

Slalom Gate Resource at Prudhoe

Please can you advise the region that there is now a semi permanent slalom gate resource at Prudhoe.

The set up comprises of 3 lines strung between the bridge parapets with 4 single poles attached. These can be moved to provide many combinations of staggers, weaves and upstream gates using single or both poles.

The poles (that have been bought with regional money) are tied to the down stream side of the bridge supports.

Simply untie the poles and slide them out to the desired position. A simple height adjustment can be made and is best done before moving the poles out into mid stream. When finished tie the gates back in position using a secure but simple knot so the gates will not be lost in the event of a flood.

We will endeavour to offer more coached training opportunities at evenings and weekends in the near future.

Regional Boats

4 x Energy and 2 x Energiser slalom boats are stored at Prudhoe and can be made available at a small charge (£3) for their use and with plenty of notice for a key holder to get them out. Money collected will be invested back into making more resources and kit available to support competition.

Safety note

Please be aware that the wire cages on the bridge supports do pose a risk to swimmers. Some of the baskets do have wires which could snag a swimmer. There should be no need to climb on the bridge supports to tighten the bearers. A fall could result in serious injury. Please take care and use this resource sensitively to ensure continued use to develop our paddlers.

A great coaching tool that is available on You Tue as a download in 3 parts is called 'There's Evil in the Upstream'

<http://www.youtube.com/watch?v=ibVS9vzWUPw&feature=Playlist&p=AD7CA89A63D5AB87&index=0&playnext=1>

enjoy your paddling

Ray

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