



Long Sutton County Primary School
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Headteacher: Mr B Lord

Dear Parents and Carer,

We have now booked the activities at Lee Valley White Water Centre and are excited to get there.

Forms

The Lee Valley White Water Centre have asked that you fill out two forms: a Consent Form and a Flat Water Declaration Form.

I have attached the consent form and the web address for the Flat Water Declaration Form is

<https://www.visitleevalley.org.uk/flat-water-declaration-form>.

As you can see below, I have added the required information, which you will need to include on the Flat Water Declaration Form. If your child is taking part in two activities you will need to fill the form out twice.

Booking name *

Name of participant *

Date of your activity *

Time of your activity *

Select activity you're participating in *

- Explore Kayaking
- Explore Paddleboarding
- Water Wipeout
- Raft Building

Please could you complete and return these forms by 23rd April 2022.



Kit List

Here is a list of items required for the trip:

- Clothes for two days and nights – 3 pairs of pants/knickers, bras or vests, 3 pairs of socks, 2 pairs of trousers/leggings or shorts, 2 tops, pyjamas/sleepwear
- Hoodie or light coat (depending on the weather)
- Trainers or walking boots
- Wash bag (shampoo, conditioner, bodywash, hair brush, bobble, deodorant, toothbrush and toothpaste)
- Sun cream
- Sun hat
- Snacks (nothing too sticky please 😊)
- Refillable drinks bottle (with name/initials on if possible)
- Back pack
- Blanket
- Teddy

For the water sports activities:

- Closed toe shoes (not the same pair as above)
- Shorts and t-shirt – swimming trunks/costumes can be worn underneath
- Wetsuit there is an option to hire a wetsuit for £5 (not essential)

The children need to be able to carry/pull their own suitcases or bags.

As we are visiting the zoo on our way down, please ensure children are wearing suitable walking shoes/trainers as they will be walking a lot! In their backpack, please could they have a packed lunch and a couple of drinks. We will be arriving at the Youth Hostel at 6pm.

For more information about the water sports please visit the website on the link below.

<https://www.visitleevalley.org.uk/faqs>

