

## AM – Adaptive Surfing Volunteer Training

8.00 am	<p>Arrive at Carnmarth Hotel (Address below), Tea's and coffee's.</p> <p>Introductions from Nick (Surfing England), Ben and Toby (Surfability UK).</p> <p>Talk on Adaptive Surfing in a Contest Format, categories for Surfers and techniques for assistance.</p> <p>Talk on Including those with physical disabilities, equipment and mobility aids. Theory and practical for transfers and manual handling.</p> <p>Talk from Spike Kane, Adaptive Surfer.</p>
10.30 am	<p>Water Skills on Fistril Beach– Practical session on the beach and in the water.</p>
12.30 pm	<p>Break for Lunch</p>

## PM – English National Adaptive Surfing Open

12.45 - 1 pm	<p>Registration for Competitors</p> <p>First heats</p>
6.00 pm (Subject to change due to conditions)	<p>Awards</p>

### Other Information:

- Parking – Please park at the beach (Fistril Beach, Headland Road, TR7 1HY) and walk to the Carnmarth (5 min walk).
- Carnmarth Hotel – Headland Road, Fistril Beach, Newquay, TR7 1HN
- Kit – Please bring wetsuits, clothes for all weather, sunscreen, water.
- Food – A mid-morning and mid-afternoon snack will be provided. Please bring any other food you wish. There is a café available at the beach.
- Plastics - A polite reminder if you can please limit the usage of single use plastics.
- Camping Offer – Half price overnight stay for £10 available in the Car Park. Pay and give in your registration plate to Fistril Surf Hire Centre.

With thanks to:

