

**Sports Quiz**

1. How long is an Olympic-sized swimming pool?

A: 25m  
B: 50m  
C: 100m

2. How many cups of tea would you need to fill the pool?

A: 3m  
B: 6.5m  
C: 13m

3. How long does it take a diver to fall from the 10 metre board to the water?

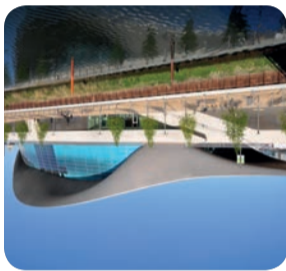
A: 1 second  
B: 1.5 seconds  
C: 2.5 seconds

**Did you know...**

Two Native Americans showed British swimmers the 'front crawl' swimming stroke in 1844.

British competitive swimmers refused to use this 'undignified' swimming style, and continued to use 'breaststroke'.

The roof of the London Aquatics Centre is meant to look like moving water, and inside is an amazing place to practice swimming and diving, or just to have fun.



## Water for Sports



Did you know that you can find **five rivers** in Queen Elizabeth Olympic Park? Or that there is a **special bridge** where you can see your own reflection? Or that there is a **hidden garden** with a pond? Follow the **family trail** to find out all the uses of water in the park, and try the challenges along the way.

**Water, water, everywhere...**

Queen Elizabeth Olympic Park is full of water, and we use this water in lots of different ways.

## Carpenters Road Lock

The unique double radial lock on the Old River Lee within Queen Elizabeth Olympic Park has its own smartphone website, with images, films and stories about the history of the local area. What was here before the Park? What was carried in the boats up and down the rivers? What is a 'soil hospital'?

Use your smartphone (and the free Park WiFi) to find out how this area has changed over time.

**TYPE** [www.crl.london](http://www.crl.london)

**SCAN**



## More family things to do

Here are some ideas for your next activity in the Park...

- Get upwardly mobile.** Try out the climbing walls in the Playground and on City Mill River.
- Still feeling active?** Tumbling Bay is a great play space for kids who like challenge.
- Float like a swan,** on a pedalo rented from Lee & Stort Boat Co. on the Waterworks River.
- Selfie with a twist.** Take a photo of your own reflection in the Diamond Bridge.
- Experience high art.** Book a ride to the top of the ArcelorMittal Orbit, the UK's tallest sculpture and slide.

**Pick another trail...**

The Information Point has trails for nature lovers, art enthusiasts and exercise fanatics.

**Or kick back and relax...**

There are plenty of benches and cafes in the Park to relax and enjoy the canalside.

**Need a map?**

Go to [www.queenelizabetholympicpark.co.uk](http://www.queenelizabetholympicpark.co.uk) and search for 'Map'

[www.canalrivertrust.org.uk/carpentersroadlock](http://www.canalrivertrust.org.uk/carpentersroadlock)

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Canal & River Trust

## Explore the Bow Back Rivers



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QUEEN ELIZABETH OLYMPIC PARK



## Water for Drinking

This river is called '**Waterworks River**' and was the drinking water for east Londoners 250 years ago.

The water companies said that the water might smell bad, but "no harm or ill occurs to persons whose resolution, notwithstanding its offensive smell, induces them to drink it." These days we expect our tap water to be clean, not green and smelly.

In 1866 one man removed the tap in his home to find out what was blocking it...and found a dead eel!

Did you know...

## Water for Power

**Hundreds of years ago** people built mills next to these rivers to do work. Water wheels in the rivers turned heavy grindstones to turn wheat into flour.



© Toriky/123rf.com

Three of the rivers in the Park are named after old mills –

- City Mill River
- Pudding Mill River
- Three Mills Wall River

Did you know...

## Water for Transport

**The City Mill River** isn't really a river. It is an artificial river called a 'canal' and 200 years ago it did the same job as motorways. Instead of lorries they used boats called barges, and instead of engines they were pulled by a horse who walked along the side of the water.



© Deborah Freeman/Flickr.com



### Work out!

A human can carry 20kg in a pack for a day

1. A pack horse can carry 5 times more than a human. How much is that? \_\_\_\_\_
2. A horse and cart can carry 10 times more than a pack horse. How much is that? \_\_\_\_\_
3. A horse and barge can pull 50 times more than a horse and cart. How much is that? \_\_\_\_\_
4. A horse and barge can move \_\_\_\_\_ times as much as a human with a pack.

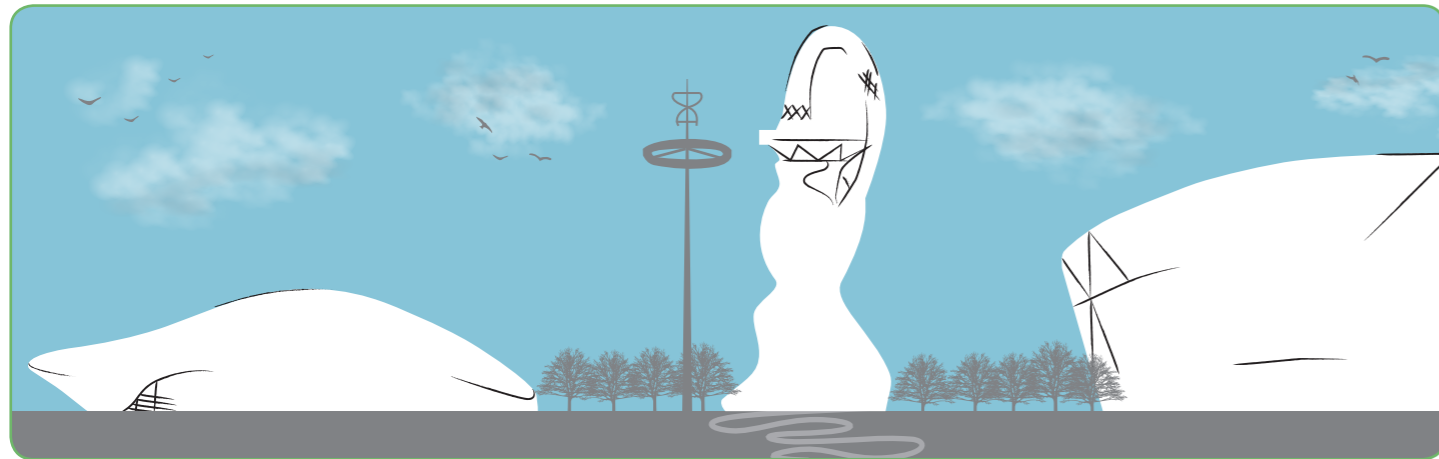
Make your notes here:

Answers: Q1: 100kg; Q2: 1000kg; Q3: 50,000kg; Q4: 2500.

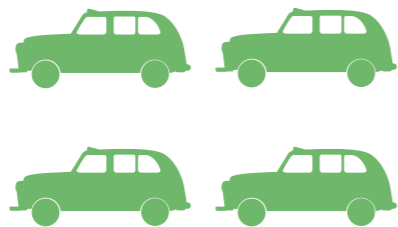
## Water for Play

**The fountains** between Waterworks River and City Mill River are a great place to play. The water jets have lots of different tricks, and light up at night.

**Challenge:** Can you complete this drawing of the Park from this location?



**Did you know...** There are 195 water jets, and each one has a pump and light. Each 'sequence' is drawn by an artist, and then turned into a computer programme to fire the jets.



The sequences have names like 'Runaway Train', 'Jellyfish' and 'Ghosts'.

At top speed the fountains keep about 8 tons of water in the air and in the drains. That's the weight of four London taxis.

## Water for Wildlife

**The Great British Garden** is a lovely secret space in the Park, but it is also a habitat for animals. The 'frog pond' at the end of the garden is perfect for frogs, toad and newts. These 'amphibian' creatures need to live somewhere that has both land and water, and happily hop (or crawl) between the two. See if you can spot them!



### Challenge

The Great British Garden has a special sundial in the middle.

Can you use your body to tell the time accurately?



## Water for Tourism

**Can you see** the space for cruise boats on one side of Waterworks River?

Travelling up and down the rivers is a great way to see the park without having to walk everywhere. If you want exercise AND water, you can use a swan-shaped 'pedalo' or 'water bicycle' to get around.

## Water for Safety

With all the waterways running through this area, there were often problems with floods. This can be a big problem for people with homes or jobs next to the river. If Waterworks River is about to flood, the two big gates at Carpenters Road Lock let water out into City Mill River. Boats can also use the lock to go between the two rivers.

### Word search

Here are a list of words about rivers and canals. Can you find them in the grid?

- |  |  |   |  |
|--|--|---|--|
| <b>Water</b><br>what you find in a river             | <b>Pedalo</b><br>a small boat you use like a bicycle | <b>Canal</b><br>a man-made river        | <b>Fountain</b><br>a water jet             |
| <b>Barge</b><br>a type of boat to carry things       | <b>Horse</b><br>big animal used to pull a barge      | <b>Flood</b><br>too much water          | <b>Cargo</b><br>things carried in a barge  |
| <b>Cruiser</b><br>a boat to take people on fun trips | <b>Lock</b><br>a gate between two bits of water      | <b>Swimming</b><br>moving through water | <b>Mill</b><br>place to make flour         |
|  |  | <b>Diving</b><br>jumping into water     | <b>Grindstone</b><br>heavy wheels in mills |

### True or False?

**A: The first design for a 'pedalo' was made by the famous inventor Leonardo da Vinci.**  
True  False

**B: The big coloured 'pencils' in the water are to give seagulls a safe place to rest.**  
True  False

**C: The water level in Waterworks River changes a lot.**  
True  False

Answers: A: True – he also invented the helicopter. B: False – The 35 pillars are actually an art installation called 'steles' by a local artist. C: True – after lots of rain the boats can't get under the bridges until the river level goes down again!

O	C	R	U	I	S	E	R	I	M
X	D	I	V	I	N	G	N	E	I
F	S	W	I	M	M	I	N	G	L
Q	O	Y	L	O	C	K	M	C	L
A	M	U	T	H	I	D	H	A	P
G	R	I	N	D	S	T	O	N	E
Z	E	W	A	T	E	R	R	A	D
F	L	O	O	D	A	Y	S	L	A
C	A	R	G	O	E	I	E	A	L
C	B	A	R	G	E	A	N	N	O