



## HERTFORDSHIRE ASA OPEN WATER TRAINING

Hertfordshire ASA have arranged for open water swimming training to be available for Hertfordshire swimming club members. This will take place in the lake at Lee Valley White Water Centre on Saturday mornings from 8am until 9am. It is open to all ages from 12 to adult. The cost will be £5 per person on a pay as you go basis. On most Saturdays Lee Portingale from Hitchin will be acting as coach.

Lee Valley Water Park is a newly built Olympic venue. We will be using the lake while the GB canoe slalom team are training on the slalom course. As you may expect the facilities are fantastic. There are changing rooms with showers, combination lockers and a cafe, which should be open most weekends from about 9.15 although the time will vary depending on the centres bookings.

The water is filtered, ph checked, treated with an anti-algaecide (so no worries with blue-green algae) slightly chlorinated etc. The lake has a shingle base and step entry, it is approximately 25m wide, 100m long and about 1.8 deep. There is a path round 90% of the lake and parents are asked to stay to watch and act as spotters. Although this venue is not a typical open water lake i.e. there are no weeds, the water will be slightly warmer than usual etc. it is a good location to experience swimming outdoors in a non-pool environment - no black lines and lane ropes!

Swimmers will need to bring costume, towel, goggles and flip-flops, we will provide each swimmer with a high visibility numbered hat, you may prefer to wear it on top your own. All swimmers will be issued with a numbered hat and wristband before entering the water and these must be returned as soon as you exit the water.

The sessions will start on Saturday 25<sup>th</sup> June, please meet in the car park 15-20mins before the start time. There is no booking necessary but we may be asked to limit the numbers swimming and so may have to have 2 short sessions instead of 1 long one. The centre have requested that we leave as soon as possible after training to ensure the car parking spaces are available for the next groups.

Any questions, query's or problems please contact the Hertfordshire ASA Open Water Coordinator Su Tysoe via email or on 0780 333 4343.

Location : Lee Valley White Water Centre - Station Road, Waltham Cross, Hertfordshire EN9 1AB