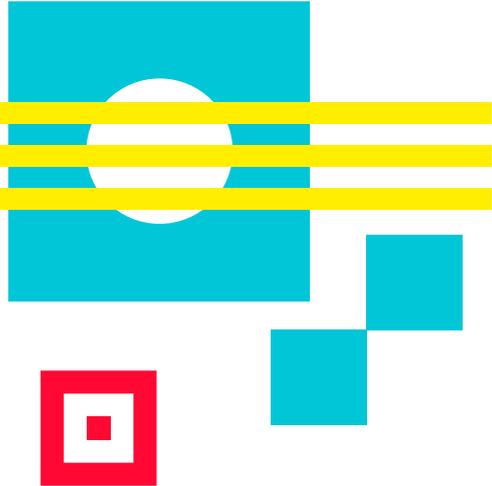
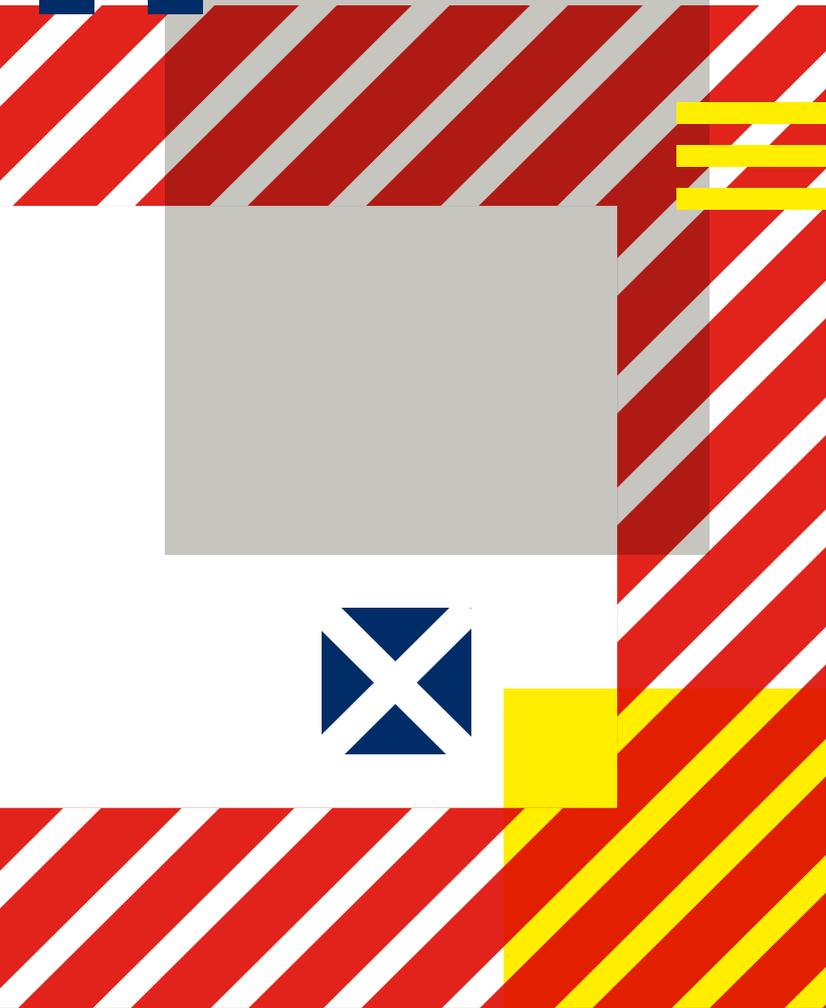


AGE  
**8-12**  
TOPIC 1

Volvo Ocean Race

# Education Programme



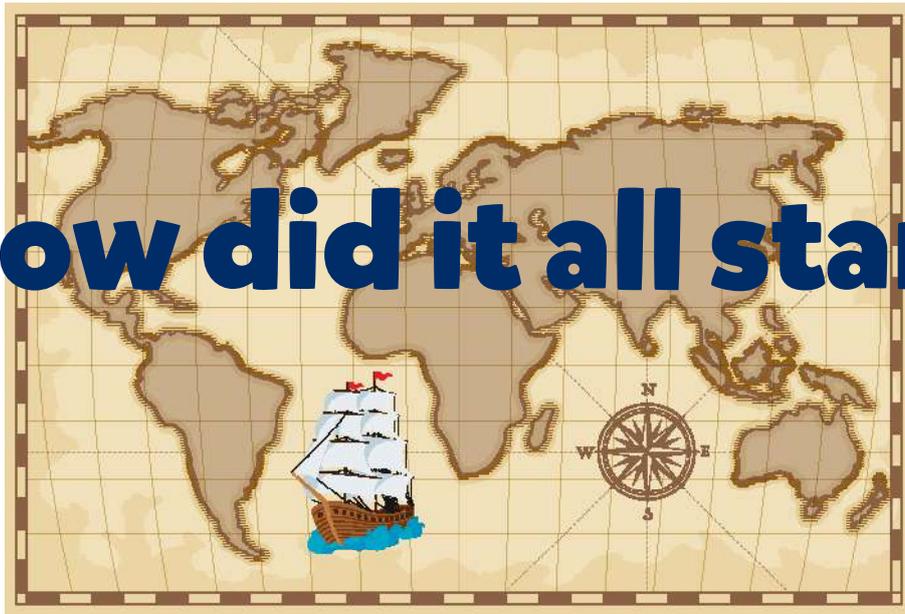
# What is the Volvo Ocean Race?

The Volvo Ocean Race is one of the longest and toughest sporting events in the world. Teams of the world's best sailors race almost 85,000 kilometres around the world, stopping at big cities along the way. The race is a real adventure as well as a sporting event, as the teams sail around the world as fast as they can in carbon fibre boats that are 20 metres long.

**The race starts in October in Alicante (Spain) and finishes in The Hague (Netherlands) at the end of June 2018. That's more than 8 months of racing! Imagine being in a sailing race for a full school year!**



# How did it all start?



Legend has it that the idea for the race came during a conversation in an English pub. In 1972, two friends in the British Royal Merchant Navy thought it would be a good idea to have a race following the route of the 19th century boats that used to carry cargo around the world. The Royal Naval Sailing Association and an English beer brewing company backed the idea

and the Whitbread Round the World Race was born. The first race started in September 1973, with a total of 19 yachts and almost 200 sailors taking part. Three sailors were swept overboard and lost their lives in the first race. In the beginning, it was a race for amateur adventurers but it soon evolved into a fully professional competition featuring the world's best sailors.

## Why did the race change name?

Volvo, the Swedish company famous for making cars, trucks and buses, took over the race before the 2001-02 edition and changed its name to the Volvo Ocean Race. Since then the Volvo companies have been the owners and main sponsors of the race.



The winning skipper of the first Whitbread Round the World Race in 1973-74 was Mexico's Ramón Carlin, an amateur sailor who took some members of his family on the race! Few people expected such an inexperienced sailor to do well, but he turned out to be an outstanding leader and when Sayula II clinched victory on handicap he inspired a whole nation!

# Where does it go?



The race will go to some places where very few people ever visit, like the icy Southern Ocean where swirling waters threaten their safety and boats have to avoid hitting deadly icebergs.

When it comes to the Volvo Ocean Race, the race track is the whole planet! Starting in Alicante, Spain the teams will race to Lisbon in Portugal and travel down the coast of Africa to Cape Town, South Africa. They then go to Melbourne, Australia, Hong Kong and Guangzhou in China, before visiting Auckland, New Zealand and rounding the famous Cape Horn to get to Itajaí in Brazil. Next, they sail

up to Newport, Rhode Island in the United States and then cross the Atlantic to Cardiff in the UK. They go on to Gothenburg, Sweden before finishing in the Dutch city of The Hague at the end of June 2018.

The race is completed in 'legs', so the sailors get a short break to recover and repair the boats before they set sail again on the next part of the adventure.



There is a place in the Southern Ocean called Point Nemo on the race route between New Zealand and Brazil where sailors are closer to astronauts in the international space station than to any other humans on planet Earth!!

Follow the boats on the race tracker online  
[tracker.volvooceanrace.com](http://tracker.volvooceanrace.com)



## What are they up against

Sailors will experience lots of different weather while sailing around the world, with waves of up to 12 meters (the same as a 4 storey building) and super strong winds that can break masts and make sailing feel like you are on one of the scariest rollercoasters you know!



Pirates are a real threat to sailors! In the 2014-15 race boats were shipped from a secret port in the Indian Ocean to the next port to avoid pirates!

## Why do people do it?

Great question! Winning the Volvo Ocean Race Trophy is a dream for many sailors. It's like reaching the top of Mount Everest, the highest mountain in the World or winning an Olympic gold medal. When they win – they feel on top of the world! The winning sailors have their name put on the Volvo Ocean Race trophy.

**This year Team Brunel skipper Bouwe Bekking is back in the race for the 8th time! That means he has sailed about 400,000 kilometres – or more than the distance from the earth to the moon!**



Winners of the 2014-15 edition of the Volvo Ocean Race celebrate their victory. Photo: Martin Keruzore / Volvo Ocean Race



## The stuff that Legends are made of!

Winners of the race are instantly legends not only for surviving such a tough race but also for leading their team to be the best!

Cornelius van Rietschoten, nicknamed the 'Dutch Flyer', is the only skipper to win the race twice in a row, in 1977-78 and 1981-82 races. He is also the only sailor to have won the race after suffering a heart attack (and surviving) along the way! Amazing!



Cornelius van Rietschoten (1981-82)  
Photo: Bob Fisher/PPL

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**Sir Peter Blake from New Zealand is revered as one of the greatest ever sailors. He competed in the first five editions of the race and in 1989-90 he finally tasted victory, leading Steinlager 2 to a comprehensive win that saw him achieve his dream.**

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In December 2001 Sir Blake was shot and killed by pirates while on a United Nations Environment Program expedition in the Amazon, Brazil. He was only 53 years old. This time round James Blake, Peter's son is an onboard reporter!

Magnus Olsson is a legendary sailor who sailed in 1985-86 on rock star Simon Le Bon's boat Drum. From then on he was involved in the race for the rest of his life! He raced in six editions and won with EF Language in 1997-98, before becoming a Legends Race Ambassador. In 2014-15 he coached the all-female Team SCA, working with Volvo Ocean Race right up until he died, aged 64.



Magnus Olsson (2008-09)  
Photo: Rick Tomlinson/Volvo Ocean Race



Peter Blake won in 1989-90.  
Photo: Roger Lean-Vercoc/PPL



# Girl power!



Photo: Jen Edney/Volvo Ocean Race

Since it all began in 1973 there have been well over 100 women sailors in the Volvo Ocean Race, including several skippers. In this edition, Britain's Dee Caffari will lead a mixed crew of men and women on board the boat Turn the Tide on Plastic.

To learn more about women in the race click [here](#).

## The Legends Race

This year there is a special race to honour the legendary sailors of the Whitbread and Volvo Ocean Races gone by. In June 2018 the Legends Race will be run alongside the last leg of the Volvo Ocean Race from Gothenburg in Sweden to The Hague in The Netherlands. Some of the old Whitbread and Volvo racing boats and their sailors will be racing in it! Do you think any of the old boats will be as fast as the new ones?

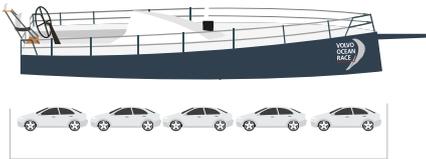
Legend Tracey Edwards was only 23 years old when she decided to race in the 1989-90 Whitbread Round the World race! She skippered the first all girl crew! She was the first woman to be awarded the Yachtsman of the Year Award after her success in the race! Tracey will be back racing on board her yacht Maiden in the Legends Race in June 2018!

# How is the boat

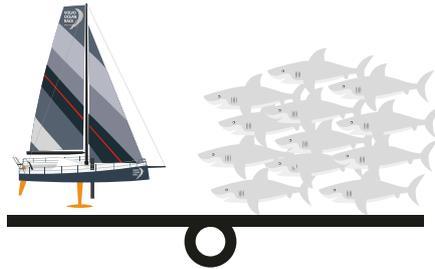


Home for these brave sailors for most of the next 8 months is a racing boat called the Volvo Ocean 65. The boats are what is called One Design – which means they are identical, apart from

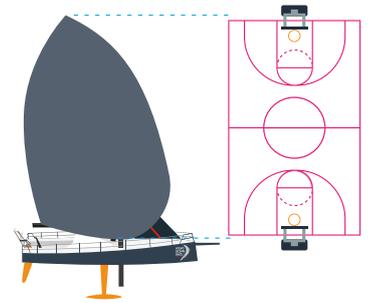
the graphic designs on the outside and the sails. The boats are built for speed and safety, so there are no luxuries on board.



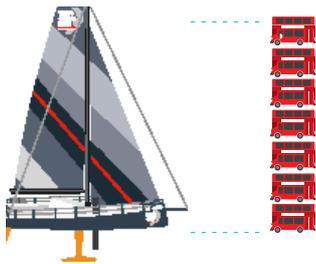
Length 20m = 5 cars



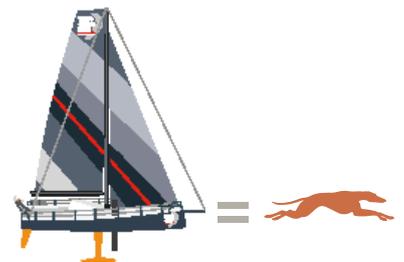
Weight 12500kg = 12 Great white sharks



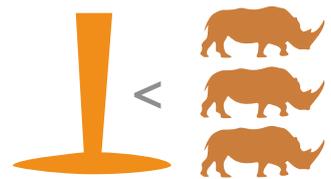
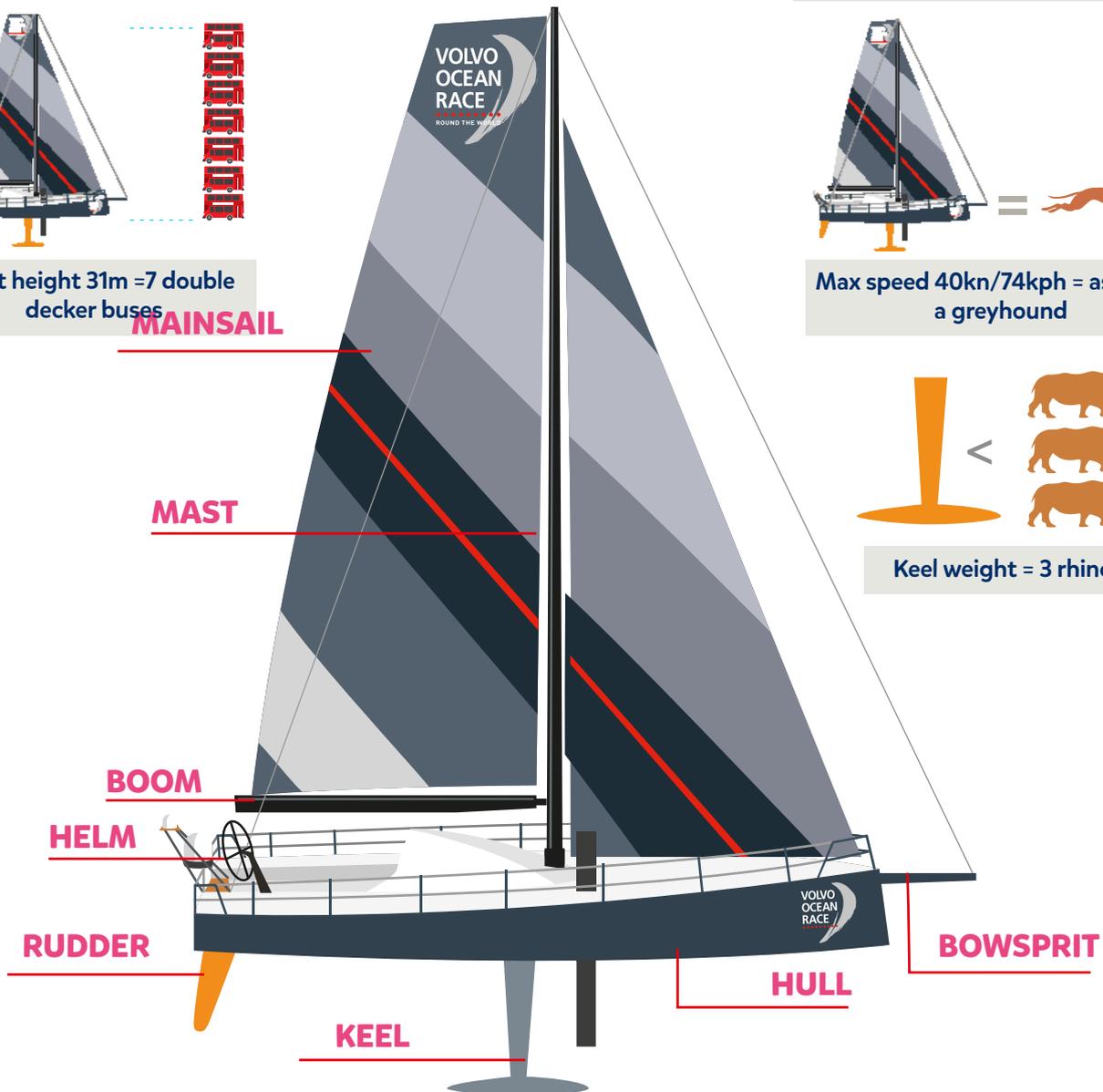
Largest sail 420m<sup>2</sup> = almost as big as a basketball court



Mast height 31m = 7 double decker buses



Max speed 40kn/74kph = as fast as a greyhound



Keel weight = 3 rhinos

# What is it like to live on one of these boats

Imagine living in a campervan as you race cross-country – always on the side of a very steep hill and with all the family taking it in turns to drive day and night as fast as possible. Sometimes you will have to slow a little bit on bumpy ground, and as you're moving the people not driving will live inside, doing homework, cooking, eating, sleeping and using the bathroom. Hold on, as it will often be very bumpy! Sometimes it will be so rough

you will be launched out of your bed, or spill your cornflakes on the floor and you might very often feel travel sick, but you can't slow down because it's a race. You'll also have to be friendly and helpful with everyone around you because you can't get off until the race stops. That is what it is like for the Volvo Ocean race sailors day and night, 24 hours a day, all the time they're at sea.



Photo: Martin Keruzore/Volvo Ocean Race

Also life is organised in 4-hour cycles: there is a shift on deck – hoisting sails, steering the boat – followed by 4 hours on standby ready to help with anything on deck, and 4 hours of sleep. That pattern will continue all the way until they reach land! Can you imagine only sleeping 3-4 hours at a time?



**There are no showers on board so sailors use rainwater or baby wipes to wash!**

**They also sometimes have to deal with a dreaded itchy skin rash called spotty botty due to continuously living in a wet environment.**

The sailors sleep in bunks, often with another crewmember's toes very close to their face. The one toilet on board, which is always referred to as the head, gives very little privacy as there is no door to close, so often the sailors will just go to the loo off the back of the boat!

The boats make very little waste. As weight is so important on the boat only bare necessities are taken to live on board. Everything on the boat must have a use and is carefully calculated like equipment and food, even down to the last biscuit.

## Hot Bunking!

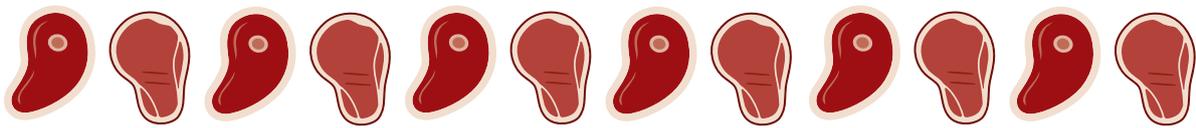
**This is when one sailor gets out of the bunk bed and another sailor will get in to sleep! Why do you think it is called this?**



# What is on the menu?



**Sailors have to eat double the calories they would on land to keep their energy levels and perform their best at sea. Their daily diet is the same as eating 12 steaks in a day!**



Most of the food on board is freeze-dried (similar to the food astronauts eat), as it is very light in weight and just needs to be mixed with hot water to make a meal. Freeze-dried food is nutritious but most sailors get pretty tired of it after a few weeks at sea and love to eat fresh fruit and vegetables when they get back to land.

Because they are racing, they need the boat to go as fast as it can, so they need it to be as light as it can, and that means they can't take drinking water on board. Instead they have to filter the sea water for drinking and adding to food. Every day, 50 liters of sea water is filtered through a machine called a desalinator – this takes the salt out of the water and makes it suitable for drinking and cooking.



**Sailors normally lose about 10 kilos in weight on a long leg of the race, even if they are eating twice as much as they normally would on land! This means they are working really hard!**

# What do they wear?



Photo: Matt Knighton/Volvo Ocean Race

Sailors will have three layers of clothes with them on board consisting of an under layer, a thermal layer and very good waterproofs on top. All clothes must be made of breathable material to keep their bodies dry and warm – and when the conditions are cold and wet they'll add boots, neoprene hat, ski mask, gloves and helmet. If the weather is hot they wear shorts and a t-shirt, sunglasses, trainers, a hat and lots of sunscreen!

**Sailors have to pack light, only bringing one change of clothes for up to 30 days at sea!**



# What do the crew do?

++++ The crew are the team that work on the racing boat. Each crewmember will have a different job on board that will keep the boat racing at its best! The race is a fantastic test of teamwork. +++++



## Skipper

Chief of the boat, works closely with navigator to make the best decisions on performance and safety



## Navigator

Specialist at getting the boat and crew to their next destination in the fastest possible time, studying the weather data and routing options so the optimum course can be set



## Grinder

Manages sail trims and movement of the sails with crew



## Helmsman

Responsible for keeping the boat going as fast as possible in the direction requested by the navigator



## Bowman

Works on the bow of the boat and makes sure sail changes are done quickly and smoothly as the wind speed or wind angle changes



## On board Reporter (OBR)

A multimedia reporter who sails with the team to capture and deliver stories and action from the boat to fans across the world. They are not allowed to sail the boat but they do help with cooking and cleaning.

## All hands on deck!

Sailing is a huge team effort when the boat changes direction; the crew have to move two tons of sails and equipment around the boat. That's like trying to move an elephant around the boat!

# Who will be racing this time?



## MAPFRE

Spain

Skipped by Xabi Fernández



## Dongfeng Race Team

China

Skipped by Charles Caudrelier



## Team Akzonobel

Netherlands

Skipped by Simeon Tienpont



## Sun Hung Kai/Scallywag

Hong Kong

Skipped by David Witt



## Vestas 11th Hour Racing

USA / Denmark

Skipped by Charlie Enright

It's going to be pretty colourful!  
There are seven incredible teams from all over the world racing on these fantastic boats.



The teams feature sailors from all around the world and they will have between seven and 10 people on board for each leg.



## Turn the Tide on Plastic

United Nations

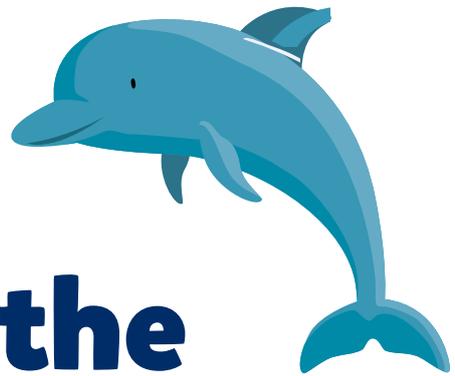
Skipped by Dee Caffari



## Team Brunel

Netherlands

Skipped by Bouwe Bekking



# What can the sailors see out on the water?



Often it's flat blue water or stormy seas, but they can also see some very interesting animals like seabirds, sharks, turtles, whales and playful dolphins that will sometimes swim alongside their boats! Some sailors have even been able to hear dolphins through the hull talking to each other by whistling! The view is not always so positive, though.

There is so much plastic and other pollution in the ocean that racing yachts can end up with old fishing 'ghost' nets or other types of rubbish stuck on their keel. That usually means one of the sailors has to dive into the water and cut the boat free. Plastic pollution is a huge problem for the planet – and we must work together to solve it!

**Most of the rubbish at sea is plastic. It is estimated that by 2050 there will be more plastic in the ocean than fish, if we don't act now!**



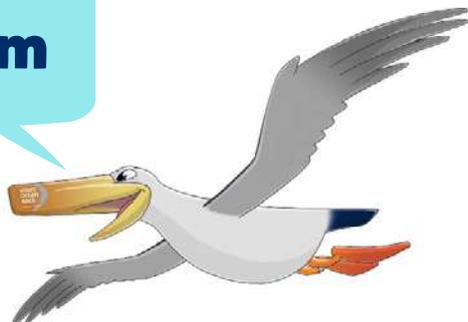
**To learn more about Ocean plastic pollution check out our next topic, where you will discover all about how plastic reaches the ocean and what happens to it there.**

## **The ocean is our racetrack**

The race loves the oceans; it's our racetrack, and we want to keep it clean for nature, for you and for future generations. There are teams taking part in the race, like Vestas 11th Hour Racing and Turn the Tide on Plastic, who are very involved in helping to solve this urgent problem of ocean plastic pollution. YOU are helping too by taking this exciting course with thousands of other students around the world, learning about things you can do every day to help keep the oceans clean. Together, let's help Turn the Tide on Plastic! It's a race. Let's go!

# Wisdom - the Race mascot!

Hi, I'm  
Wisdom



**Sailors believe an albatross is the soul  
of a sailor lost at sea!**

## Wisdom's Profile:

**Seabird:** Laysan Albatross

**Work:** Race Mascot

**Address:** Midway Atoll, Pacific Ocean

**Age:** 60yrs +

**Threats:** Long-line fishing hooks,  
ocean plastic pollution

## Did you know you can watch the action from home?



Yep, you don't even have to get on the water to feel the excitement! This race provides so much cool action that there is an Onboard Reporter (OBR) on each of the boats to keep us up to date with what is happening. They report and send pictures and videos to the Race HQ\* in Alicante where it is shared with the world via the Internet. The job of the OBR is one of the best and worst media jobs in the world because of the tough conditions they are working in. Some of the reporters have experience working in war zones and they regard it as being just as tough. Thanks to the work of these amazing OBRs you can see what

the sailors are experiencing at sea from the big scary storms to the calm days when they might just get to see some incredible sea life.

Check out some of the photos on:

**Facebook**

**Twitter**

**Instagram**

\*HQ= Headquarters, race headquarters in Alicante, Spain, where all communications happen with the racing boats on the water.



**Every picture sent from the  
boats, travel 37,000km into  
outer space to the Inmarsat  
satellite network before it gets  
fired out to our screens for  
everyone to see!**

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# What's next?



Check out Topic 2 for lots more cool facts on the ocean!

Have fun completing the Champions Challenge on Wisdom's worksheets that she has prepared especially for you to see how much you know about the race!

To find out lots more and follow the Volvo Ocean Race check out

**[www.volvoceanrace.com/education](http://www.volvoceanrace.com/education)**

## Interesting word list:

**Bow:**

The front of the boat.

**Crew:**

The people who work on the boat together as a team.

**Globe:**

Planet Earth.

**Iceberg:**

A large floating piece of ice that can be seen by sailors in the Southern Ocean.

**Malnutrition:**

When a person is unhealthy because they don't eat enough food or healthy food.

**Mascot:**

Wisdom the albatross is the mascot and is supposed to bring luck to the race. When sailors see an albatross at sea they feel it is lucky!

**Mast:**

The tall pole sticking up out of the boat which holds the main sail.

**Plastic:**

A material which is produced from oil by a chemical process which is used to make many objects. It is light in weight and does not break easily.

**Pollution:**

Poisonous or dirty things that are polluting the water, air, or land e.g. smoke, plastic, sewage.

**Port:**

Looking to the bow of the boat port is the left side of the boat.

**Skipper:**

The captain of the boat who works closely with the navigator to make the best decisions to try to win the race!

**Southern Ocean:**

The sea or ocean surrounding Antarctica

**Starboard:**

Looking forward towards the bow of the boat starboard is the right side of the boat.

**Stern:**

The back of the boat.

**Sustainability:**

To be able to maintain a balance without loss or severe damage of natural resources or the environment.

**Upright:**

Straight up position – not on its side.