

## Lee Valley White Water Public Slalom Sessions

The Lee Valley White Water Centre and British Canoeing are excited to announce a collaboration to create opportunities to paddle public slalom sessions at Lee Valley. The White Water Centre staff have worked exceptionally hard and been willing to create a new session for the slalom community to access, which has been made particularly difficult with the ongoing pandemic. These sessions will allow slalom paddlers looking to refine their skills the opportunity to access the Olympic course ahead of the 2021 racing season in a way that hasn't been possible before. With limited slalom racing having taken place in 2020 this opportunity will be greatly appreciated by many paddlers and help keep them engaged in the white water we all enjoy.

### What's being provided?

The Lee Valley White Water Centre will be providing public slalom sessions starting with a trial day on Saturday 24th October. Upon a successful trial we will announce following dates over the winter that'll allow slalom paddlers the opportunity to prepare for the 2021 racing season. Session times will be 11:00-12:00 and 14:00 - 15:00 and cost £15 per session. Slalom gates will be set before the session by a designated member of the England Talent coaching team and will be in place for the duration of the session. To comply with the White Water Centre's Covid-19 policies and procedures there will be a maximum session capacity of 25 paddlers.

### How will it work?

The White Water Centre will provide bank support for the sessions and will act as a point of contact should you have any queries, concerns or in case of an emergency. Depending on the paddlers divisional ranking and course assessment level there will be different requirements to paddle.

- Everyone who has the Olympic course assessment sign off already will be able to go straight on to the water (booking with the second link)
- Prem Paddler, (non assessed) books on and will meet the Session Leader at the start of the session to have a dry land chat about rules and regulations of paddling at the centre. (booking with the first link).
- All other slalom paddlers (non assessed) book on and will meet the Session Leader at the start of the session to have an actual Olympic assessment on the water. (booking with the first link).

Due to the White Water Centres Covid procedures there will currently be no coaching provision during the session from within the roped areas. Anyone wanting to watch the session can do so along the course walkways or viewing areas.

### Safety on sessions

The White Water Centre will provide emergency assistance via the support of the bank staff if required. However, paddlers are expected to be able to have a competent roll and be able to self rescue should they need to. Bank support should only be needed as a last resort. We therefore advise paddlers to support each other in small groups of two or three.

## How to Book

Paddlers will be able to book via the White Water Centre website [www.gowhitewater.co.uk](http://www.gowhitewater.co.uk) having created a membership. Current members will be able to click the session via the normal drop down menu.

Please see below the link for paddlers that are not LV Members or Olympic course assessed;

<https://ebookings.leevalleypark.org.uk/lfbook.asp?wci=SelectDateTime&selcentre=WW&selactivity=SOA>

This is the link for anyone who already has the Olympic sign off and is an LV member – you will need to log in to your Lee Valley membership to book this below;

<https://ebookings.leevalleypark.org.uk/lfbook.asp?wci=SelectDateTime&selcentre=WW&selactivity=SIP>

## How is LVWWC Operating during Covid?

The White Water Centre, as every organisation, has changed some of it's ways of working to comply with current guidance and reduce the risk of Covid transmission. The most up to date ways to engage with the centre can be found on their [website](#). Paddlers are encouraged to arrive ready to paddle however changing rooms can be used should you need them. The cafe is open for a walk in service with outdoor seating available. You will be required to wear a face covering indoors.

## FAQ's

### What do I do on Arrival?

When you arrive at the course please report to reception where you'll be able to sign in and receive your bib for the session.

### What if I fail the Olympic assessment?

As a rough guide paddlers who can eskimo roll, self-rescue and are ranked in either Premier division or Division 1 will stand a high chance of passing the assessment. If you do fail the course assessment, you'll be asked to leave the session and it won't be possible to paddle on the sessions you've booked into on that day. Please note refunds are not possible. If you are unsure whether you'll be able to pass the assessment please email [ciaran.lee-edwards@britishcanoeing.org.uk](mailto:ciaran.lee-edwards@britishcanoeing.org.uk) who will be able to advise you.