



RANNOCH
ADVENTURE

Roxy Atlantic Ocean 2021 Expedition



Canary Islands to Caribbean Islands

Late February – early April 2021

Rannoch Adventure Ltd.

Unit 8, Dammerwick Farm, Marsh Road, Burnham-on-Crouch, Essex CM0 8NB United Kingdom
Tel +44 (0)1621 782127 - Mob +44(0)7712 531495 - info@rannochadventure.com - www.rannochadventure.com
Company Registration No 7887751 - Company VAT No GB 129 1364 20

What to expect

Participating in a Roxy Expedition will test you in every possible way.

The rowing schedule for much of the time will be 12 hours of rowing per person per day, broken into two hour shifts. This is a tough schedule and is mentally and physically exhausting.

Living in close quarters with 11 other recently befriended rowers in a small vessel and unable to see land can also be emotionally challenging. This isolation is one reason why these expeditions are very unique but not necessarily suited to everyone.

Rowing across an entire ocean under your own power is a fantastic achievement and you will look back on the adventure with great pride. On the way, you will overcome many challenges, both physically, mentally and socially. But the memories and friendships made along the way will hopefully last a lifetime.

Dates & Venues

We will fly out to the Canaries in the last week in February 2021. Subject to confirmation, the row will depart from Las Galletas in Tenerife where we will do a few days training, make the final preparations and pack the boat.

We will depart any time after that or at the latest during the first week of March 2021, depending on the weather. We plan to arrive in Falmouth Harbour in Antigua, subject to confirmation.

Accommodation

All nights will be spent on board Roxy during the row. In adverse weather, there are up to 12 berths in close quarters on board. (The only reason for all 12 berths to be used at the same time would be in violent conditions). Rowers are required to bring their own sleeping bag.

Accommodation in the Canaries and Antigua at the start and end of the row are not included in the package. Rannoch Adventure will work with the team to secure accommodation for anyone who wishes.

Meals

All expedition meals and snacks are provided. Drinking water is available on the boat (via a water maker). Rowers may bring a limited amount of personal snacks if they wish, although plenty of food will be available.

Safety & Medical

- There are 2x professional Rannoch Adventure staff on board for the duration of the row (a skipper and a co-skipper).
- All on board safety equipment is provided.
- First aid kits and non-prescription medical supplies are available on the boat.
- The Rannoch Adventure skipper and co-skipper hold all required qualifications to lead this expedition.
- No smoking or drinking alcohol is allowed on or near Roxy.

A 'Meals & Medical Meeting' will be had in advance to ensure everyone's dietary and medical requirements are provided for.

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Training and Fitness

The fitter you are, the more you will enjoy the expedition and the faster we will row across the ocean!

General Fitness

- You should be a strong swimmer, ideally being able to swim 100 metres fully clothed. Please certify yourself.
- In advance of a row of this nature, we suggest a minimum 16 week personal training programme which mixes erg work with dynamic exercise (ideally cycling but swimming, aerobics, yoga are all good too).
- Two sessions per day would be ideal – 45 minutes in the morning, an hour in the evening.
- A combination of high intensity exercise with prolonged endurance exercise is recommended.

We suggest rowers build their own programme bearing the above in mind and subject to their current level of fitness. We strongly advise rowers use a qualified personal trainer for any more specific advice.

Ocean Rowing Training Programme

All participants are required to attend the full training programme, some of which could take place on weekdays. If you live abroad, we will do our best to schedule the training to avoid multiple journeys although a minimum of 3 trips to Burnham over 6 months should be expected.

- Stage 1: 1 day on a Rannoch Explorer including a 1-1 with Charlie – **15/07/20**
- Stage 2: 1 day training on Roxy (2 x 4 hour sessions with lunch ashore in between) – **29/09/20**
- Stage 3: A 12 hour row in Roxy – **30/09/20**
- Stage 4: A 36 hour row in Roxy (over a weekend) – **17-18/10/20**

5 Day Shore Based Ocean Rowing Course – 17-21/11/20

This is a comprehensive shore based course which is mandatory for anyone rowing an ocean. On successful completion, you will be awarded:

- RYA First Aid Certificate
- RYA Sea Survival
- VHF SRC Marine Radio Operator's Certificate (SRC)
- RYA Essential Navigation (NAV)

This course is run by our partner, Dawn Wood of Aurora Sea School.

Social Media

All social media posts relating to the expedition should be written in a positive manner and in the spirit of the Roxy programme. The following hashtags should be used whenever possible: #rowwithrannoch, #roxyexpeditions and @RannochAdventure should be tagged in all posts relating to the row.

Sponsorship & Fundraising

We fully support any of our team of rowers gaining sponsorship or raising monies for charitable causes.

We can offer each rower space on the boat for one sponsor / charity logo (300x300mm). These will sit along the side of the boat and we have space for a maximum of 10 logos, 5 each side.

Each rower will be given a Roxy branded dry top but they are welcome to wear other branded clothing to support their sponsors / charities during the expedition.

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Essential kit for open water rowing

- A full set of marine foul weather clothing
- Sports shorts, leggings
- Base layers, sports t-shirts (no cotton)
- Gilet, fleece
- White soled training shoes, flip flops
- Swim suit/trunks, hat, neck buff, underwear, socks
- Small multi tool, waterproof phone holder, headphones, ear plugs, book, rowing gloves, sunglasses
- Lumbar support
- Essential toiletries
- Sleeping bag

Plus a set of clothes for going ashore.

The minimum amount of clothing you need to take is depicted in the photo below.

Our recommended supplier for specialist sailing and rowing clothing is Zhik - zhik.com



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Price

Total Price: £15,000 (including VAT).

What's included:

- A place on Rannoch's 12 person RX80 professionally skippered ocean rowing boat
- A comprehensive on water training programme
- All mandatory RYA certified shore based courses
- Advice on media and sponsorship campaigns
- All food and cooking equipment during the expedition
- All on board safety equipment
- Limited use of the satellite phone during the expedition
- First Aid kits and general medical supplies (any personal prescriptions need to be brought by the rower)
- A post expedition social / dinner

What's NOT included:

- Travel, accommodation and meals during training
- Travel to and from the start and finish of the expedition
- Accommodation and meals onshore before and after the expedition
- Personal effects (clothes, sleeping bags, additional snacks etc.)
- Personal insurance

Payment schedule

Payment 1: £3,000 deposit is due no later than 22 June 2020.

Payment 2: £6,000 is due no later than 7 December 2020.

Payment 3: £6,000 is due no later than 18 January 2021.

Bank details

Barclays Bank, 40-41 High Street, Chelmsford, Essex CM1 1BE, UK

Rannoch Adventure Ltd

Sort Code: 20-19-95 Account No: 40129364

IBAN GB38 BARC 2019 9540 1293 64 SWIFTBIC BARCGB22

Please use the following as your payment reference: **AOR21 SURNAME**

Contact

Please contact Nicola Douglas if you have any questions or concerns, or would simply like more information: nicola@rannochadventure.com Tel: 07720 931509

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Terms & Conditions for Roxy Atlantic 2021 Expedition

A minimum of eight participants are required to undertake this expedition.

Rannoch Adventure reserves the right to refuse a participant from participating in all or part of the expedition for any of the following reasons:

- The participant is medically unfit for the trip or their state of health is a risk to other rowers;
- The participant is not fit enough for the endurance rowing involved;
- The presence of the participant and their character is detrimental to the spirit of the expedition;
- Any information declared on the Health and Medical Declaration is found to be untrue.

Cancellation charges

All rowers are required to pay £3,000 deposit within 7 days of being offered a place on this row. That deposit includes a non-refundable sum of £1,000 which secures a place on the row. The remaining £2,000 covers all training.

- Any cancellations made before Stage 1 training will be eligible for a refund of £2,000.
- Any cancellations made before Stage 2 but after Stage 1 training will be eligible for a refund of £1,800.
- Any cancellations made before Stage 3 but after Stage 2 training will be eligible for a refund of £1,600.
- Any cancellations made before Stage 4 but after Stage 3 training will be eligible for a refund of £1,300.
- Any cancellations made before the 5 day shore based course but after Stage 4 training will be eligible for a refund of £800.
- Any cancellations made after the 5 day shore based course will not be eligible for any refund from the initial payment of £3,000.
- Any cancellations made after the 2nd payment but before the 3rd payment will only be refunded if the place on the boat can be filled by another rower.
- Any cancellations made after the 3rd payment but before the start of the expedition, will only be refunded if the place on the boat can be filled by another rower.

Rannoch Adventure will always endeavour to fill a space if cancellation occurs but this cannot be guaranteed, especially at short notice.

If Rannoch Adventure is forced to cancel this expedition at any time for their own business reason, all monies paid by the rowers would be fully reimbursed or transferred to another Roxy expedition.

Rannoch Adventure reserves the right to amend any particulars for this expedition before 7th December 2020.

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If an act of force majeure prevents Rannoch Adventure from being able to fulfil its obligations, all monies paid by the rowers - up to the date of the force majeure act occurring - will be refunded less the £1,000 non-refundable deposit and in accordance with the cancellation schedule above.

DECLARATION

I confirm that I have read and understand all the documents related to the Roxy Atlantic 2021 Expedition:

- **Fact Sheet for Roxy Atlantic 2021 Expedition**
- **Terms & Conditions for Roxy Atlantic 2021 Expedition**
- **Medical Declaration Form**
- **Personal Details Form**

and that I agree to be bound by them.

I also understand that the £3,000 deposit includes a non-refundable sum of £1,000 if I cancel for any reason.

I acknowledge and agree that ocean rowing is a dangerous sport, and that I will undertake the Roxy Expedition entirely at my own risk. Notwithstanding the foregoing, there shall be no liability whatsoever upon Rannoch Adventure, or any person in its employment (subject to any statutory requirement to the contrary), for my death, or any personal injury, or financial loss, directly or indirectly incurred by me, or by any of my dependants, by reason of the failure or foundering of the RX80 boat, or any other reason whatsoever. I understand and accept that it is my responsibility to take out insurance in respect of such matters.

Full Name	
Date	
Signature	

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Medical Declaration Form

The purpose of this form is to obtain a factual report of your medical history and present state of health, enabling our professional coaches to assess your current physical and mental state and any areas of concern. In some instances, the information provided in this form may require further investigation.

Please answer all the questions below:

	No	Yes	If yes, please give details
Have you had any illness requiring medical attention in the past 5 years?			
Have you had any surgery in the last 2 years?			
Are you under observation or currently undergoing treatment by a doctor?			
Have you had an ECG in the past or a history of abnormal ECGs?			
Have you had a heart murmur, irregular or extra heart beats?			
Have you had any chest pains, dizziness, shortness of breath, excessive fatigue during exercise?			
Have you ever fainted or lost consciousness during exercise?			
Do you suffer from diabetes?			
Do you suffer from epilepsy?			
Do you suffer from high or low blood pressure?			
Do you suffer from asthma / exercise induced asthma?			
Have you suffered a problem with any organs? (e.g. kidney, liver etc.)			
Have you had a kidney stone?			
Has anyone in your family suffered from high blood pressure, sudden death, heart attack or any hereditary disease?			
Have you ever had health insurance refused or been given loaded premiums?			
Do you take any drugs long term or for any emergency i.e. inhalers etc.?			
Have you received treatment by a psychiatrist, psychologist or counsellor?			
Have you ever suffered from fits, incontinence or dizzy spells?			

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Have you had your appendix removed?			
Have you ever had concussion?			
Ever you ever lost consciousness?			
Have you suffered any cartilage/ligament injuries to the knee, shoulder or arm or had a dislocated shoulder?			
Do you suffer from back problems?			
Have you ever broken any bones?			
Do you have any allergies? (e.g. stings, bites, food, plasters etc.)			
If yes what are you allergic to and what reaction do you develop?			
Do you carry an epi-pen to treat these reactions?			
Are you colour blind?			
What is your Visual Acuity (i.e. your eyesight)?			
Do you wear glasses / contact lenses?			
Do you have any problems with your hearing?			
Please give details of any visual or hearing problems below including dates.			
Do you suffer from motion / sea sickness?			
Have you been immunised for tetanus?			
Date of last immunisation			

Please give us any further details of any existing or previous medical condition or family medical history that you feel it may be important for us to know.

Prior to the actual row, Rannoch Adventure will require a copy of a full medical certificate from your GP and a certificate from your Dentist stating that you are fit and well to undertake this expedition. These certificates needs to be dated between 1st and 31st January 2021.

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Your GP:

Name of personal GP	
Address of personal GP	

DECLARATION

I have read and fully understand this entire form. I have answered the questions thoroughly and accurately. I understand that it is my responsibility to inform Rannoch Adventure if the answers to the questions below change between the date of filling this in and the start of the Roxy Expedition.

I hereby grant Rannoch Adventure the right to access my personal medical information and medical history and to share it with any other person as circumstances may require to assess my suitability for taking part in a Roxy Expedition.

I have read and fully understand this entire form. I have answered the questions thoroughly and accurately. I understand that it is my responsibility to inform Rannoch Adventure if the answers to the questions below change between the date of filling this in and the start of the Expedition.

Full Name	
Date	
Signature	

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Personal Details Form for Roxy Expeditions

Forename	
Surname	
Address	
City	
State	
Postcode	
Country	
Telephone	
Email	
Date of birth	
Gender	M / F
Height	
Clothes size (S, M, L, XL) (for Roxy branded dry top)	
Occupation	
Any dietary requirements	
Please list any dates between now and the start of the expedition when you will not be available for training (booked holidays, weddings etc).	

Please return this form to Nicola Douglas (nicola@rannochadventure.com) together with a portrait **photograph** of yourself (headshot only, passport style) and a **copy of the photo page** of your passport.

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