

General

- Paddlers can only book for the course (Lake, Legacy or Olympic) that they've been assessed on by a member of Lee Valley White Water Centre staff
- Paddlers can only paddle the craft they've passed an assessment in. To paddle a different craft, another assessment must be taken
- Paddling slots are only for the specific hour and course booked
- The maximum boat length allowed is 12ft
- Paddlers must fit all boats with the appropriate flotation
- All paddlers need to agree to the online safety declaration and collect their bibs from reception before entering the water
- Paddling bibs must be returned after use to the buckets provided
- Paddlers must ensure anything in their boat is secured before entering the water
- Slalom poles must not be used at any time on public paddling sessions

Paddling

- Buoyancy aids are to be worn at all times when on the water or in areas stating buoyancy aids need to be worn
- Helmets are to be worn at all times when on the water
- The appropriate coloured bib must be worn and visible at all times when on the water
- Please do not access the course until your allocated time slot
- Always be aware of other water users (paddlers and rafts)
- Be courteous and polite when on the water

Bank Safety

- All public paddling sessions on the Legacy and Olympic will have a Lee Valley White Water Centre staff member on bank safety duty
- Whilst Lee Valley White Water Centre bank safety team will assist you in a rescue if appropriate, you should be proactive in rescuing yourself and equipment when you can
- Only Lee Valley White Water Centre bank safety team are allowed on the bank (unless you're booked to use the white water courses)
- No equipment is to be left on the bank, unless previously arranged with Lee Valley White Water Centre

Rescues

- All paddlers have passed the appropriate Assessment on the white water course being paddled (unless under tuition from Lee Valley White Water Centre staff or external coaches, at which point they are under the responsibility of their coach).
- You're required to self-rescue if you have exited your craft in the water. You must show appropriate defensive and attacking swimming.
- Ensure that all of your equipment is rescued if you have exited your boat in the water
- You may only enter an eddy to retrieve equipment
- You may not swim into the main flow to retrieve equipment
- No throwlines, towlines or karabiners are to be used at any time while paddling on our courses. Lee Valley White Water safety team have throwlines for rescue assistance
- Rescue other users equipment if you feel you are able to do so
- If you require assistance please inform a Lee Valley White Water Centre staff member on bank safety duty
- If a boat or any other equipment is by the pump inlets, please inform a Lee Valley White Centre staff member immediately
- If you have lost or broken any equipment please inform a Lee Valley White Water Centre staff member on bank safety duty immediately