



# Anyone Can - Fell Foot Watersports

## Base

Fell Foot is our primary Watersport base. We love it because it has a lot of shelter, it is easy to get to, it is beautiful and has great accessible facilities.

We look forward to meeting you there. Below you should find all of the essential information you need to successfully find us and have a great day. Please don't hesitate to contact us if you have any further questions.

## Finding Fell Foot

Fell Foot is one mile North of Newby Bridge on the A592. Coming from Newby Bridge the park exit is reached first followed by the entrance approximately 500m further on.

The Postcode is LA12 8NN

If you are lost, late or having any problems call us on the duty phone (only operated when we are expecting clients) on

**07452 944 808.**

## Finding us

We meet at the active base, there is very limited parking down there but the two blue badge spaces tend to be available.

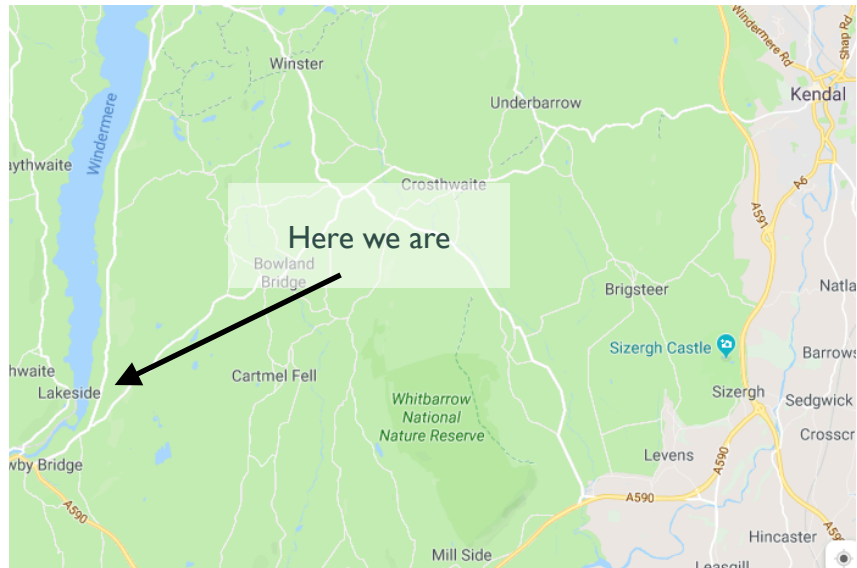
When you enter the park head into the main carpark unless using the disabled spaces and then wander over to find us under the tree in the active base, by the toilets (there is only one and its obvious).

Bring your stuff for the day with you, there are lockers at the active base for anything you want to lock away - safe and dry.

## Parking

Our hosts charge for parking - if you are a National Trust Member it's free. We encourage people to actually park in the park rather than outside as they have invested a huge effort to make this a great community hub and we support them through parking and membership. Parking is £9 for all day.

We pay a fee for your use of the active base so you should not pay for active base bands if offered.



# What to Bring

With all watersports there is a possibility of getting wet via rain, falling in or capsizing.

We make our plan based on you bringing

**2 complete changes of clothes** - if you get wet once and changed: its great to get back on session knowing there is still another dry set on land.

## Any Medication you need

**Shoes that grip well and protect your toes** - we caution against wearing cros, sandals or wetsuit socks - the ground can be sharp and slippery.

## Change for parking or a National Trust Membership card

**A hoist sling for the changing place** if you intend to use it.

# Facilities (please check with us to see if they're currently open depending on current Covid guidelines)

**Cafe** - Fell Foot has a lovely level access cafe for post adventure coffee.

**Off road wheelchair** Fell Foot has two off road wheel chairs that can be used free of charge (see the picture). If you are counting on using one, please contacts us so we can pre book it.

**Disabled access Toilet** - At the active base - Brand new to modern standards .

**Changing Place** - Behind the cafe - Bring your own sling.

**Showers and lockers** - available for use at the active base.

# Final Checklist

## Check in times

**If you need extra time to get ready before the activities let us know. Fell Foot doesn't unlock the gates normally until 10am. We can pop up and let you in if we know in advance.**

**Have you read the participation statement?** You should have had this at time of booking if not let us know on the day - you will need to sign it

**Have you discussed with us of any additional needs we need to plan for** - Our equipment lives offsite so we need to know what to bring

**Dietary and Medical needs** - Have you completed the participant information form - if not speak to us and we will send you a link

