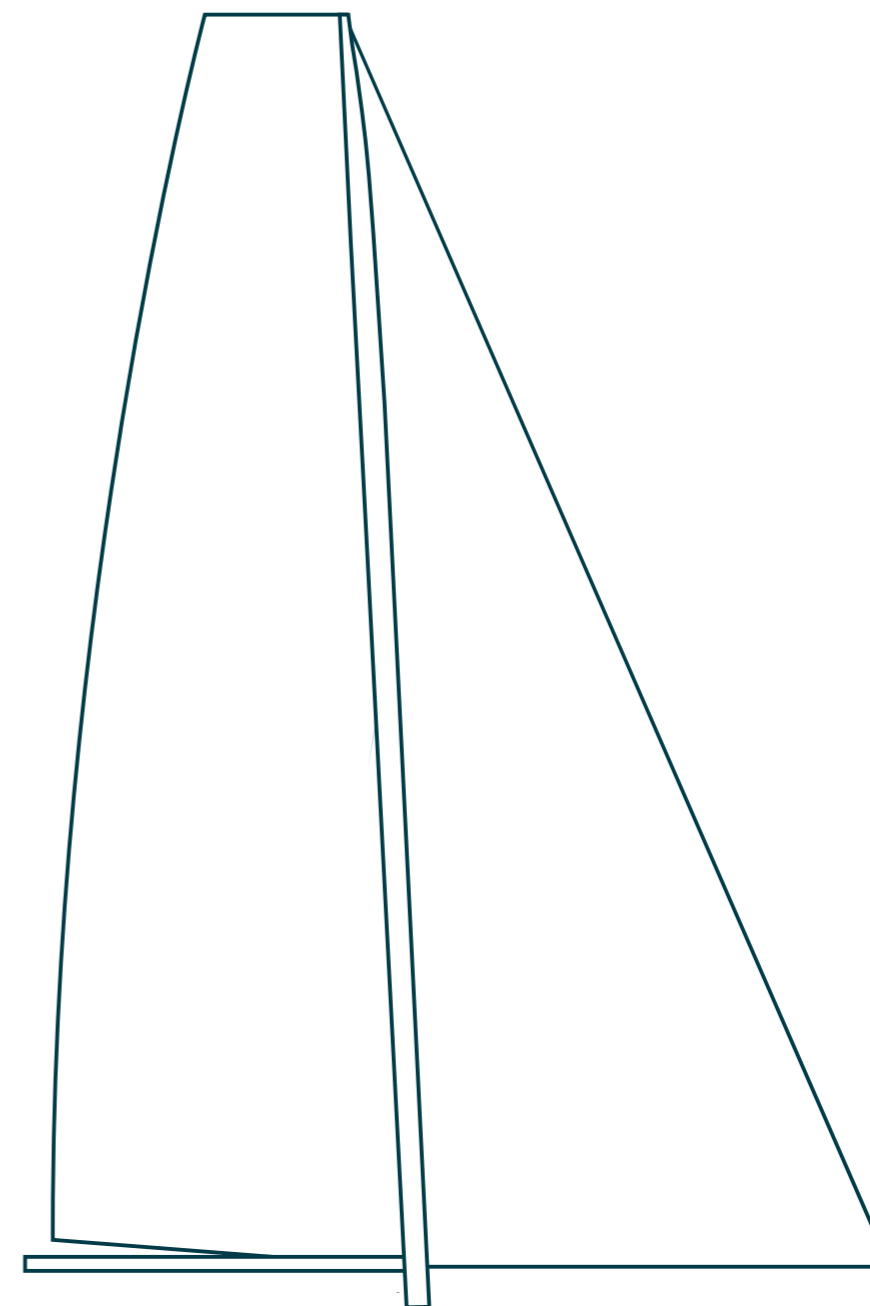
3. Consider the messages you would like to share about the ocean and think of images that would help communicate their message.

4. Use the template to create a design, including images and one clear message. These could be messages of hope, messages that drive an action or messages highlighting the importance of the ocean.

DESIGN A SAIL

Imagine you are part of a design team, developing a new sail for a boat in the Race.

Use the template to design your sail, sharing a message for the ocean.



MEET THE TEAMS!

SPECIAL RELEASE



 **THE OCEAN RACE**
LEARNING

 **THE OCEAN RACE**
#RACINGWITH**PURPOSE**

Contact us at learning@theoceanrace.com