

Lee Valley Slalom Training Access

The purpose of this document is to outline the areas that are being worked through for access to Lee Valley White Water Centre. The aims of the opportunities outlined are;

- To provide regular opportunities for selection qualifiers to prepare for a selection event at LVWWC, within Covid government guidance, that allow athletes to plan their travel ahead of time.
- To build sustainable slalom training opportunities at LVWWC allowing paddlers to develop and progress through the sport.

This document is to be read in conjunction with the draft Selection Policy document which is currently out for consultation. British Canoeing has been working with our partners to establish multiple pathways to access LVWWC for slalom training. This access is through British Canoeing Slalom Committee Sessions, Home Nation exclusive sessions, LVWWC Public Slalom Sessions and World Class Programme Sessions. This document is shared subject to the caveat that it may be amended or adjusted given the emerging impact of the Covid-19 virus and the restrictions and/or measures that may need to be in place to combat the spread of the virus. Over the winter period it may be necessary to adjust or amend this criteria based on the impact of any governmental measures/restrictions imposed in response to the Covid-19 outbreak. In this regard, changes may be required that could impact on the specific detail laid out in this document. During early September the following statement was released on the canoeslalom.uk website regarding access to Lee Valley White Water Centre for slalom training:

British Canoeing UK Programme sessions are operating under the DCMS guidance for Elite sport return to training. WCP athletes are undertaking extra measures daily to have access to the training environment. Access can only be for WCP athletes or athletes on an elite pathway.

There are significantly reduced training options for those looking to compete at 2021 Selection. As the venue is open to the public, access is currently through public sessions, exclusive bookings or local club sessions.

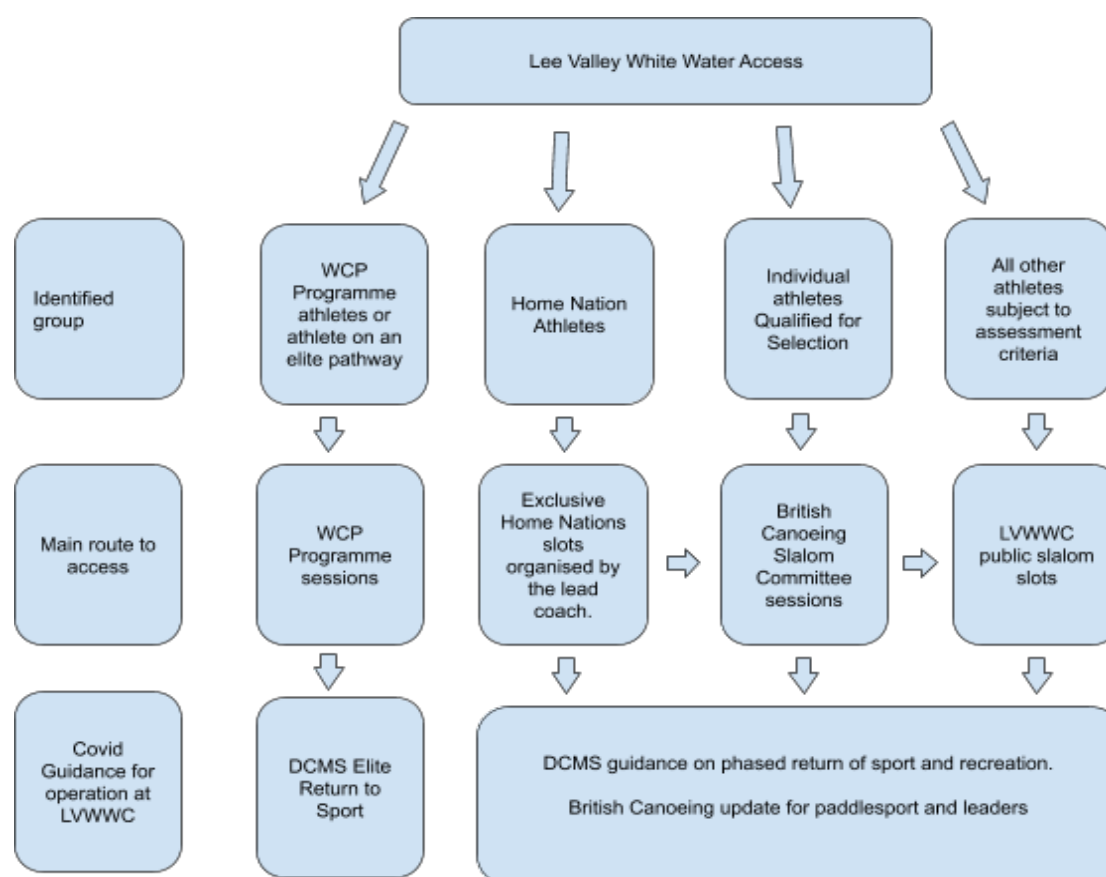
British Canoeing are working with our partners to enable wider access to Lee Valley and facilitate regular training options at Lee Valley to allow paddlers to prepare for 2021 selection. As and when there is more information we will make a further statement.

If you would like to discuss access options for slalom training or have ideas about creating a sustainable way for slalom training to operate at Lee Valley, please email ciaran.lee-edwards@britishcanoeing.org.uk.

Currently there has been no change to the Elite Sport Return to Training Guidance, which governs access to UK Programme sessions for World Class Programme (WCP) athletes, or athletes on an elite pathway. British Canoeing recognises the impact of Covid on paddlers throughout the pathway.

British Canoeing have been working in the background to secure a number of ways for paddlers to access LVWWC for slalom training. Primarily to allow preparation for a Selection event in 2021 but also to provide appropriate and sustainable ways to facilitate support and opportunities for everyone to participate and thrive in Canoe Slalom.

We have been consulting with our partners to establish opportunities for those athletes who currently haven't been able to access LVWWC for slalom training, while ensuring compliance with the relevant Covid government guidelines. Access for all paddlers and those who have qualified for selection or are aiming to qualify during early 2021, is described in the diagram below.



COVID - 19 Guidance

[DCMS Elite Return to Sport can be found here](#)

[DCMS Guidance on Phased Return of Sport and Recreation can be found here](#)

[British Canoeing update for paddlesport and leaders can be found here](#)

British Canoeing have been working with the Home Nation lead coaches to secure each programme's preferred access times and weekends over the 2020/21 winter. Where possible these weekends have been separated in order to reduce the number of people from different parts of the country mixing at the venue around the same time. We have been able to secure similar or an increase in hours compared to previous winter training periods. Please see the table below for details of Home Nation access hours. With the current climate of restrictions and local Covid mitigation measures it's likely that individuals will need to be vigilant and adaptable to changes in local or national guidance. Where possible LVWWC will be flexible for changes in bookings.

	Used 2018/19 (hours)	Used 2019/20 (hours)	Booked 2020/21 (Hours)
Canoe Wales	30	30	43
Canoe Scotland	25	45	41
England Talent	50	48	48

For an understanding of what to expect when on site at Lee Valley please go to the LVWWC website which can be found [here](#) or the youtube link [here](#). Each lead coach will undertake a site induction and be able to convey any key messages to parents and athletes. Key principles of operation, are to where possible:

- Arrive on site changed and ready for your session. Only use the changing rooms if absolutely necessary and follow the signage within the building for one way systems and number allocations.
- Please leave the site once finished with your session, staying alert to not congregate in groups of more than six. The cafe opening times can be found on the LVWWC website and is open for a walk in/work out service only.
- Training is on a GET IN / TRAIN/ GET OUT principle. Keep a 2 meter distance from each other. Wash your hands often. Session attendees are reminded that they must not travel to sessions with someone from outside their household unless social distancing can be achieved.
- During sessions athletes will need to ensure they maintain their distance within eddies/ start pools and ensure that they maintain social distancing throughout the session. Coaches are advised to brief as appropriate the specific requirements/ mitigation for each session to support this.
- Should leaving the site between sessions not be possible, its recommended Home Nations book a meeting room at LVWWC when booking water slots in order to facilitate a rest area that is manageable with Covid mitigation protocols.

Lee Valley Southern Talent

The England Talent programme are working hard to provide access to Lee Valley within the restrictions and considering the other venue users including the WCP athletes. LV Southern Talent are able to facilitate access to their Olympic white water sessions to other local slalom users, helping to increase the overall number of slalom specific weekday sessions available. Access to these sessions will require a monthly financial commitment and access will be allocated based on a priority list. British Canoeing will communicate with athletes identified within the priority list until spaces are filled. Any non LV based Talent squad athletes or parents should contact their coach in the first instance, if they have any questions. Anyone outside the Talent programme should contact ciaran.lee-edwards@britishcanoeing.org.uk if they have any questions. The priority list will be as follows;

1. WCP supported athletes who aren't UK Sport funded.
2. Athletes who have qualified for selection 2021.
3. Premier paddlers who are based locally to Lee Valley.
4. Division 1 paddlers who are based locally to Lee Valley.

British Canoeing Slalom Committee Sessions

Many individual athletes route to access at Lee Valley has previously been through UK programme sessions, which in current circumstances isn't possible. The slalom committee are therefore pleased to be able to share the opportunity for individuals to paddle in identified slots at Lee Valley. The exact number of slots is likely to depend on demand and how the winter evolves with Covid restrictions, however the principle will be to provide a similar number of hours to the access that Home Nations have booked. Sessions will be spread across the winter and primarily based around weekends. Dates and a bookings process will be published shortly to help athletes be able to plan ahead accordingly. In order to balance covering costs and prioritising access to those who have limited routes to access sessions, the following priority order will be used for bookings;

1. Selection Qualifiers not on a WCP or Home Nation Programme.
2. Selection Qualifiers part of a Home Nation Programme.
3. World Class Programme Athletes.
4. Premier ranked paddlers.

More details about this access route will be published on the canoeslalom.uk website shortly. We are working towards reducing the cost for the individual athlete as much as is possible and anticipate a £10 per session cost. If you have any questions or concerns please contact ciaran.lee-edwards@britishcanoeing.org.uk. Please see the draft calendar below as an example of how the Home Nation, Slalom Committee and WCP water, could be spread across each month over part of the winter.

[illegible]

LVWWC 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 have been willing to create a new session for the slalom community to access, which has been particularly difficult with the ongoing pandemic. The LVWWC will be providing public slalom sessions, starting with a trial day on Saturday 24th October. Upon a successful trial we will announce more dates over the winter that'll allow slalom paddlers the opportunity to prepare for the 2021 racing season. Session times on the 24th October 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 the sessions 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.

- Any existing centre members that have passed the Olympic assessment or Premier Division paddlers will require a brief induction before their first session.
- Division 1 paddlers or lower who currently aren't members of and haven't passed the Olympic course assessment will need to do this as part of their first session.

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. 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.

Paddlers will be able to book via the White Water Centre website www.gowhitewater.co.uk having created a membership. If you have any questions about the assessment process please contact the LVWWC via their website or ciaran.lee-edwards@britishcanoeing.org.uk.

Selection 2021

British Canoeing have been working with the home nation lead coaches and propose that for the lead into a Selection event in 2021 an open session format be used. In order to establish cost effective and as fair access as possible it's proposed that there will be open sessions for anyone outside WCP for the week into racing that will be bookable from early 2021. The principle for these sessions is that there will be a minimum of one session per day for anyone who has qualified for Selection. This will also provide an opportunity for anyone who qualifies for Selection during the early 2021 season races to have access to the course.

If you would like to feedback on the contents of this document please contact ciaran.lee-edwards@britishcanoeing.org.uk