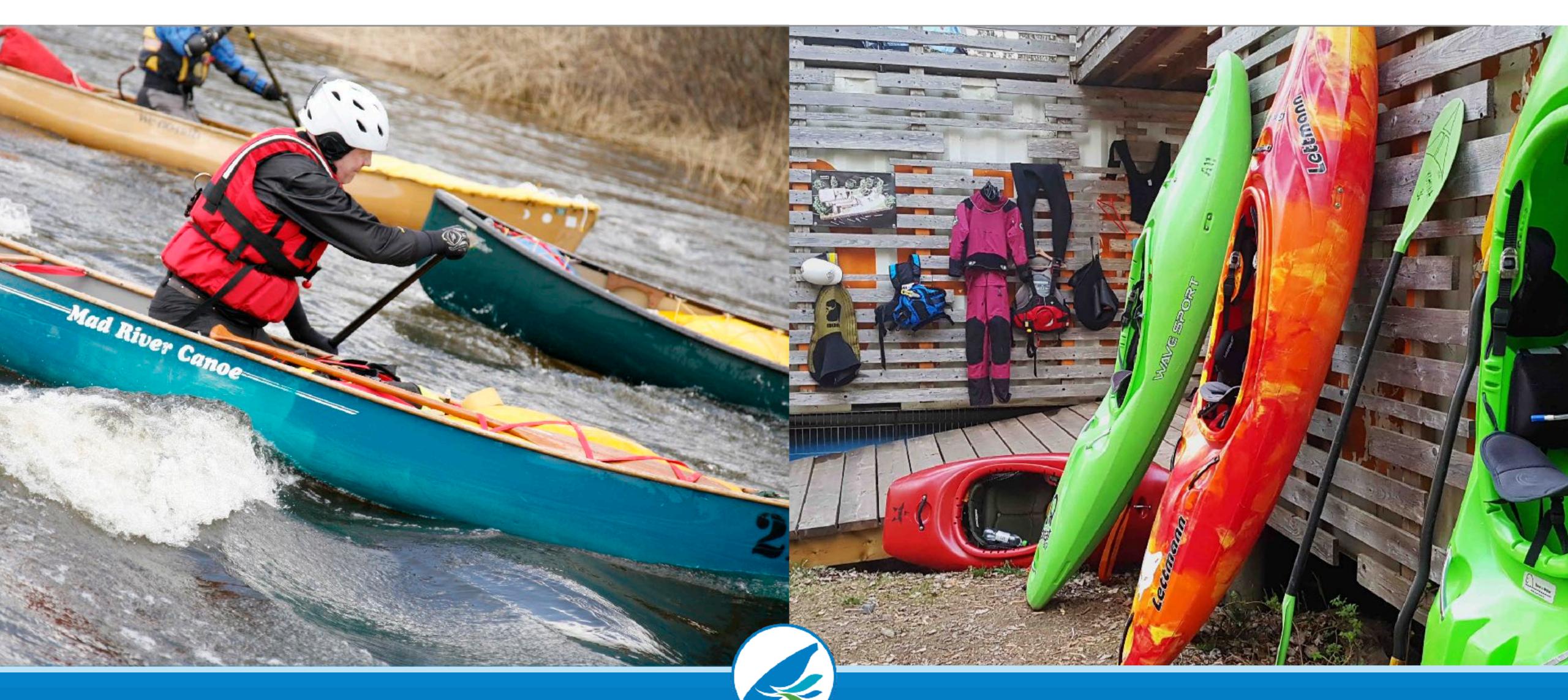


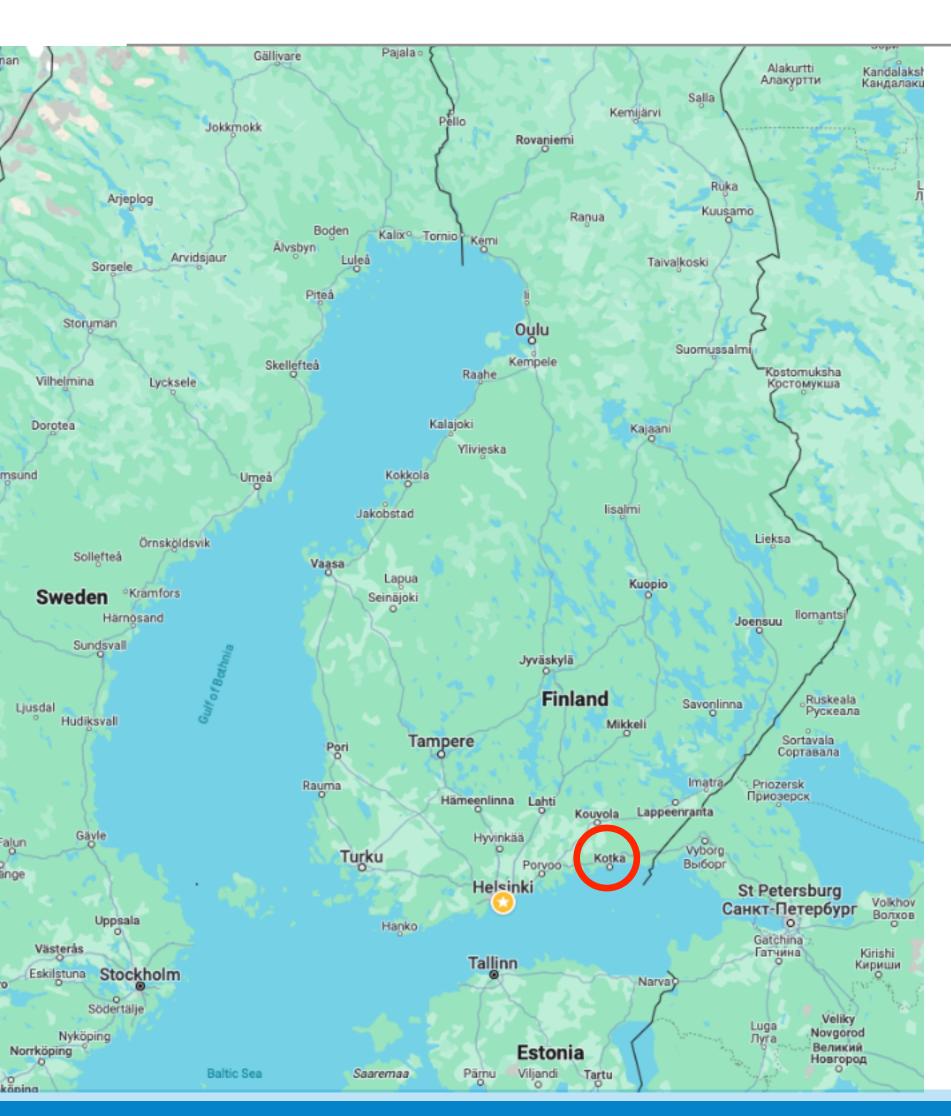
EPP Bench Mark Event weekend 27.-30.9.2024





EPP Bench Mark Event weekend 27.-30.9.2024

24.9.2024



- Kymi-river Kotka, 140 km east from Helsinki
- Meloja 3 koski (EPP WW 3)
- Meloja 3 avokanootti (EPP OC 3)
- 14 EPP delegates and 24 local paddlers





EPP Bench Mark Event 27.-29.9.2024

24.9.2024

Saturday 28 th

8-9 Breakfast

9-10 Briefing and getting ready

10-12 WW level 3, OC level 3 assessments

12-13 Packed lunch

13-17 WW level 3, OC level 3 assessments

18-23 Dinner and social evening

Sunday 29 th

8-9 Breakfast

9-12 Workshops and summary

12-13 Lunch







Saturday there will be four groups with different roles

- 1. Open Canoe assessment group lead by assessors Jaakko Mäkikylä
- 2. Open Canoe observer group lead by Kari Hellström
- 3. White Water assessment group lead by assessors Mika Lähdekorpi and Joose Järvenkylä
- 4. White Water observer group lead by Jaakko Heikka







There is WhatsApp group for communication during weekend.
 Please join the group before coming in Finland

https://chat.whatsapp.com/CAKGr8NULTaGtWIRnwf7vx

EPP BM event leader: Kai Lindqvist, +358 50 511 363







- Aims for workshops
 - Collect feedback from Saturdays assessment sessions
 - Collect ideas of developing assessment processes
 - Collect ideas of developing EPP framework in WW level 3, OS level 3
 - Share common understanding of EPP framework, especially level
 3 WW





- EPP BM Event is arranged by standards of Finnish paddling safety committees <u>Paddling activities safety guidelines</u> -document
- On water every participant is expected to take care of fellow paddlers
- Every group has leader who take care of group safety. He / she will help you if needed







- Land based activities every participant is expected to take care his / her own and fellow paddlers safety. It means safe manners especially in sauna and near fire palaces where there is a risk of burning injuries
- Because of the dark and moving water, no nigh time swimming is allowed in the river









- 9 rapids, grade 1 to 2+, withing 1,5 km area
- More WW few kilometres further upstream and downstream
- Perfect for entry level WW, Open Canoe, freestyle and technique training
- Local outdoor community "Latumaja" Club House and Kohina Club House "Kontti" with nice terrace and fire pit + nice cottage for extra accommodation
- 2 Saunas
- Map link: https://maps.app.goo.gl/j9X26Z4WaTiBiYrr8







Accommodation, meals and gear

- Accommodation for EPP Delegates is in Latumaja and yard area
- Finnish participants take care of their own accommodation. It is possible to stay in Kontti or nearby parking area
- PLEASE NOTE!
 Due to EPP delegates there are limited amount of mattresses in Kontti





- Catering is arranged by local provider (nothing fancy, but simple food to keep you going)
- There will be social evening with local paddlers in local Club house. Dinner, some snacks and two drinks are provided for every participant





Accommodation, meals and gear

- Water temperature will be about 12-15 ° C
- Air temperature will be about 10 15 ° C
- There will be some rain and wind according to local weather forecast
- Warm clothing and dry suit / ww jacket is recommended (bring our own) also warm clothing and sleeping bag for nights and evenings is recommended



More info

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