

Saturday 29th June – Adaptive Surfing Workshop & Aloha Welcome!

09.00 am start.	<p>Adaptive Surfing Workshop. Arrive at Atlantic Hotel (Address below). We are in the 'Tea Room'</p> <p>Introductions from Hannah (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 an Adaptive Surfer.</p>
11.30 am	Water Skills on Fistral Beach– Practical session on the beach and in the water.
12.30 pm	Break for Lunch. One of our sponsors Stance are on-site & may have some ice-creams on offer! Please bring your own lunch.
1.00 pm	<p>Aloha Welcome for Adaptive Surfers/Competitors. As part of our 2019 event we are inviting the surfers to join us on the beach for a welcome & 'free surf/paddle'.</p> <p>The volunteer training will continue as a part of this to support with water safety & assist athletes who require on/off the beach. We will have 3 beach wheelchairs. This is also a great opportunity to practice transfer techniques. This is not compulsory but encouraged to maximise learning.</p>
3.00 pm Approx.	Close up for the day & head to Fistral Beach Bar for a complimentary pint of Korev, kindly offered from our sponsor.

Sunday 30th June – English National Adaptive Surfing Open

08.15 – 08.30 am	Registration for Competitors
08.30 am	All competitors, staff & volunteers meeting. Head judge talk & event photo.
09.00 am	Competition starts (Subject to conditions).
TBC	Awards Ceremony & Event close.

Important Notice: We will be working with the forecast and conditions in search of contestable waves. We are running the competition on Sunday 30th for the best chance of waves.

Other Information:

- Parking – Please park at the beach, priced at £8.50/day (Fistral Beach, Headland Road, TR7 1HY) and walk to the Atlantic Hotel (10 min walk).
- Atlantic Hotel – Dane Road, Newquay, TR7 1EN
- Contact Details – Hannah: hannah@surfingengland.org
- Kit – Please bring wetsuits, clothes for all weather, sunscreen, sunhat, water.
- Food – A mid-morning and mid-afternoon snack will be provided. Please bring any other food you wish. There are plenty of food outlets available at the beach including Fistral Beach Bar who are supporting the event.
- Water – We will have a refill station on-site.
- RNLI Lifeguards – Safety cover will be provided all day on Sunday for the main competition.
- 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 Fistral Surf Hire Centre. This is only available to people supporting the event weekend.

With thanks to:

