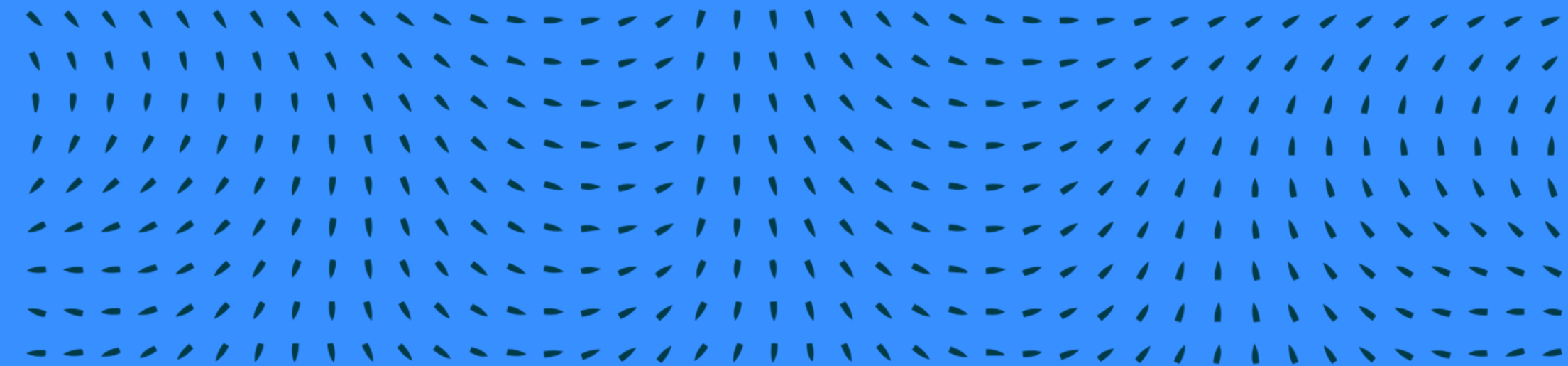


# THE ROCKET RACE





# AGENDA

01. An introduction to The Ocean Race

02. Racing with Purpose

03. Impact & Engagement

04. The Ocean Race Learning Programme

World Sailing Sustainability Education Programme

05. Question Time





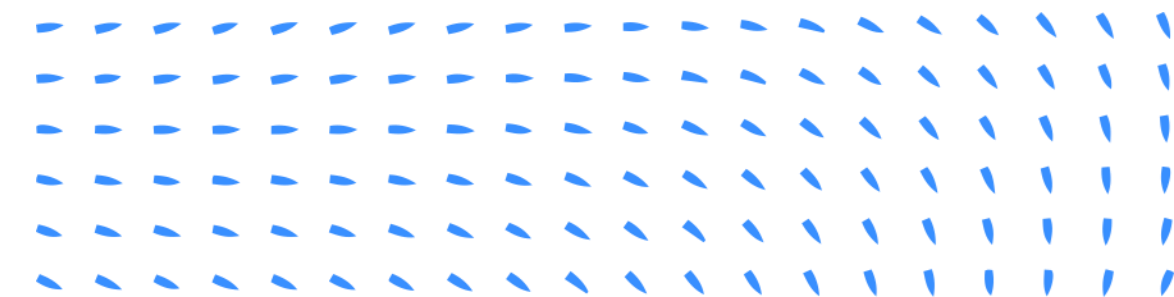
Sport has the power to  
change the world







# The Ocean Race







Since 1973, The Ocean Race has provided the ultimate test of a team and a human adventure like no other. For nearly 50 years, it has kept an almost mythical hold over some of the greatest sailors and been the proving ground for the legends of our sport.







# Our next Race cycle

 **THE OCEAN RACE**  
**EUROPE**

**2025**

 **THE OCEAN RACE**  
**ATLANTIC**  
NEW YORK - BARCELONA

**2026**

 **THE OCEAN RACE**  
ROUND THE WORLD SINCE 1973

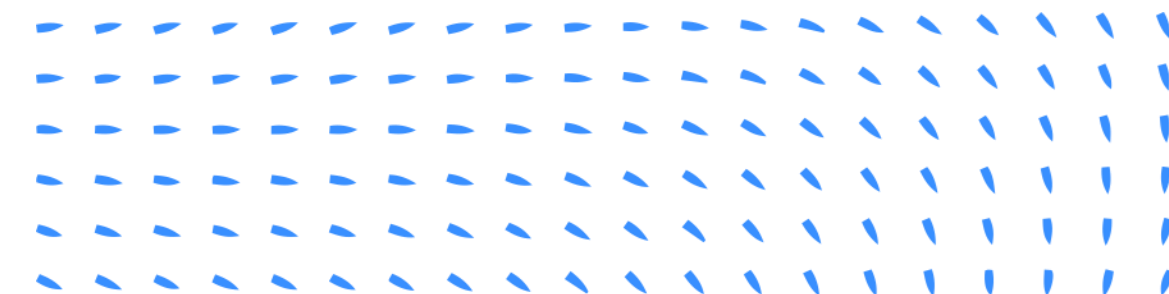
**2027**





# Racing with Purpose

02







# Connect | Engage | Restore

## Our Overarching Vision



Leverage ocean racing to drive ocean health



Link racing challenges to ocean and climate protection



Integrate ocean literacy elements into learning programme and events



Respect indigenous and local ocean wisdom



Advocate for the ocean's inherent rights



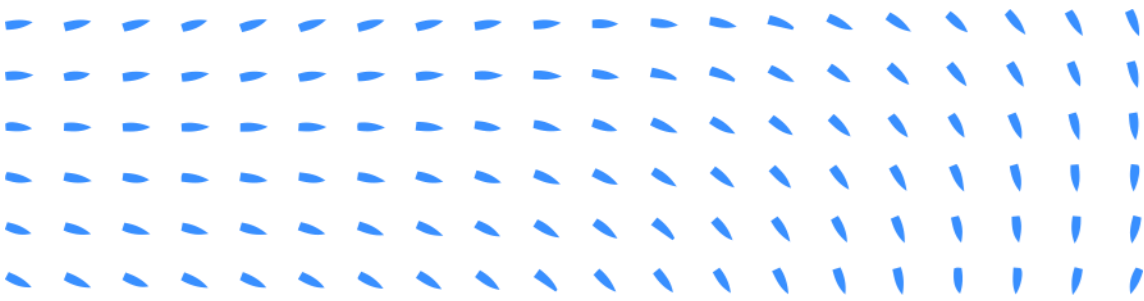
Promote inclusivity, accessibility and community connection



Build a global commitment to ocean conservation



Activate in Ocean Live Parks under the pillars of Connect, Engage, Restore





## UN OCEAN DECADE CHALLENGE 10

### Restore society's relationship with the ocean

Meaningful society-ocean connections are strengthened, driving increased motivation, capability and opportunity for people, across all sectors of society, to make decisions, act and behave in ways that ensure a healthy ocean.



## EU MISSION OCEAN & WATERS

### Restore our Ocean & Waters by 2030

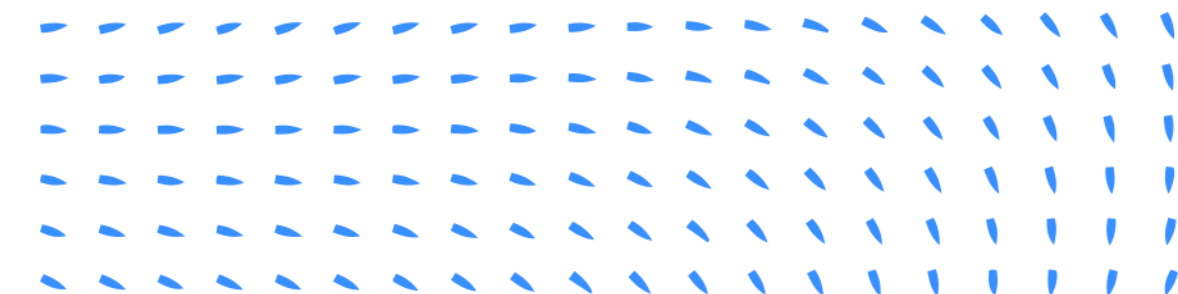
- Protect & Restore marine & freshwater ecosystems & biodiversity
- Prevent & Eliminate Pollution of our ocean seas and waters
- Make the blue Economy Carbon Neutral & Circular







## Impact and Engagement







■ 225,640

young people have engaged with The Ocean Race Learning programme resources since 2017.

■ 85 Countries

■ 11 Languages

■ 33,211

young people participated in activities at Ocean Live Park during the 2022-2023 Race



**GESS**  
EDUCATION  
AWARDS  
**FINALIST**  
**2024**





## IF Sustainability Project **SUSTAINABILITY EDUCATION PROGRAMME**



## Principle 4

### Education and communications



#### Examples of actions taken

- Organised workshops, webinars, awareness-raising campaigns, and training sessions to educate internal and external stakeholders on environmental sustainability and best practices
- Collaborated with local schools, NGOs, and community groups to engage in nature-related projects and education
- Used online platforms and social media campaigns to educate and inspire global communities on (ocean) conservation and sustainability
- Encouraged volunteerism and employee participation in environmental projects and sustainability initiatives

## Case study 4

### The Ocean Race Learning Programme

The Ocean Race Learning Programme aims to increase ocean literacy and motivate positive action among younger generations to help protect ocean health. The programme includes:

- **Champions for the Sea** Suitable for 6-12 year olds, these free, engaging resources can be used in schools, at home, or within the community. The course takes children on a journey through the history of the Race, exploring the boats, teams, and route, before explaining our connection with the ocean, the issue of plastic pollution, and how to tackle it. There is also a module about the wonders of ocean science and the challenges of studying the ocean's vast, unexplored depths.
- **Generation Ocean** Join the race to protect our incredible blue planet is an engaging secondary school programme for 12-16 year olds. The resources introduce young people to the vital role of the ocean in sustaining life on Earth, the threats jeopardising it, and the solutions needed to protect it. The Educator's Guide supports place based project work in ocean advocacy that has seen real positive action take place from students in their communities around the world.
- **Our Ocean Our Hero** is a short module on the ocean and climate connection. Helping learners understand the links between the world's largest carbon sink and its many amazing ecosystems and animals that help provide oxygen and a healthy planet.

The programmes and supporting materials for teachers, parents, or community members can be downloaded for free in nine languages. Since 2017, around 224,640 children in 80 countries have engaged with the learning programme, including 25,000 students using the online programme in 43 countries during the six months of the race in 2023 and over 30,000 students visiting the Ocean Live Park for an educational experience. For more information about the The Ocean Race's Learning Programme, click [here](#).



# The Ocean Race Learning Programme

## World Sailing Sustainability Education Programme

04







## Champions for the Sea

6-12 year olds

Gold Winner in Sustainability Education

## Generation Ocean

12-16 year olds

Silver Winner in Sustainability Education

## Team Supplement

Updated for each Race

## Our Ocean Our Hero

Special release for 6-12 year olds

## World Sailing Sustainability Education Programme

6-12 year olds

Sailing club programme

## Ocean Live Park

Onsite activations

Working with local partners and organisations









There are 6 topics in the Sustainability Education Programme.

Topic 1	Race with World Sailing!
Topic 2	Resources & Climate Change
Topic 3	Navigating Wildlife & Biodiversity
Topic 4	Reducing Waste
Topic 5	Oil & Fuel
Topic 6	Boat Cleaning & Maintenance

There are links between the topics, but you can use them in any order with your crew.

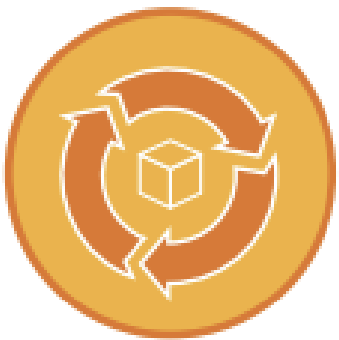
For each topic, there is a...



Age colour coding



Infrastructure and natural sites



Sourcing and resource management



Workforce



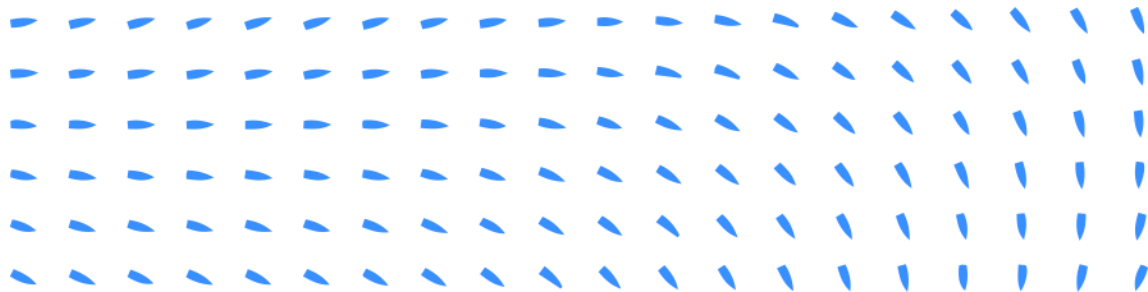
Mobility



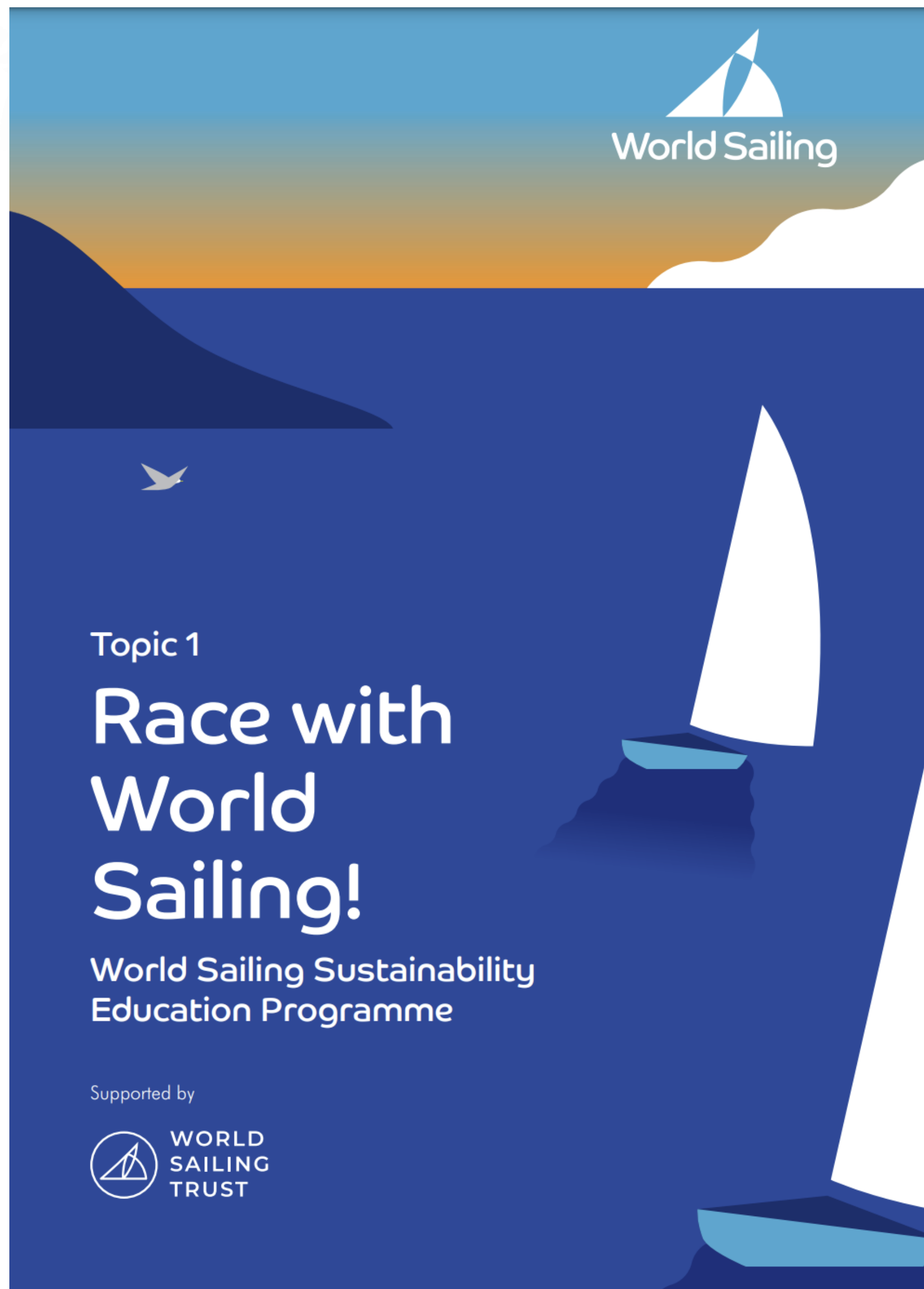
Climate

9 Languages

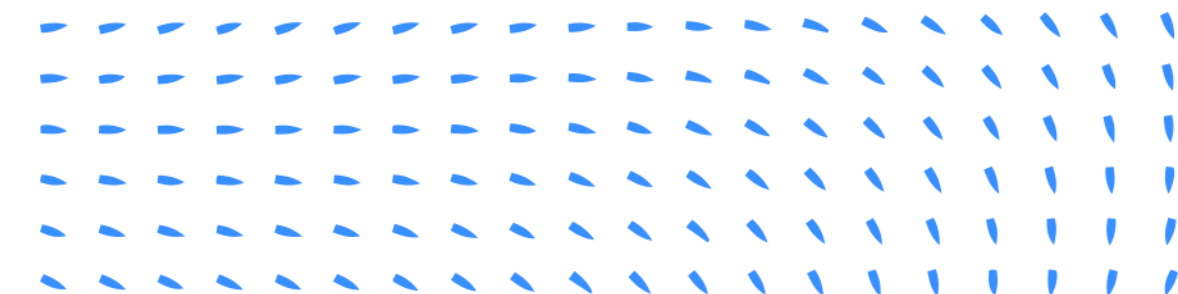
English, Spanish, Portuguese, French, German, Mandarin, Japanese, Arabic, Turkish



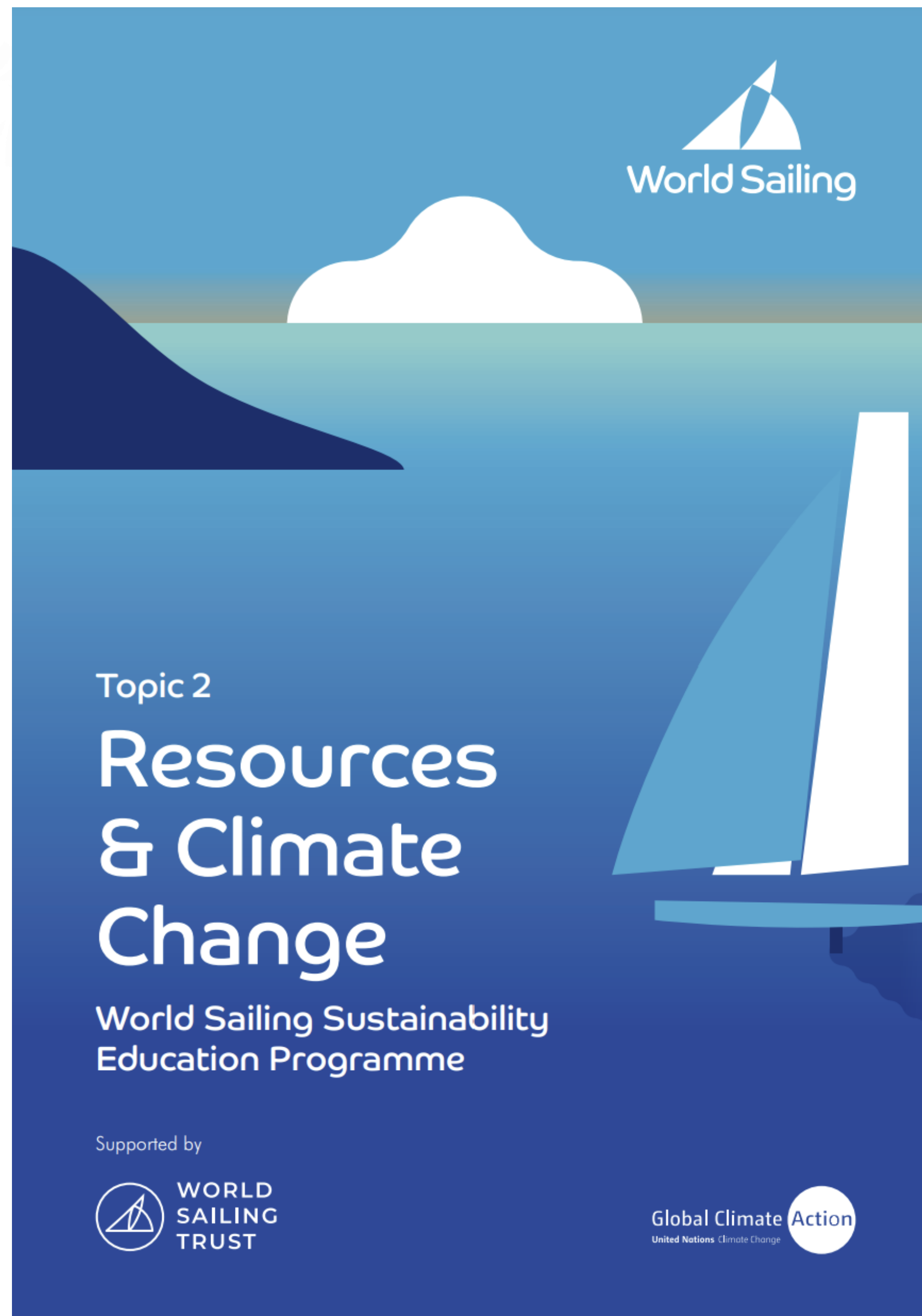




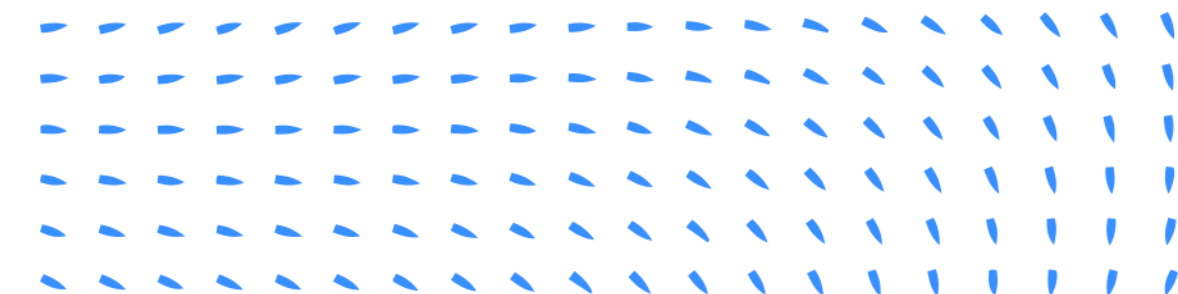
- Introduction to boats and races
- Examine the skills required to take part in races and be a top sailor
- Introduction to how races and sailors are becoming more sustainable
- Create an interest and motivation to take part in races



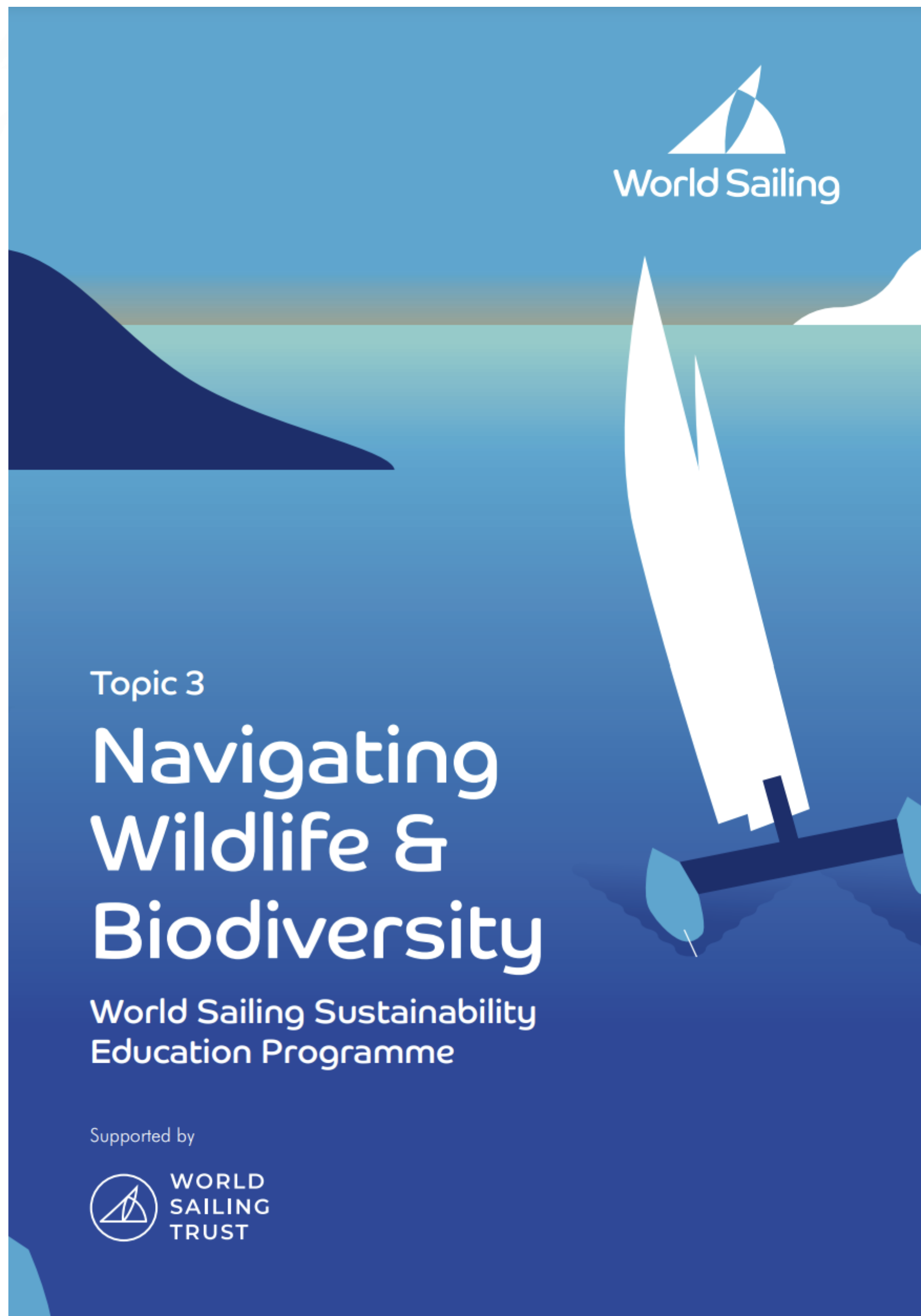




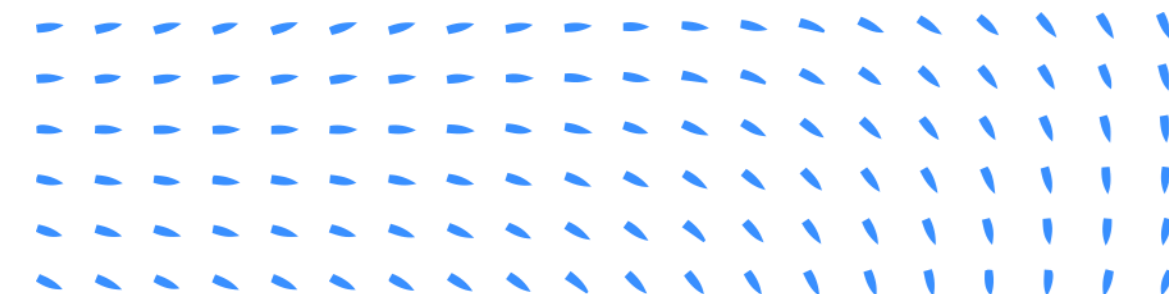
- Increase awareness of climate change
- Introduction to the effects of climate change on sailing and sailors
- Examine the use of resources (water, energy, products) in a sailing club







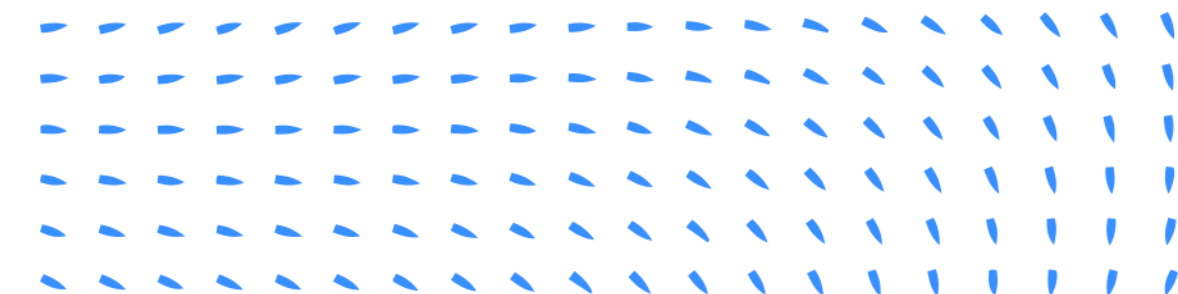
- To increase awareness of cetaceans
- To increase awareness of common aquatic plants and algae
- To develop an understanding around policies and guidelines when navigating and interacting with wildlife and biodiversity







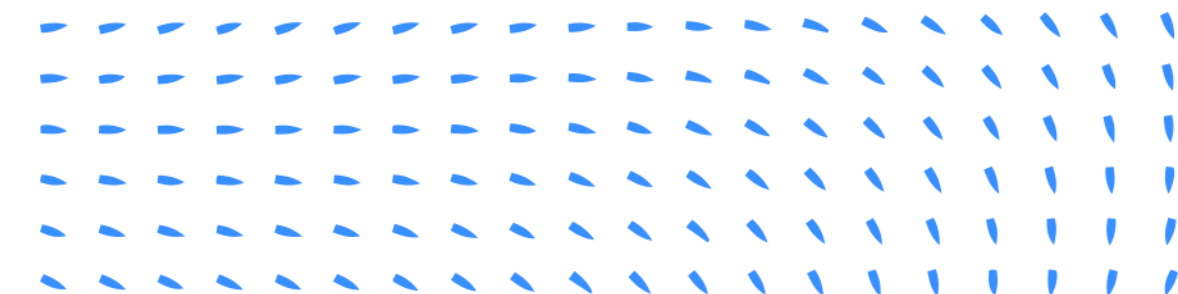
- Increase understanding of different types of waste and waste hierarchy
- Examine waste generated by sailors and sailing clubs
- Develop understanding of the circular economy
- Look at how waste on boats and in sailing clubs can be reduced
- Propose ideas and changes to reduce plastic waste on boats and in sailing clubs







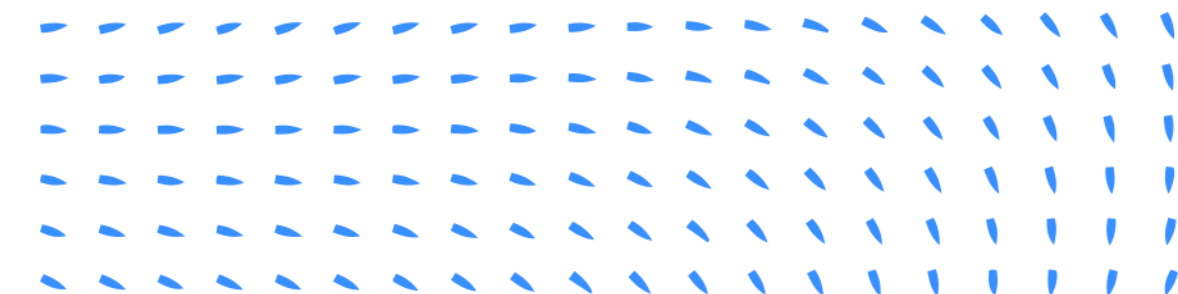
- Consider oil and fuel's links to the sport of sailing
- Identify types of spills that can happen while sailing or in the club
- Examine the impact of spills on the marine food chain and biodiversity
- Introduction to spill prevention
- Introduction to correct management of spills







- The importance of keeping boats clean and maintained
- Invasive species
- Environmentally-friendly ways of keeping boats clean and maintained
- How to lengthen the life of boat sails and reuse them at the end of their life







Can you remember the meaning of the new words from Topic 1?

Match each word to its definition.

Key word		Meaning
Sustainability		To complete something without help from anyone.
Perseverance		Organisms that grow in water.
Courage		To care for something.
Resilience		The concept of being able to use or do something for a long time without running out of resources or damaging the environment.
Single-handed		To keep trying, even when it might be difficult.
Algae		Doing something that might scare you.
Stewardship		Getting through a difficult time, being strong on the inside and trying your best.

Search for words!

Find the races and boats in the word search.

b	q	r	m	v	u	s	a	o	z	u	v	h	s	v
f	u	a	m	u	y	a	r	m	p	x	n	j	y	t
c	p	i	z	q	q	i	y	h	d	u	z	g	q	g
a	x	i	p	a	m	e	r	i	c	a	s	c	u	p
t	k	l	l	e	d	z	r	f	r	z	x	x	d	a
a	d	i	w	i	t	z	v	c	t	j	d	j	l	p
m	i	k	t	v	q	t	p	v	m	g	r	q	n	l
a	n	t	h	e	o	c	e	a	n	r	a	c	e	c
r	g	q	q	b	s	b	f	z	y	h	m	v	x	p
a	h	o	r	l	q	u	o	l	y	m	p	i	c	s
n	y	s	l	y	h	i	r	a	s	a	z	x	n	i
i	n	o	j	x	e	m	q	f	n	k	x	t	n	w
j	x	l	c	u	q	o	o	w	i	d	i	a	m	z
s	z	h	o	d	b	c	s	w	f	n	f	f	e	y
u	b	g	x	h	p	a	e	q	s	u	g	y	f	r

the ocean race

americas cup

dinghy

skiff

kitesurfing

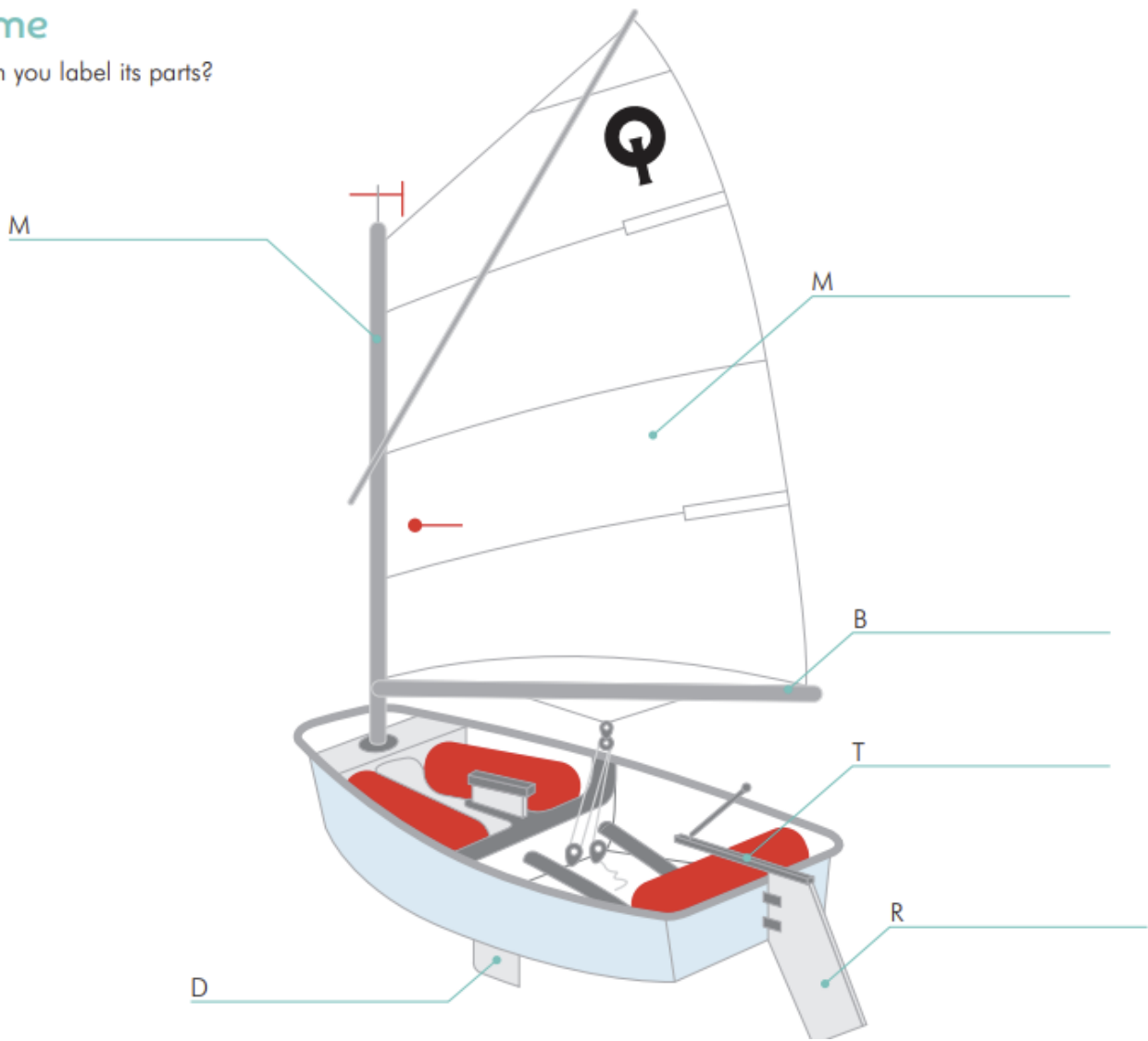
olympics

catamaran

imoca

The name game

This is an Optimist. Can you label its parts?



Quiz time!

Let’s see what we remember from Topic 1: Race with World Sailing! This is a 2 person team multiple choice quiz. Read each question and decide which answer your team thinks is correct. Check with your instructor for the answers!

1. When did World Sailing start?

- a. 1905
- b. 1906
- c. 1907

2. What is the name of the goals that aim to solve extreme poverty, fix climate change and fight inequality and injustice?

- a. United Nations Environmental Goals
- b. United Nations Sustainable Development Goals
- c. United Nations Eco-Development Goals

3. Which of the races that you learnt about in Topic 1 is the oldest?

- a. The Ocean Race
- b. The Olympic Games
- c. America’s Cup

4. Which of the races that you learnt about in Topic 1 is the longest?

- a. SailGP
- b. The Ocean Race
- c. America’s Cup

5. Which of the boats that you learnt about in Topic 1 is the fastest?

- a. F50
- b. IMOCA 60
- c. VO65

Debrief time

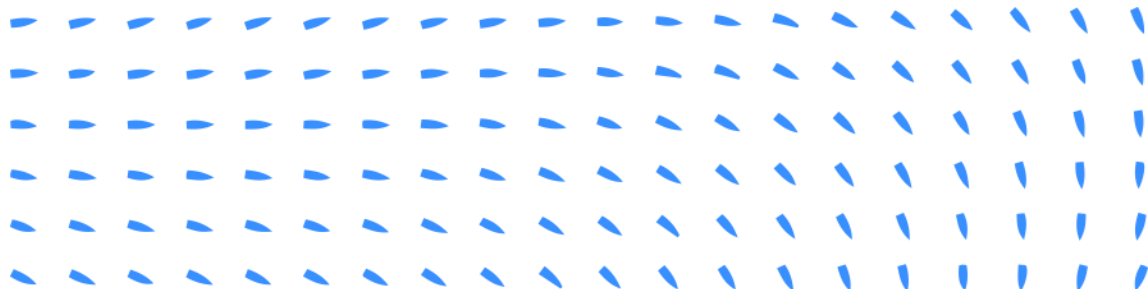
My favourite class of boat is the \_\_\_\_\_ because \_\_\_\_\_

I like \_\_\_\_\_ race because \_\_\_\_\_

2 things that I can do to become a more sustainable sailor are:

1. \_\_\_\_\_

2. \_\_\_\_\_







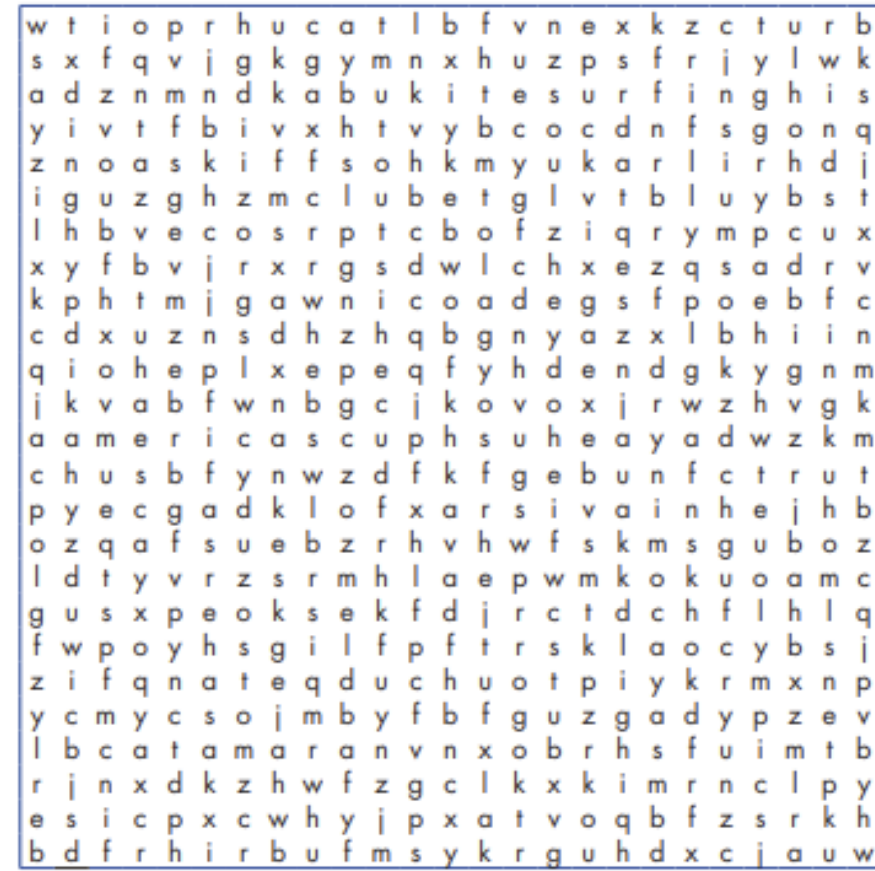
### Can you remember the meaning of the new words from Topic 1?

Read each definition and write in the word.

Key word		Meaning
_____		To complete something without help from anyone.
_____		Organisms that grow in water.
_____		To care for something.
_____		The concept of being able to use or do something for a long time without running out or damaging the environment.
_____		To keep trying, even when it might be difficult.
_____		Doing something that might scare you.
_____		Getting through a difficult time, being strong on the inside and trying your best.

### Search for words!

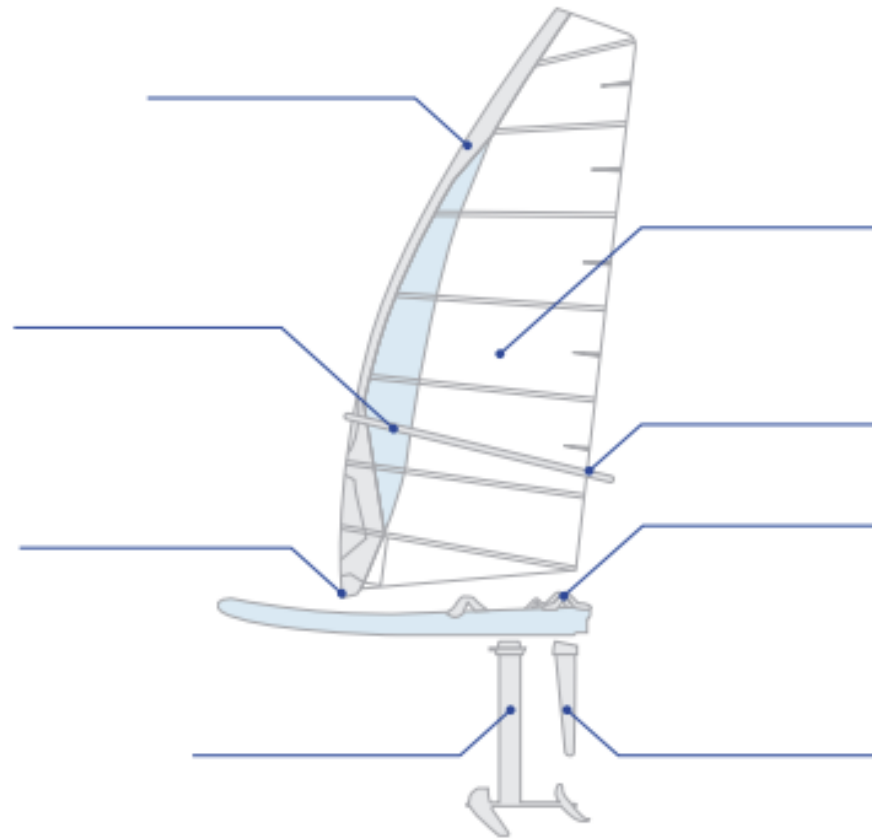
Find the races and boats in the word search.



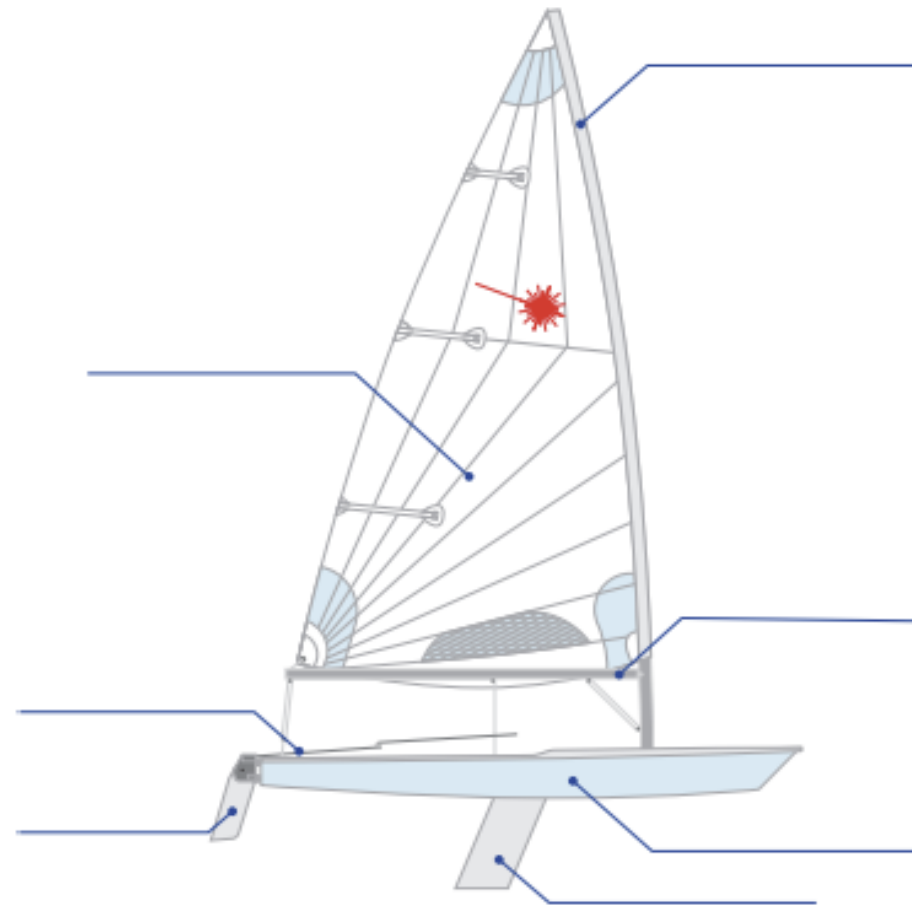
pwa world tour windsurfing skiff the ocean race catamaran imoca americas cup olympics kitesurfing dinghy

### The name game

Here is a Laser and an iQFOIL.  
Can you use the words in the box to label their parts?



Main sail	Boom	Out Haul	Foil
Mast	Down Haul	Strap	Fin



Main sail	Mast	Hull	Daggerboard
Tiller	Boom	Rudder	



### Quiz time!

Let's see what we remember from Topic 1: Race with World Sailing!  
This is a 2 person team quiz. Read each question and decide on the answer with your teammate. Check with your instructor for the answers!

#### 1. When did World Sailing start?

- a. 1905
- b. 1906
- c. 1907

#### 2. What is the name of the goals that aim to solve extreme poverty, combat climate change and fight inequality and injustice?

- a. United Nations Environmental Goals
- b. United Nations Sustainable Development Goals
- c. United Nations Eco-Development Goals

#### 3. Which of the races that you learnt about in Topic 1 is the oldest?

- a. The Ocean Race
- b. The Olympic Games
- c. America's Cup

#### 4. Which of the races that you learnt about in Topic 1 is the longest?

- a. SailGP
- b. The Ocean Race
- c. America's Cup

#### 5. For 1 of the races can you remember 1 fact about sustainability?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Debrief time

I'd like to sail a \_\_\_\_\_ because \_\_\_\_\_

I'd like to compete in \_\_\_\_\_ race because \_\_\_\_\_

2 individual skills I need to develop to become a top sailor are:

\_\_\_\_\_ because \_\_\_\_\_

\_\_\_\_\_ because \_\_\_\_\_

I want to become a more sustainable sailor because

\_\_\_\_\_

#### 6. Which of the boats that you learnt about in Topic 1 is the fastest?

- a. F50
- b. IMOCA 60
- c. VO65

#### 7. How many sailing events are there in the Olympic Games, where you can win a medal?

- a. 5
- b. 10
- c. 14

#### 8. How many times has Dee Caffari single-handedly sailed non-stop around the world?

- a. 1
- b. 2
- c. 3

#### 9. Who does Yago Lange sail with in the Olympic Games?

- a. his father
- b. his sister
- c. his brother

#### 10. List 4 things that make someone a top sailor

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_







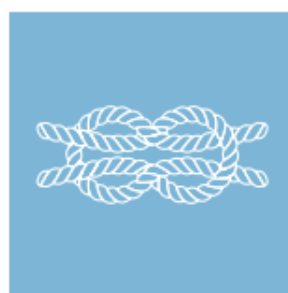
## Extension activities

### Rope square

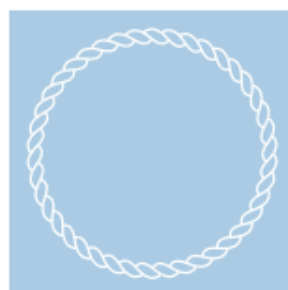
Your crew will get to experience what it might be like sailing through rough seas, testing their teamwork and communication skills.

Age: 6-12 years

Materials:  
Rope (long enough to form a circle that everyone in the group can hold onto with both hands)



**Step 1**  
Tie a piece of rope so that it forms a circle.



**Step 2**  
Lay the rope in a circle on the floor.



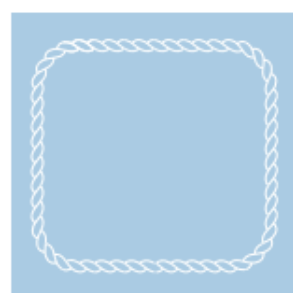
**Step 3**  
Ask all crew members to stand around the circle, pick up the rope and hold it with both hands.



**Step 4**  
Ask crew members to close their eyes.



**Step 5**  
Instruct them to walk around in a circle (with their eyes closed) 3-4 times until they are dizzy.



**Step 6**  
Instruct them to form a square using the rope, without opening their eyes.

### Fix the broken VHF

Two-way communication is so important for top sailors. Let's see how the crew can improve listening, feedback and giving a clear message to other members of their team.

Age: 8-12 years

#### Round 1



**Step 1**  
Get your crew to form a circle (standing up). They need to be close enough that whispering is possible, but not so close that they can hear each other whisper.



**Step 2**  
Give 1 crew member a phrase to whisper in the ear of the person on their right. They can only whisper it once.



**Step 3**  
Each crew member whispers the message that they have heard to the person on their right, until it reaches the last crew member (the person standing to the left of the original whisperer).



**Step 4**  
The last crew member repeats the phrase out loud to the whole group to see how much it has changed from the original phrase.

### Rope knots

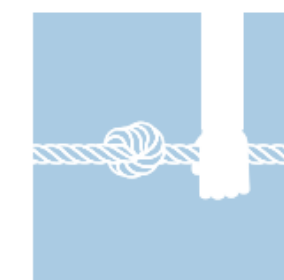
Critical-thinking, decision-making and clear communication are going to help your sailors on board their vessels, especially in tricky situations or tense races. Put these skills (and their knot skills!) to the test.

Age: 10-12 years

Materials:  
Rope (long enough to form a circle that everyone in the group can hold onto with both hands)



**Step 1**  
Tie a knot in the rope for every crew member in the group (i.e. 10 people = 10 knots). Space the knots evenly apart.



**Step 2**  
Ask each crew member to hold onto the rope, on 1 side of the knot, with 1 hand. They need 1 free hand to untie knots.



**Step 3**  
The group must untie all of the knots in the rope without anyone letting go or moving their hand that is holding onto the rope.



**Step 4**  
Once all the knots are untied, the game is complete.







# How can I use these resources?

## **You might be a...**

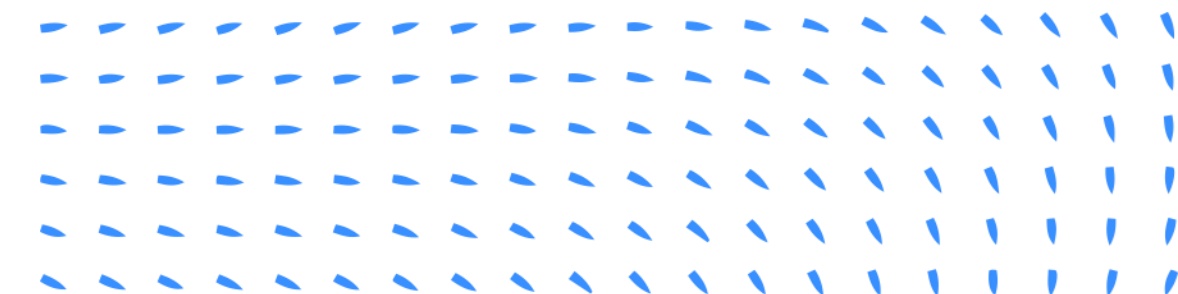
- Sailing instructor
- Sailing club member
- Community member

## **World Sailing Sustainability Education Programme resources**

- Go to <https://www.sailing.org/inside-world-sailing/sustainability/sustainability-education-programme/>

## **For World Sailing & The Ocean Race Learning Resources**

- Go to [learning.theoceanrace.com](https://learning.theoceanrace.com)







# Question Time

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**[learning.theoceanrace.com](http://learning.theoceanrace.com)**

