

**Please do read the updated information carefully .**

**Visiting the site**

- If you or anyone in your household is experiencing any signs of illness don't come to the venue
- All visitors whether paddling or not, are required to provide test and trace information.
- The Covid 19 app is available to download at [NHS test and trace uk](https://www.nhs.uk)



- Face coverings are mandatory for all customers when entering the venue's receptions, shops and catering outlet. They can be removed if instructed by a member of staff so that activities can be undertaken and for consuming food
- Please pay close attention to the signage that's in place across the venue
- Hand sanitiser is available at multiple locations on site, but we also recommend that you also bring your own
- Please take note of the closing time of the venue, there'll be regular announcements made through our PA system at the venue. We appreciate your compliance
- If you're driving to the site please use the designated parking spaces. Please make sure you park leaving space to adequately socially distance. If other people are nearby, please wait for them to move on before exiting your vehicle
- Cleaning frequency has increased and we're using new sanitation equipment in communal indoor areas, toilet and changing facilities
- Please put all litter in the bins located around the venue.

## LVPC guidelines for Club Night Paddling

1) Club sessions are 6-7pm and 7-8pm, on both the Legacy and Olympic courses. For those paddlers who are unable to access the Legacy course, you are welcome to use the lake for the two hours for peer paddling and rolling practice. There will be no charge for this. Please stay behind the divide between the end of the legacy and the lake to help us maintain a safe environment.

Our coaching programme will be phased in from April 21<sup>st</sup> and details will be updated regularly as to who will be able to access coaching.

I will have an outside reception table from 5 pm to check you in.

All membership is valid till **30th September 2021** irrespective of the date on the card.

Please be aware that there will be no availability for 'walk- ins, nor will you be able to renew your membership on the night.

Please renew at [www.leevalleypaddlesportsclub.org](http://www.leevalleypaddlesportsclub.org)

2) Bibs and wristbands will be allocated at check in. Please return the bibs to the bucket by the reception desk on exiting the water and dispose of wristband in the bins.

3) Booking for the two courses is on line only. Please register at [www.webcollect.org.uk](http://www.webcollect.org.uk) If the courses are fully booked, please email me for inclusion on the waiting list. Cancellations may be available at short notice, ie Wednesday am. if there is buyer for the session.

Lake paddling does not require booking but please sign in at the reception table.

4) Please observe social distancing regulations both on and off the water. One way systems are in place in the building. Please familiarise yourself with these changes on arrival if you haven't yet been to the White Water Centre since the reopening

5) Masks must be worn in all indoor areas and when interacting with volunteers at check in. Please ensure you bring your mask with you for your personal use.

6) Please wash hands regularly for 20 seconds. Hand sanitiser and antiviral wipes are freely available ....please use regularly and appropriately.

7) Access to changing rooms will be limited, with only 4 people allowed to use each facility at one time. Please email me if you want to use the changing facilities.

8) Please enter the water at the jetty where a one way system will operate. Please exit the water via the steps opposite reception. Please be mindful of maintaining social distancing, especially at changeover times.

9) The Legacy and Olympic courses will be self rescue as far as possible. Obviously help will be available if needed. Thank you for those who have offered to provide

bank safety, it is of course much appreciated. We do however need a few more to ensure adequate cover. Please do let me know if you are able to help with this.

10) If you need to hire kit, please email me with your requirements by Tuesday. The pickup point for all equipment will be outside Above and Below in the courtyard. A box for cash will be at Above and Below. The cost will be £5 per set for the evening. This will include a boat and any other equipment you may need. Please have the correct money available. Please ensure that all equipment is thoroughly cleaned with the available products before and after use.

11) On the water, as far as possible, please continue with social distancing rules. Be aware of paddlers in eddies, avoiding eddying in, if more than 2 people are already there. We would ask playboaters to please be mindful of people waiting in eddies above the feature and limit the time spent on manoeuvres if necessary.

12) There will slalom training on the Olympic from 6-7. Gate positions will be posted on the facebook page on Wednesday morning and there will also be a map at the signing- in table.

13) Two rafts will be on the Olympic and Legacy courses during the 7-8 sessions .

13) And finally, please do leave the centre promptly by 8.30pm as we are only permitted to be on the premises until then.

'Load up, strip down and run' has to be the order of the day!

Many thanks

Pam Phillips  
Membership secretary  
LVPC

07932038159