

PHYSICAL CHALLENGES



INTRODUCTION

RNLI LIFEBOAT CREWS ARE ALMOST ENTIRELY VOLUNTEERS; MEN AND WOMEN WHO COME FROM ALL WALKS OF LIFE AND GIVE UP THEIR TIME AND RISK THEIR SAFETY TO SAVE LIVES AT SEA. CREW MEMBERS ARE REGULARLY CALLED AWAY FROM THEIR FAMILIES, THEIR BEDS AND THEIR WORK, 24 HOURS A DAY, 365 DAYS A YEAR. OFTEN THEY'LL LEAVE A PLACE OF COMFORT TO BRAVE HAZARDOUS CONDITIONS THAT TEST THEIR SKILL, STRENGTH AND COURAGE. THEIR LIFESAVING WORK IS ESSENTIAL, OFTEN DIFFICULT AND SOMETIMES LIFE-THREATENING.

HOW IT WORKS

Our beneficiary, the RNLI has charity places in many of the best challenge events in the UK. You can find a list of events on their website at [RNLI.org/events](https://www.rnli.org/events) so keep checking for events that interest you. Always let them know that you're participating for The Lifeboat Fund.

TOP TIPS

- To increase your overall fundraising totals, why not make it a team effort? Encourage colleagues, family and friends to join you, and introduce an element of competition to see who can raise the most money.
- Don't forget to let The Lifeboat Fund know what you're planning so we can help you promote your activities.



Photos: RNLI/Leesa Harwood

If you're an adrenalin fanatic and want to challenge yourself whilst raising money for The Lifeboat Fund why not take on a physical challenge? From skydives to mountain climbs the sky's the limit and we can help you make it happen. So go ahead and test your skills, strength and courage to see what you can achieve.

If you would like to know more about this charity and how you can support it please contact thelifeboatfund@RNLI.org.uk.

The Communications and Public Service Lifeboat Fund registered charity numbers 248421 (England & Wales) and SC041904 (Scotland). Patron: HRH The Duke of Kent