

Final Details - Yorkshire Slalom - Lee Valley Training Camp 16/17 November 2019

Thanks for booking to come along to our Lee Valley sessions. **Please read all the following information for the weekend.**

Location

For details of how to get to the Lee Valley White Water Centre please see their [website](#).

Important information from the Centre

This weekend is likely to be busy with other groups, so please be aware of the following:

- Please leave boats of grassed areas not on the concrete areas outside the centre.
- If you are in paddling kit (wet or dry) entry and exit from the changing rooms/building is via the courtyard entrance **not** via reception.
- Please do not leave your kit in the changing rooms. The site is busy and the changing rooms need to be kept clear – please use the lockers or your vehicle (You don't need coins for lockers **BUT** you do need to remember you locker number **and** the PIN code you set for it!!).
- Unless you have bought food/drinks from the café please do not use the café for your packed lunches.
- The centre does not allow wet kit to be hung up to dry on fences or vehicles on site

Sessions

Yorkshire Slalom is booking exclusive water time on both courses over the weekend. The programme is as follows:

Sat 16th November 2019

Important: Groups should meet their coach approx 30 Mins before the first session for a briefing (before getting on to warm up!) Those in the Olympic group 'B' will need to find their coach on the side of the course as most are also coaching group 'A'.

- 10 - 11am - Olympic course session – **Group A**
- 11 – 12noon - Olympic course session – **Group B**
- 12noon - 1pm - Legacy Loop session
- Lunch - Yorkshire Slalom meeting (provisional – don't think there is time)
- 2 - 3pm - Olympic course session – **Group A**
- 4 - 5pm - Olympic course session – **Group B**
- 5 - 6pm - Legacy Loop session

Sun 17th November 2019

- 9am - 10am - Olympic course session – **Group A**
- 10am – 11am - Olympic course session – **Group B**
- 12noon - 1pm - Legacy Loop session

We also need help to get gates out quickly at the start of each session – please can we all be available to assist coaches as we can maximise paddling time.

Groups

A separate sheet is attached with the groups for paddling over the weekend. I have tried to set groups to accommodate everyone's requirements, and group people with those of similar ability as far as possible as well as fitting round those that are coaching and paddling over the weekend.

Course Difficulty

- The Olympic course is grade 3/4 and is *more* difficult than Holme Pierrepont. To date this has only hosted Prem and international races.
- The legacy course is grade 2/3 and bit easier than Holme Pierrepont. The Legacy course has hosted Div 2 races.

Costs:

Fees are the normal fees for paddling on Lee Valley, i.e. £10ph for the Olympic course, £6ph for the Legacy course. Please check the additional sheet for details of what you owe and how to pay this to Yorkshire Slalom Committee. **Payments by bank transfer in advance are preferred please.**

Code of Conduct and Safety Forms:

All paddlers and coaches need to complete an updated 'Code of Conduct' and 'Safety Information Sheet' before the weekend. These need to be updated every year, so this will cover you for training days and camps for the next year.

- [Code of Conduct 2019-20](#)
- [Yorkshire Slalom Safety Information Sheet 2019-20](#)

Please complete both forms and return them to Karen Crowhurst before the weekend (address on the forms).

Parents and coaches

Thank you to those that have offered to help with safety and coaching over the weekend. Please can we all muck in to cover bank safety all the sessions. Can all paddler please come and help out the lead coaches and with safety cover when you can.

All those helping with safety will need a Buoyancy Aid, helmet and throwline while on the riverside.

Also please note that centre safety rules mean **anyone** crossing the fences to be on the edge of either course must be wearing a buoyancy aid. (i.e. if you want to get close to take pictures you need to wear a buoyancy aid).

Yorkshire Slalom Meeting:

I hope to have a Yorkshire Slalom meeting between morning and afternoon sessions on Saturday – probably in the café.

Hopefully I have covered everything, and will see you at Lee Valley.

Thanks

Les Ford (lesford@ntlworld.com)