

STEP UP FOR NET-ZERO RIGRUN 2022

26TH JANUARY – 9TH MARCH

The global annual fitness event is back for its tenth year. Compete against offshore sites and earn points, exercising on and offshore, and win great prizes along the way.

We're doing our bit for net-zero with ethically sourced prizes, including Ocean Bottle, a great initiative to help protect our seas. Once again, we are supporting the Oddballs Foundation and are on mission to plant a RigRun forest – 10,000 trees by the end of RigRun, thanks to your efforts!

HOW TO TAKE PART



**DOWNLOAD
THE RIGRUN APP
AND MAKE EVERY
STEP COUNT.**



Alternatively, register on the web portal <https://portal.rigrun.co.uk> Ask your offshore medic/HSEA advisor for your unique team code.

Once you have read and accepted the Personal Data Policy you are ready to go! **Good luck!**

Ecologi

WHAT IF THE WIFI GOES DOWN ON MY RIG OR INSTALLATION?

Don't worry. Log your workouts on the phone app. These will be stored and synced when connection is restored. You can also use the RigRun web-portal throughout the event or if wifi goes down. If you registered for the event using the phone app, just log in to the portal using the same details.

HOW DO I SCORE POINTS FOR MY TEAM?

Score up to 3-points a day for your team in any 24-hour period - 0700-0700 UK time (UTC 0700-0700). There are 12 exercise types that count towards RigRun.

There are loads of ways to take part in RigRun offshore without using the gym.

ONSHORE EXERCISE COUNTS TOO

Help your back to backs offshore by scoring points while on shore leave. More points for your team and more prizes for you. Use the app to track your exercise and keep up to date with how your team are doing.

WHEN CAN I REGISTER?

Register any time before the start or any point during the event - 26 January to 9 March 2021. The earlier the better.



**DOWNLOAD THE APP
& ENTER YOUR UNIQUE
INSTALLATION CODE**

**CARRON
046615**

HOW THE COMPETITION UNFOLDS

- RigRun is a 6-week team event where offshore sites compete to win the 2022 RigRun Cup. The event comprises a 4-week group stage and 2-weeks of finals.
- During the group stage, a team competes against three other teams. Top two teams qualify for the finals. The remaining teams meet in the Challenge Shield.
- During the finals each team plays 3 x 72-hour head-to-head matches against other teams. The team that wins the most matches are crowned 2022 champions.
- Check the teams you are playing and live match results on the app or web-portal.



WORKOUTS

Every 30-minutes of exercise scores 1-point for your team and is capped at 3 points in any 24-hour period.

Exercise	24-hour period
90 minutes	3 - points
60 minutes	2 - points
30 minutes	1 - point

Please note scores falling between whole numbers at the end of a 24-hour period will round down to the nearest whole number*.

You don't need to do all your exercise in one session. Remember to always exercise safely and according to your fitness level/health status.

*Example: Scores sitting at 1.5 points where no further exercise is taken for the rest of that 24-hour period, the final score for that day will be 1 point. But an additional 15-minutes of exercise will increase points to the next whole number – in this case 2 points for the day.

WHEN THE GYM IS RESTRICTED

Get together as a team to coordinate a gym schedule. This will ensure the efficient and safe use of the gym according to site safety instructions.

Remember to post and share your creative ideas for exercising in small places.

PRIZES

We have some uber cool prizes on offer for 2022 and what makes this year's prizes even better is that they all work towards meeting our targets for Net-Zero! From fleece jackets made from recycled fibres to thermal flasks made from plastic that has been cleared from the oceans. For 2022 there are 5 exercise milestones you can work towards to win a prize!

The app will notify you each time you win a prize. Prizes can be collected directly from the RigRun Focal Point at your worksite towards the end of the 2022 event.

2022 PRIZE MILESTONES

60 minutes: 60 minutes: Help us plant a RigRun forest! In partnership with Ecologi, we will plant 2 trees for every participant that reaches the 60-minute milestone. You will also be automatically entered into a weekly prize draw for a Garmin Sports watch. www.ecologi.com

150 minutes: T-shirt (made from organic sustainable cotton)

500 minutes: Oddballs boxers or gift card for ladies

1000 minutes: Fleece jacket (made from recycled fibres)

2000 minutes: Ocean Bottle [The reusable bottle that helps save the ocean].

Learn more www.oceanbottle.co



WHAT DOESN'T COUNT

Exercise as part of your normal duties on-shift. RigRun administrators will make spot checks on suspicious workouts and be in touch to verify the workout is genuine.

TOP 10 LEADER BOARDS

As well as scoring points for your team, you can compete as an individual in the Top 10 boards.

There are Top 10s for all exercises. The app will notify you when you have made it to a Top 10 board. At the end of the event, sweatshirts and medals will be awarded to the top players on each board.



YOUTUBE LIVE FITNESS CLASSES

We have a fantastic team of fitness experts running PE classes so you can exercise in the privacy of your cabin. Classes run 0630, 1120 and 1915 (UTC). Join a live session or catch up on a recording. Each class scores 1 point for your team. Subscribe to click [Rigrun 2022 - YouTube](#)

YouTube links will be posted on the app each day.

SOCIAL MEDIA

Follow news updates, join the banter, and post and share your progress and achievements.



@RigRunOffshore



Scan me to find our Facebook Page



@rigrun8942

Upload photos of your team exercising and wearing prizes.