



RANNOCH
ADVENTURE

Lionheart Great British Row: 6 legs over 6 weeks



13th June – 31st July 2021

This is a fantastic opportunity to participate in our Lionheart Great British Row and raise awareness of our wonderful British coastline.

Whether you're looking for a one or six week adventure, we'll give you an offshore rowing experience like no other. This expedition is ideal for anyone wanting to mix a challenging offshore row with exploring hidden gems along our coastline in a unique manner.

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

Our Lionheart Round British Row will take place in our 12 man rowing boat, Roxy.

The rowing schedules for this row will change each day but expect up to 12 hours of rowing per person on any single day, broken into two hour shifts. This is a tough schedule and is mentally and physically exhausting but the coastal scenery is just reward for the hard work. Please note itineraries are wholly weather dependent and may be subject to change at short notice.

Living in close quarters with other recently befriended rowers in a small vessel and unable to see land for hours can also be emotionally challenging.

Rowing in the open waters 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 & locations

Leg 1 – ENGLISH CHANNEL (Kent to Cornwall) – 13 to 19 June

Leg 2 – CELTIC & IRISH SEAS (Cornwall to Northern Ireland) – 20 to 26 June

Leg 3 – WEST COAST OF SCOTLAND (Northern Ireland to Skye) – 27 June to 3 July

4 July – 10 July - BREAK

Leg 4 – OVER THE TOP (Skye to Fraserburgh) – 11 to 17 July

Leg 5 – NORTH SEA (Fraserburgh to County Durham) – 18 to 24 July

Leg 6 – EAST COAST (County Durham to Kent) – 25 to 31 July

LOGISTICS

Due to the nature of offshore rowing in Britain, we are not able to guarantee the exact start and finish for each leg of this row. However, the following cities / towns are the main connection points for flights or train journeys when planning your arrival and departure for each leg:

DOVER – FALMOUTH – BELFAST – MALLAIG – ABERDEEN – YORK – DOVER

Accommodation

All nights will be spent on board Roxy. Rowers are required to bring their own sleeping bag. Any accommodation on land at the start and end of the row are not included in the package.

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. If weather and time permits, we will make stop offs to explore the British coastline.

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Safety & Medical

- There are 2x professional Rannoch Adventure staff accompanying the expedition (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 boats.
- 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 Rannoch boats.

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

Training and Fitness

The fitter you are, the more you will enjoy the expedition!

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 12 week personal training programme which mixes erg work with dynamic exercise (ideally cycling but swimming, aerobics, yoga are all good too).
- 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.

Open Water Course – 29th & 30th May 2020

Included in the package is a weekend Rannoch Open Water Course which is designed to familiarise yourself with all the boat skills required for this expedition. This will take place on 29th & 30th May (the reserve date in case of very bad weather will be 5th and 6th June). Timing is likely to be 9.30am to 4.30pm on both days.

Attendance on at least one of the days is mandatory for the Lionheart Row but you are welcome to be there for both days. We will cover off a number of training exercises and safety drills and the weekend will help you become familiar with the boat and living on board etc. It will also enable you to meet the other rowers on your leg(s) as well as your skipper and ask any questions you may have.

No specific Ocean Rowing Training is required for this trip although additional training courses are available should participants wish to do these independently.

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 - @RannochAdventure

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Essential kit for offshore 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 and must be packed into a 20 or 25 litre dry bag (excluding foul weather kit and sleeping bag).



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Price

Total Price: £2,000 (including VAT) per leg or £10,000 for the entire expedition.

What's included:

- A place on Rannoch's professionally skippered ocean rowing boat, Roxy
- All on the water food and cooking equipment during the expedition
- All on board safety equipment
- First Aid kits and general medical supplies (does not include any personal prescriptions)

What's NOT included:

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

Payment schedule for each leg booked:

Payment 1: 20% non-refundable deposit

Payment 2: 40% is due no later than 12 weeks prior to departure.

Payment 3: 40% is due no later than 6 weeks prior to departure.

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: **LGBR21 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 Lionheart Great British Row

A minimum of six participants are required for each leg of this expedition. If this minimum requirement is not met for any particular leg, any rowers booked onto that leg will be offered a place on an alternative leg.

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 a non-refundable deposit of 20% of the total cost.

- 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 or any leg of it at any time for their own business reason, all monies paid by the rowers would be fully reimbursed or transferred to another Rannoch expedition.

Rannoch Adventure reserves the right to amend any particulars for this expedition before 1 May 2021.

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 20% 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 Lionheart Great British Row:

- **Fact Sheet for this Expedition**
- **Terms & Conditions for this Expedition**
- **Medical Declaration Form**
- **Personal Details Form**

and that I agree to be bound by them.

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I also understand that the 20% deposit is non-refundable 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 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 May 2021.

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Your GP:

Name of personal GP	
Address of personal GP	

Your Dentist:

Name of Dentist	
Address of Dentist	

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 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 Rannoch 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

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 fleece & t-shirt)	
Occupation	
Any dietary requirements	

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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