

# INTRODUCING RIGRUN 2024

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**THE SPORTING & HEALTH EXPERIENCE  
FOR OFFSHORE WORKERS**

The Game, The Glory & Great Prizes

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# THE RIGRUN STORY

We have 25 years of experience working in the offshore wellness space.

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During this time, we have noticed that many programmes on offer focus heavily on HR tick boxes and don't captivate end-users' enthusiasm.

Direct in-person experiences have also given way to impersonal and anonymous digital experiences, none of which are fulfilling our mental or social needs.

The offshore environment is also unique.

We know this because we worked there too!

We understand some of the highs and lows that come with offshore life - that fog horn going off on the day you're due to go home or the great excitement when bananas appear in the mess hall!

Most wellness programmes are designed for office settings and exclude contractors or temp workers. In an offshore environment, this creates them and us feel, which is not suitable for team camaraderie.

One of the most significant issues of workplace fitness events is that they are structured in a way that puts those already physically active at a competitive advantage.

In turn, this approach doesn't motivate sedentary types off the sofa. We also find that 'winning' a digital badge, isn't enough to incentivise people...

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# WHAT MAKES RIGRUN STAND OUT FROM THE CROWD?

With all this in mind, we have created a wellness platform specifically for offshore workers, including core crew, staff, contractors or day visitors.

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RigRun harnesses the power of sport to inspire and unite people. It's a curated experience for all and helps to make exercising more enjoyable.

Appealing to all ages and fitness abilities, we get people out of their cabins, boost camaraderie and give personnel an experience they won't forget.

Through our unique fair-play algorithm, teams of all sizes compete on a level playing field.

Players of all fitness abilities contribute equally to their teams' performance, gaining social recognition among their peers.

Generate international recognition for your team, boost pride in corporate identity and make your offshore workplace a destination of choice!

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# BLENDING TECHNOLOGY WITH REAL HUMAN EXPERIENCES...

Fed up with competing with thousands of people  
you don't know on your fitness apps?

Are you tired of speaking to chatbots  
instead of real people?

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We blend all the latest technology with fundamental human connections and experiences.

Compete locally with crew members from your offshore team; and against others who work in the offshore industry.

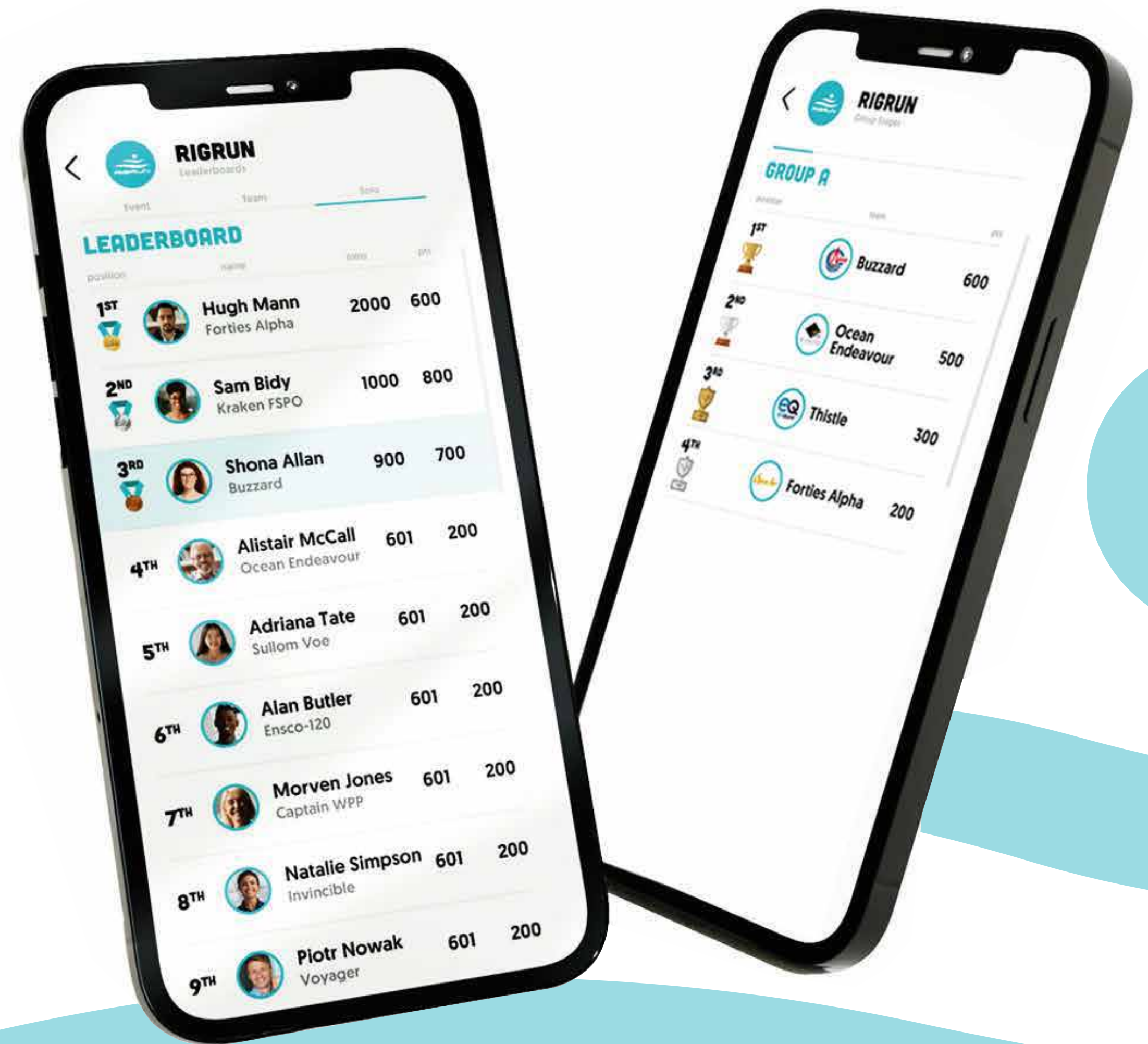
Behind the scenes at RigRun, real people are monitoring you and your team's progress each day.

Receive personalised sports coaching and check out the daily sports commentary section to see if you feature in today's news!

[Want to speak with us at RigRun?](#)

We reply to all messages personally; you won't ever be an anonymous statistic.

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RigRun is the **ULTIMATE** sporting experience for offshore workers, suitable for all ages and fitness abilities.

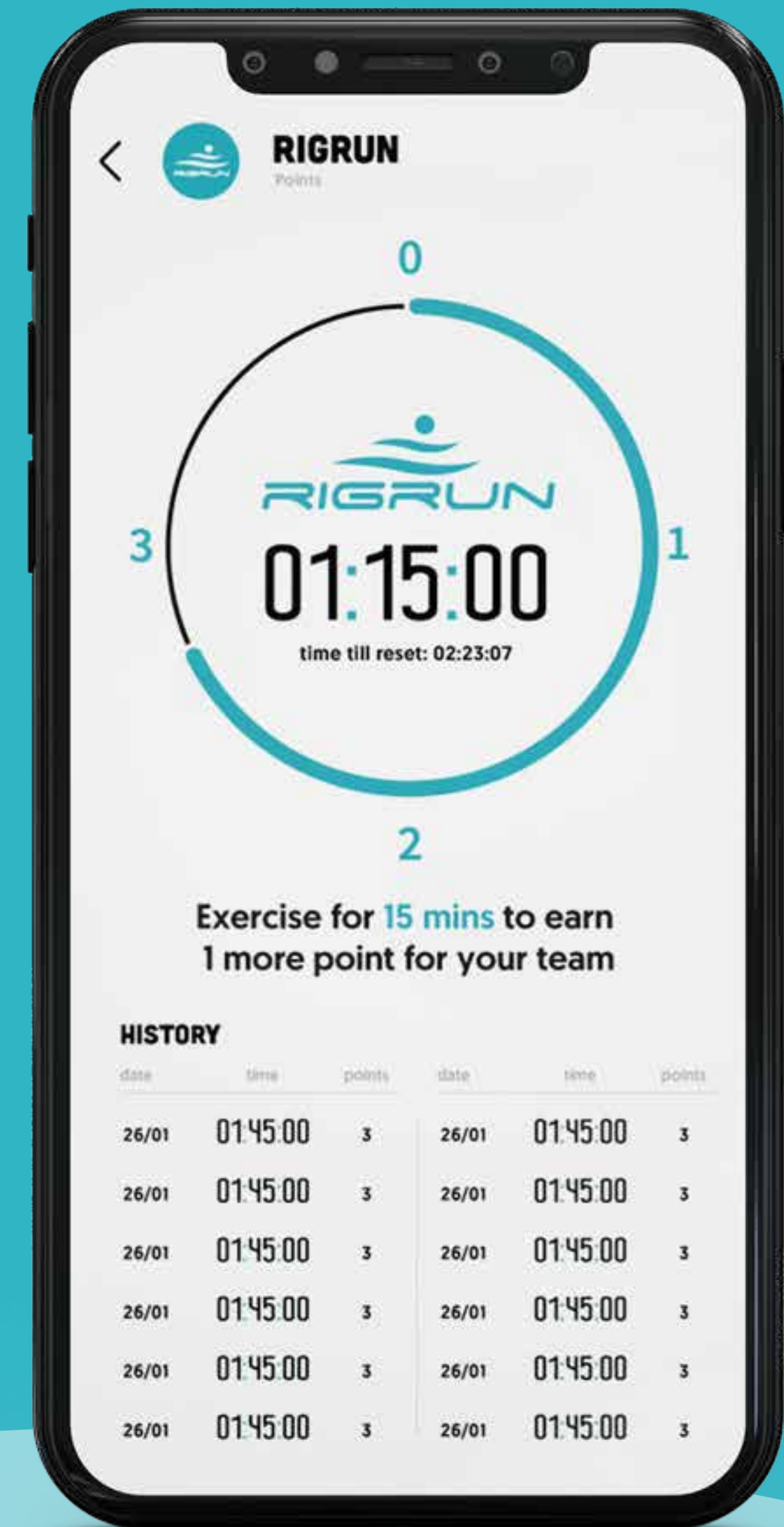
Everyone is on a **LEVEL PLAYING FIELD**  
and can contribute equally to their team's score.

## Experience being an athlete without actually being an athlete!

**SCORE** for your team by exercising in your cabin, on the stairwells, helideck, or offshore gym.

**SUPPORT** your team by scoring during your onshore leave.

Exercise when you want and in any way you want.







With RigRun, the game is **EVERYTHING**.

When RigRun begins, **INDIVIDUALS BECOME TEAMS**

- standing together as kindred spirits, working together to climb those team leaderboards.

As one of our clients told us last year: "there is a real buzz about the place when RigRun is on."

**HUG, JUMP IN THE AIR, ROAR, AND SING.**

And if you win, feel free to play 'We are the Champions' by Queen on the offshore tannoy.

Yes, this has happened before!



# HOT OFF THE PRESS

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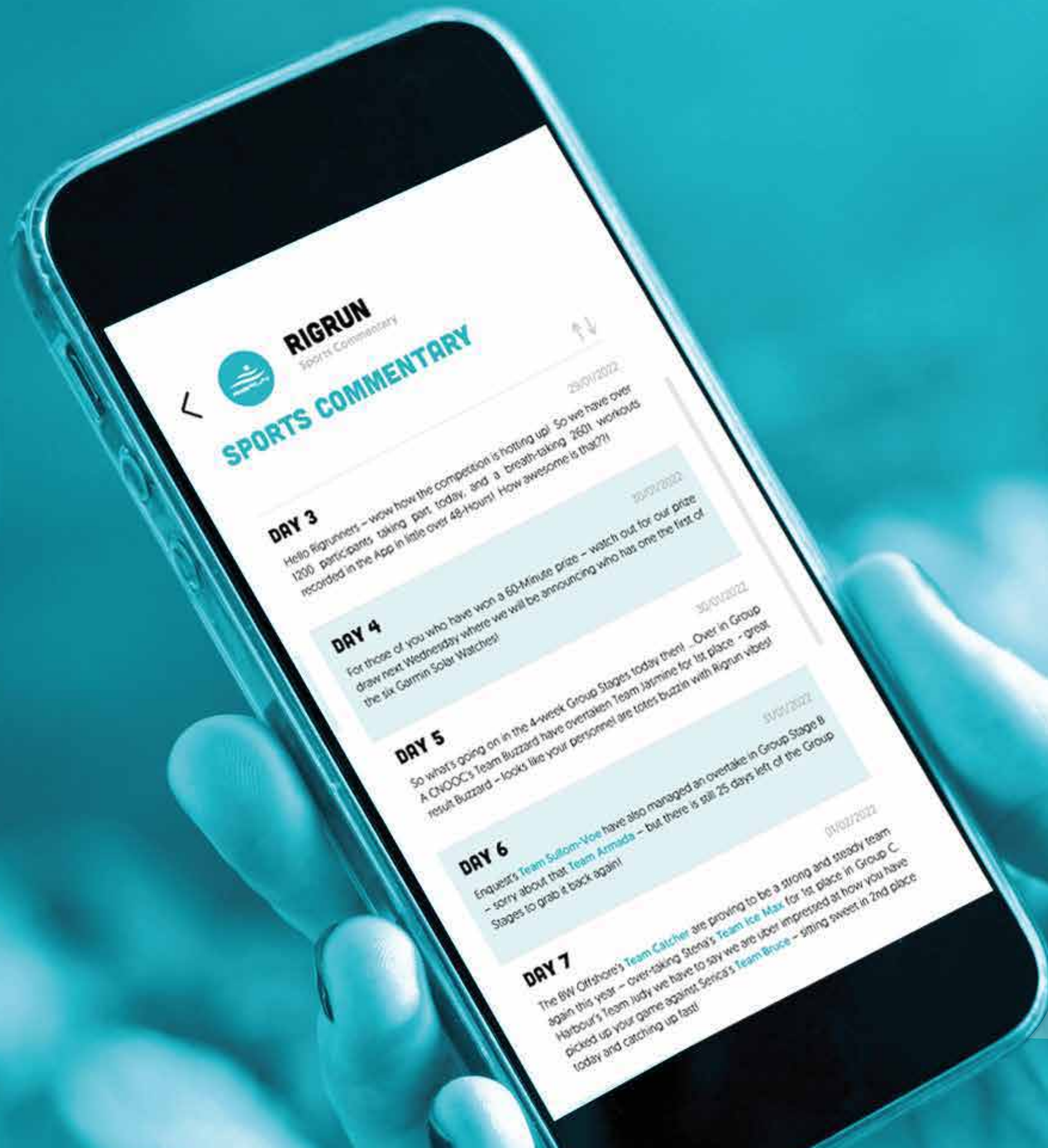
Discover all the latest team and player highlights in the daily sports commentary section of the app.

Pleased as punch with a recently completed workout?

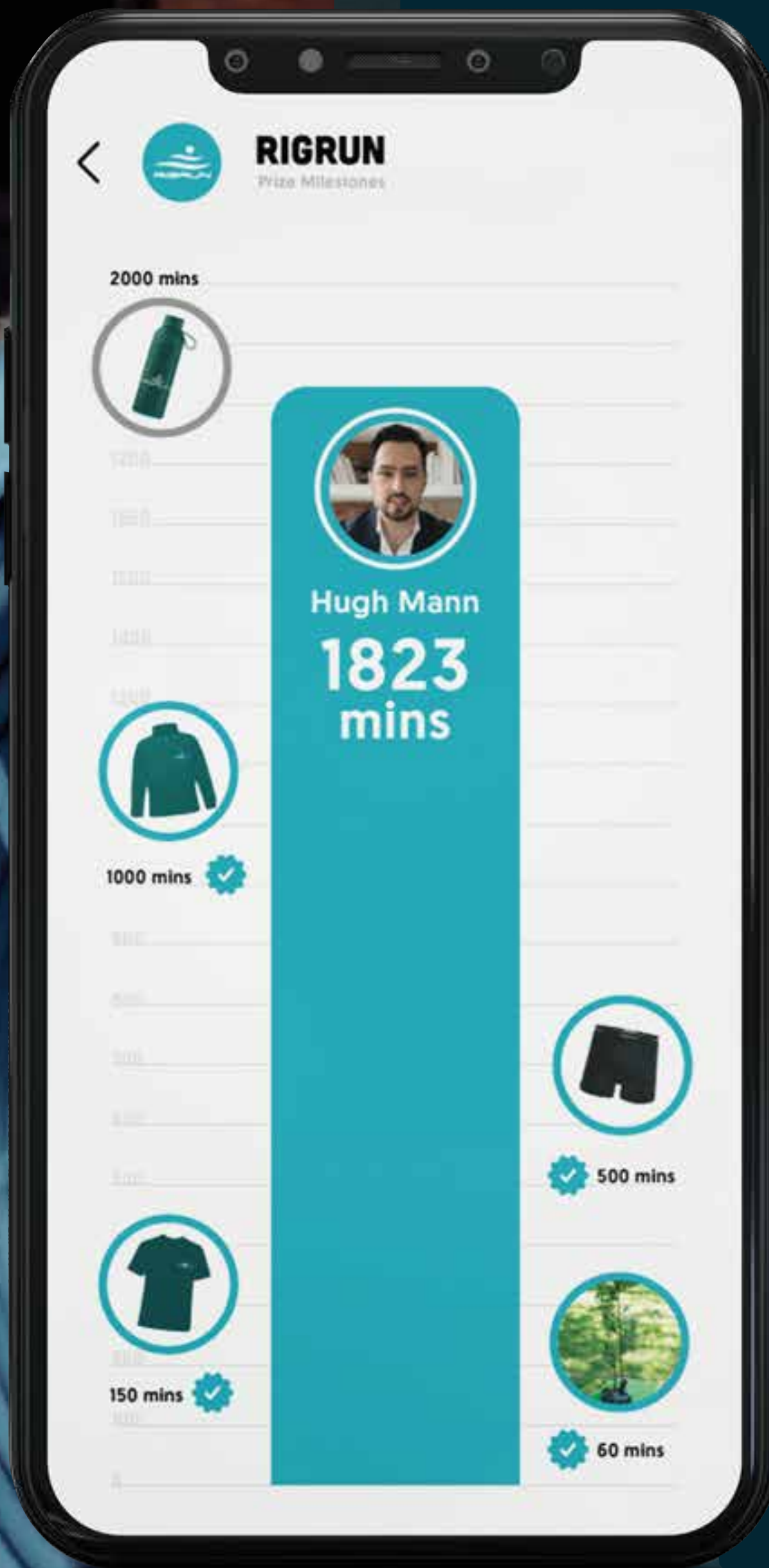
Load your photos and workout screenshots on our social media pages.

Catch up on the banter offshore in the tea shacks and boot rooms.

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# WIN

## NO NAFF DIGITAL TOKENS HERE.

Collect the five prize milestones for 2024 and exercise bragging rights with your crew!

We know that folks offshore love a free Mars Bar and Coke, but as health gurus, it's not appropriate for us to incentivise you with sugar!

Instead, collect the branded RigRun 2024 sports strip!



# DEFEND

## THE PLANET ALONG THE WAY.

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Your exercise achievements lead to tree planting, clearing plastics from the world's oceans and helping people from chronically underemployed populations into fairly paid employment.

There is no greenwash marketing here at RigRun; we put people and the planet before profit in **all** business activities.

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Ocean  
bottle







# FAIR PLAY

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## **PLAYERS.**

Forget wellness programmes that are only open to staff members.

RigRun is for everyone - staff, contractors, core crew and visitors.

Inclusion is a priority.

Join RigRun at any time, on or offshore, and start scoring for your team.

## **HANDICAPS RULE.**

Our unique algorithm ensures that all team sizes, large and small, can compete fairly against one another.

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# ETHICS

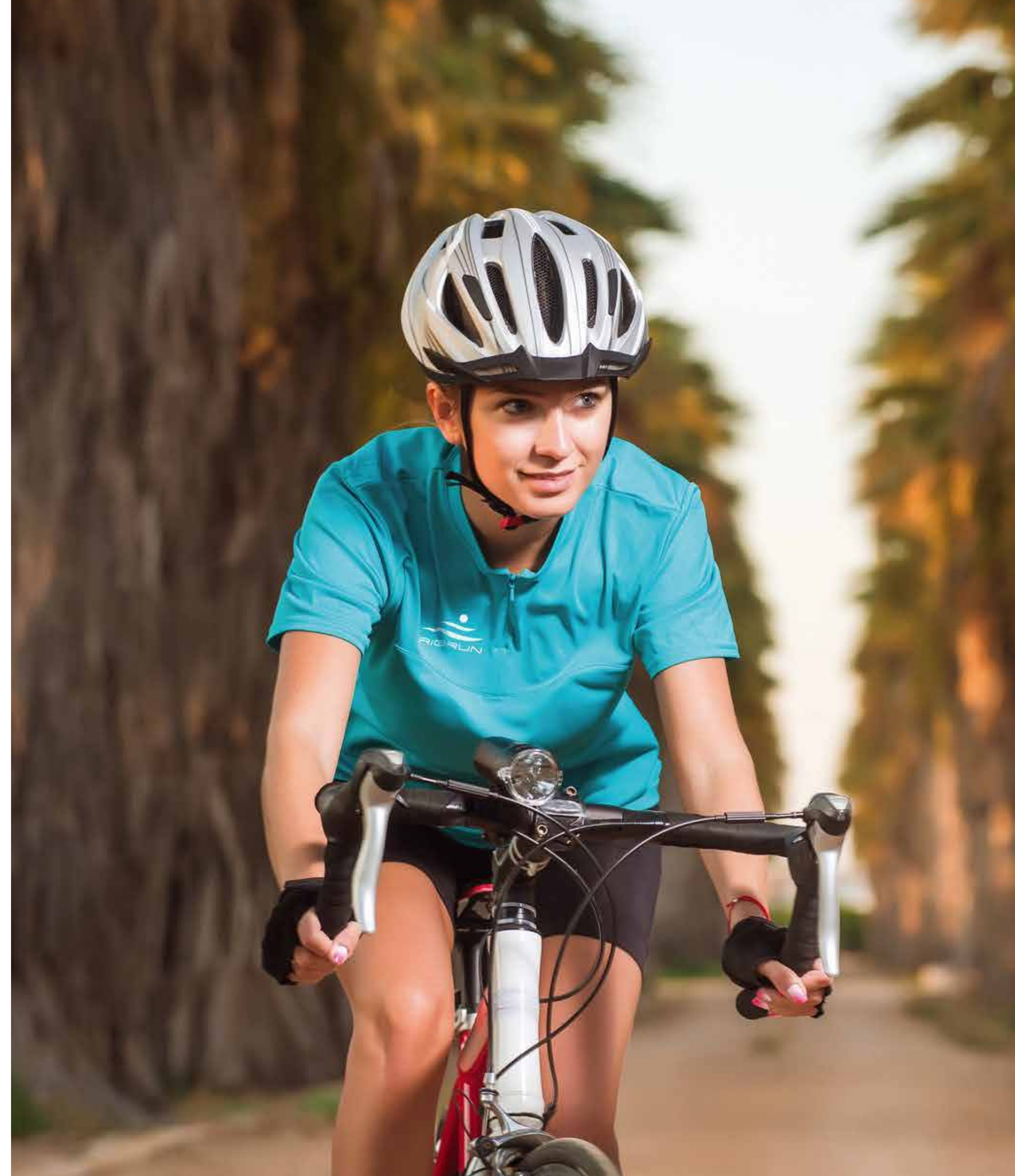
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You can have no concerns about your personal data with RigRun. The only thing we use your data for is to make RigRun a better experience for you!

Rest assured, we don't sell your data to **anyone**.

And we are not affiliated with any health insurance companies.

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# TRANSFERRING TO A NEW INSTALLATION?

No problem, use the app to switch over to your new team.

Take all your personal achievements with you and start scoring for your new crew!

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## OFFSHORE BLACKOUT

Are comms down offshore, or is the WiFi signal not great?

Not an issue!

You can continue logging your workouts in the app even when there is no internet.

Your workouts will synch to the cloud once you have a connection.

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## WE FIND THAT RIG MANAGERS, OIM'S, AND SHIP'S CAPTAINS HAVE PRETTY HIGH STANDARDS.

So if something isn't quite hitting the mark, it's usually not required back!

RigRun gets asked back time and time again by our offshore clients.

Many contact us to say how RigRun has benefitted them - improved sleep, weight loss, feeling better mentally or just noticing a real buzz about the place.

RigRun has been explicitly designed for and by people who work offshore.

We hope you and your team enjoy the RigRun experience.

And feel a bit fitter and healthier along the way!

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# RIGRUN 2024 ANNUAL SUBSCRIPTION

**ANNUAL PLAN - SIGN-UP FEE - £625 PER CALENDAR MONTH, PER OFFSHORE UNIT  
NO PARTICIPATION LIMIT - MULTI-SITE SIGN UP REDUCTION.**



TECHNOLOGY - RIGRUN APP,  
WEB PORTAL AND IT SUPPORT



AUTOMATIC ENTRY INTO 6-WEEK CUP  
EVENT - GROUP STAGES, LEADERBOARDS,  
INTER-COMPANY EVENTS



4-WEEK QUALIFIERS EVENT - CHALLENGES,  
LEAGUE TABLES, AWARD SCHEMES



FITNESS - PRE, POST-EVENT AND ALL YEAR  
ROUND FITNESS MONITORING



REPORTING - DAILY TEAM AND COMPANY  
REPORTS, EVENTS, ANNUAL REPORTING



PRIZES - GARMIN WATCHES, OCEAN  
BOTTLES, T-SHIRTS, FLEECEs, HOODIES,  
MEDALS AND TROPHIES



COMMUNICATIONS & SOCIAL MEDIA  
BEFORE, DURING & AFTER EVENTS -  
NEWSLETTERS, FACEBOOK, INSTAGRAM,  
YOUTUBE AND LINKEDIN PAGE ACCESS



PROMOTIONAL MATERIALS - TEAM PORTAL,  
PRESENTATIONS, FLYERS AND POSTERS



# GET IN TOUCH

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Such a great effort by the whole Gemini team. First year in the Rig Run Cup and with a lot of focus and determination have become the international champions ! All Seadrill teams did very well but taking the cup is the icing on the top. The winner is physical, mental and social - team health!

ROBINA MCCANN -SEADRILL COMPANY MEDICAL DIRECTOR

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2024



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