**Yorkshire Slalom - Lee Valley Training Camp**

**16/17 November 2019**

**Please read all the following information before booking.**

Yorkshire Slalom is booking exclusive water time on both courses over the weekend. To better manage numbers and space on the Olympic course we will only have a maximum of 20 paddlers on the course in each session. To ensure that we can fit in everyone that we expect to want to book places we have booked additional water time, therefore Olympic paddlers will be allocated to either group A or Group B sessions.

The programme is as follows (times may change slightly):

**Sat 17th November 2019**

* 9am - meet at Lee Valley WWC. Groups to meet coaches, followed by course walk of the Olympic course for those that have not been before.
* 10 – 11am - Olympic course session – Group A
* 11am – 12noon - Legacy course session
* 12noon – 1pm - Olympic course session – Group B
* Lunchtime - Yorkshire Slalom meeting (tbc) in the café?
* 2 – 3pm - Olympic course session – Group A
* 4 - 5pm - Olympic course session – Group B
* 5 - 6pm - Legacy course session

**Sun 17th November 2019**

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

The aim of the weekend is to give paddlers training time on these courses ahead of races this season. **It is envisaged that paddlers will only do 3 sessions over the 2 days.**

**Please note that session times run consecutively so any help we can get to coach and provide safety will help make life easier.**

**Course Difficulty / Paddler competency:**

As we are hiring the courses for exclusive use paddlers *do not* have to have passed the Lee Valley Paddler Competency Assessments before paddling on the course. **However** . . . we need to make sure those paddling each course (particularly the Olympic course) are capable of doing so safely.

* 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.

We expect everyone coming will be capable of paddling the Legacy course. We know everyone may want to try the Olympic course, but coaches will be making an assessment of paddlers prior to and over the weekend with regards to whether they are ready to go straight on to the Olympic course, whether they need to work up to this over the two days, or whether they just work on the Legacy course. As part of this we will start the weekend with a course walk of the Olympic course when it is running so paddlers can discuss with coaches whether they think they are ready to paddle this course.

This is part of the risk assessment we have to do to hire the facility. Paddlers who are in Prem, have done the Olympic Assessment, are ranked well up Div 1, and/or very comfortable on HPP will be ok to go straight on to the Olympic course.

**If you are unsure of whether this is a suitable training camp for you, or which course you are capable of paddling please speak to your club coach for advice.**

**Costs:**

Yorkshire Slalom is supporting the cost of the weekend by booking exclusive water slots for our sessions (funded from funds raised by our Washburn and Tees slaloms). To offset this a little we are asking that paddlers pay Yorkshire Slalom the normal ww fees for paddling at Lee Valley, i.e. £10ph for the Olympic course, £6ph for the Legacy course. **By booking you are committing to paying for your water slots.**

If we have spare places these may be made available to paddlers outside of Yorkshire Slalom. **Booking:**

Given the financial outlay we are making, we need to be a bit more formal about bookings than we are for our usual training days. To secure your place please:

1. **[Book online now](https://www.surveymonkey.co.uk/r/YTLC2WR)**
2. Complete a [**Safety Information Sheet**](https://www.yorkshireslalom.co.uk/wp-content/uploads/2019/09/YS-Safety-Info-Sheet-19-20.docx) and [**Yorkshire Slalom Code of Conduct**](https://www.yorkshireslalom.co.uk/wp-content/uploads/2019/09/Yorkshire-Slalom-Code-of-Conduct-2019-20.docx) (Everyone needs to do this even if you have previously done one as we need them updating for the upcoming winter training days).
3. Payment – we will be able to take payments by bank transfer or cheques, we will ask for payment a few weeks the training weekend once we have confirmed which sessions paddlers are booked on to.

**Parents and coaches:**

We need volunteer coaches to work with groups over the weekend, plus any parents who can help with providing safety from the bank throughout. Please indicate if you are willing to help by emailing Karen or indicating this on the booking form. All those helping with safety will need a Buoyancy Aid and helmet while on the riverside.

**Accommodation:**

We are leaving it up to parents / paddlers to make their own accommodation arrangements**.**

There are budget hotels nearby including:

* [Travelodge Cheshunt](https://www.travelodge.co.uk/hotels/339/Cheshunt-hotel)
* The [Premier Inn Enfield](http://www.premierinn.com/gb/en/hotels/england/greater-london/london/london-enfield.html?ARRdd=29&ARRmm=11&ARRyyyy=2015&ROOMS=1&ADULT1=1&CHILD1=0&COT1=0&INTTYP1=DB)
* For the more hardy the [Lee Valley Campsites](https://www.visitleevalley.org.uk/en/content/cms/where-to-stay-and-short-breaks/) are still open for camping (brrrrr!), caravans and campers, or have pods for hire.

Thanks

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