

BRITISH DISABLED WATER SKI ASSOCIATION

Registered Charity No. 1063678



The Tony Edge National Centre
Heron Lake
Hythe End
Wraysbury
Middlesex
TW19 6HW
Tel: 01784 483664
Fax: 01784 482747
www.bdwsa.org.uk

To all group leader and helpers

Thanks you for booking your group onto the BDWSA at Heron Lake. I hope your experience is exciting and enjoyable. Attached are notes to assist in planning and our risk assessment booklet.

For and staff member or helper have never visited the Centre before I would strongly recommend a preliminary visit to familiarise yourselves with the environment and surroundings. Many helpers great enjoy being with their clients on the water and this may be arranged prior to your visit at most times including evenings and weekends.

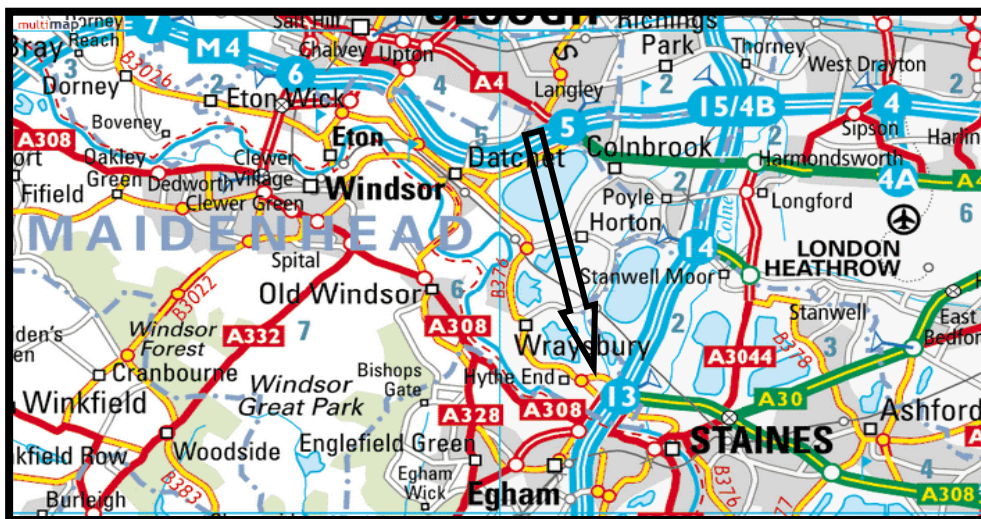
Getting changed can take time and I would strongly recommend arriving well before your allotted time on the water and similarly allow time to change and clear away at the end. During the past winter facilities have been upgraded and your group is welcome to stay and eat either a packed lunch in the newly refurbished clubhouse, make use of the covered BBQ or by request we can supply hot or cold lunches.

We aim to provide a high quality experience; please do not hesitate to contact either the manager on site or myself if we can be of further help.

Directions; leave the M25 at junction 13 and take the Wraysbury exit, the entrance is about 200m on the right and is approached by an electric barrier. The access code is *2512.

Yours sincerely,

Brian Marris
Chairman,
BDWSA Southern Region



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INFORMATION FOR ORGANISATIONS SENDING GROUPS TO B.D.W.S.A. COURSES

Organisers, helpers, instructors and drivers are all unpaid volunteer members donating their time and skills for the benefit of the B.D.W.S.A. and its clients. Group are expected to provide suitable supervision for their own groups to assist with changing if required and to ensure all equipment is returned to its store at the end of its session. The constitution of the B.D.W.S.A., which is a registered charity, restricts its activities to promoting water skiing by the disabled.

WHO CAN ATTEND: Any category of disabled person of any age is welcome. For the more active types of water skiing, confidence when completely immersed in the water is essential. All participants wear buoyancy aids at all times on the water.

WHAT CAN BE EXPECTED: No activity is guaranteed. The senior course instructor will have the final decision as to what activity is suitable. This will be made after individual assessment. A very wide range of problems are catered for and the various types of seated ski that are used are especially suitable for those who normally propel themselves in a wheelchair. When capability is proven, there is progression to more advanced equipment. Another factor that will be considered is the availability of qualified instructors. Falls in cold deep water with complete immersion can be expected by most beginners, but of course, wet or dry suits are supplied and worn.

On most occasions, only one person (with instructor/s) is towed behind the boat for approximately 10 minutes. When account is taken for changing clothes, assessment, instruction and getting ready on the water, the rate of skiing for beginners may be only 4 or 5 persons per hour. Clients should therefore bear in mind that for most of the duration of a course a pupil will not be actively engaged in skiing. Water experience courses can provide shorter ski when many more clients per hour may participate.

EQUIPMENT SUPPLIED BY THE B.D.W.S.A: For all courses the B.D.W.S.A. will supply the necessary equipment including a range of sizes of wet suits, dry suits if necessary, buoyancy aids, skis and seated skis.

YOU MUST BRING: *Swimming costume, towel and track suit or similar*

CLOTHING: A wet suit provides some insulation from cold water, but obviously the participant gets completely wet. A dry suit, if considered suitable by the instructor, only provides warmth if there is an insulating layer of clothing under it such as a tracksuit. Dry suits are seldom completely water tight and the clothing underneath can be expected to become damp. The seals of dry suits are of similar material to washing up gloves and can be easily damaged so assistance in putting on dry suits is often required.

FOOD: Refreshments can be made be available upon request; hot and cold drinks are normally available. Participants are welcome to bring their own food.

TOILET AND CHANGING FACILITIES: Male and female assisted toilet and changing facilities are available at Heron Lake.

