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| |  |  | | --- | --- | | |  | | --- | | As we embark on what promises to be another inspiring Paralympic Games, Lee Valley White Water Centre is delighted to invite you and your club members to attend our very own Paralympic Participation event. Taking place on ***Wednesday 21stSeptember***, the day will provide an opportunity for people with a wide range of disabilities to get out on the water with the support of our fully qualified and experienced instructors. All activity will be free of charge and bookable in advance. Further details of what is on offer can be seen below;   **Event Schedule:** 10:00am – 12:00pm:      Flat water session one - These fun and informal sessions are a great way to paddle with friends on the lake. No experience is necessary and you can improve your skills as you go. A range of equipment will be available to use including kayaks, stand up paddleboards and hotdogs (inflatable two man kayaks). Minimum age 8 / maximum 30 spaces available   10:00am – 13:00pm:      Olympic White Water Rafting – Tackle the Olympic Course in a seven person raft. Guided by two centre instructors you will ride the rapids of the exciting 300m Olympic Course. Participants will have to pass our activity assessment (more information can be found on the attached, including a YouTube link). Minimum age 14 / four rafts available to book (28 spaces)   12:00pm – 14:00pm:      Legacy White Water Rafting – Tackle the Legacy Course in our four person rafts. Guided by our centre instructors you will ride the fast flowing rapids of the 160m Legacy Course. Participants will have to pass our activity assessment (more information can be found on the attached, including a YouTube link). Minimum age 10 / five rafts available to book (20 spaces)   13:00pm – 15:00pm:      Flat water session two – same as above (30 spaces)   \*Please make sure everybody brings a towel and swimwear. Wetsuits, buoyancy aids, helmets and boots will be provided\*   For all activities participants must arrive a minimum of 30 minutes prior to the start times stated above. All participants under the age of 18 must also provide a fully completed Lee Valley[parental consent form](http://active-broxbourne.us6.list-manage1.com/track/click?u=8a7373781889b65adfbac6c3d&id=b421775d96&e=3c8e02d3ec) which must be taken to the centre on the day.  Due to the nature of participants involved, it is essential that all medical conditions and treatments are noted on the consent form. I have also included the activity risk assessments [here](http://active-broxbourne.us6.list-manage.com/track/click?u=8a7373781889b65adfbac6c3d&id=3f0469a268&e=3c8e02d3ec) and [here](http://active-broxbourne.us6.list-manage.com/track/click?u=8a7373781889b65adfbac6c3d&id=d33445f6df&e=3c8e02d3ec).   To book your group onto one of the above sessions please complete and return the [information and booking form](http://active-broxbourne.us6.list-manage1.com/track/click?u=8a7373781889b65adfbac6c3d&id=c29db1e585&e=3c8e02d3ec) to Jack Pringle on [jpringle@leevalleypark.org.uk](mailto:jpringle@leevalleypark.org.uk). Please note, only group bookings are accepted and it is important that you fill all spaces booked. If a member of your team is required to support on the water please state this on your booking. Spaces will be allocated on a first come first served basis and I would therefore encourage you to book ASAP.   In addition to the sessions taking place on the water there are football goals, a volleyball court, tennis and the beach area to fill up your day with sporting activities.   **Venue address:** Lee Valley White Water Centre, Station Road, Waltham Cross, Hertfordshire, EN9 1AB Please visit [www.gowhitewater.co.uk](http://active-broxbourne.us6.list-manage1.com/track/click?u=8a7373781889b65adfbac6c3d&id=b1a3e2920c&e=3c8e02d3ec) for more information about the centre and the activities listed above. | | |