



# Axe Vale Canoe Club (AVCC)

Contact us at: [info@axevalecc.co.uk](mailto:info@axevalecc.co.uk)

Website: <http://www.axevalecc.co.uk/>

Affiliated to British Canoeing and  
Quality Mark accredited



## Introduction to Paddlesports Courses – 2024

**We are running two introductory courses in May 2024** for people interested in learning how to paddle a kayak or canoe. Qualified BC coaches will run courses. The course follows the British Canoeing Paddle Awards syllabus comprising Discover and Explore Awards. The initial course lasting typically 3 to 6 sessions (depending on your self-progression) will result in the Discover Awards in either kayak or canoe as you choose. Following this, if you decide you wish to continue paddling with us, we can help you achieve the Explore Award over the Summer. The sessions are held on a Tuesday or Friday evening on the estuary in Seaton.

*Note there is a separate Junior Course aimed at young people with a separate information leaflet. If you are 11 to 15 years old, you may prefer the Friday or Saturday Junior course.*

**Included in the course fee is the BC Paddle Discover Certificate and a Membership of the club, enabling you to carry on coming along during the summer sessions ending in early September; during these additional sessions we will do local paddles and help you gain more experience towards the Explore Award.**

**All participants must be able to swim 50 metres**, although for assistance, buoyancy aids will be provided. Minimum Age is 11 years old. The club insurance covers third party liability but not personal accident.

***Any attendee with additional needs must contact Donna Vincent on 07866 531982 prior to booking on the course to check if the course and our provision is suitable for them as we paddle on complex water and this may not suit everyone.***

Venue:	Axe Vale Canoe Club, Axmouth Harbour, Seaton (EX12 4AA)		
Course IP1:	Tuesdays	7 <sup>th</sup> May 2024	& each Tuesday
Course IP2:	Fridays	10 <sup>th</sup> May 2024	& each Friday thereafter
Times:	Meet at 6:00 pm at the Club House, Seaton. We will be off the water at 9:00 pm		
Cost – Adult	£120	(including Discover Certificate and membership)	** (see p3 for Family Rates)
Cost – Youth	£60	(including Paddle Discover Certificate & membership)	

To gain the Discover award may take you between 3 and 6 sessions as the award is gained based on your progress rate (rather than after a fixed number of sessions). You should try to attend consecutive sessions (though you may miss one week if you have diary clashes). To continue on to the Explore Award you may choose to continue paddling and learning new skills though the Summer period (typically another 6 sessions depending on your progress again).

### **Is this course suitable for you?**

We do not use Sit-on Kayaks for the course - enclosed kayaks are used with spraydecks or open canoes. To do our course on our flowing/wavy waters you will need certain amount of flexibility/mobility (typically we would expect as a guide: an ability to kneel down for extended periods, the ability to rotate your torso 45% each way whilst sitting down). Our courses are aimed at equipping you for group paddling on rivers and sea in a range of conditions, rather than solo sit-on paddling on calm water.

If you pay by cheque please send them to:

**AVCC Treasurer, c/o C Schofield, 37 The Beeches, Beaminster, DT8 3SL**

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On the Application Form you will be asked to choose your preference of Kayak or Canoe. If you are unsure which to choose then the following general advice applies:

- Kayak - our kayaks are river/sea kayaks which you sit inside and you are given the skills to use the spraydecks to keep dry inside (they are not Sit-On kayaks). If you have a Sit-on and wish to use it for the course, then please bring it along. If you choose 'kayak' you will be expected to perform a full capsize so you experience how to exit the kayak up-side-down and swim to shore safely, so you need to be happy to get your head wet. Max number per session is up to 12 kayaks.
- Canoe - these are open canoes (Canadian canoes) which you paddle with two people initially then move on to paddling them alone. They are paddled with a single ended paddle. Again you will be expected to learn how to capsize safely but in this case you do not get your head wet as you fall out before that happens in an open canoe. As a generalisation, canoeing tends to be more comfortable as you can move around more. Maximum number per session is up to 6 canoes

There is a tendency for the kayak option to be more popular but be assured that it does not matter at this stage which you learn as transferring the skills to the other type of craft is very straightforward. So please do not worry if you have to learn to canoe first but would prefer kayak as we can easily transfer you after the course.

You will need to bring along:

- two sets of clothes (one for canoeing and one to travel home). For canoeing bring suitable clothing and shoes – for example: thin fleece, thermal top (man-made fibre), tracksuit bottoms, lace-up shoes you don't mind getting wet,
- a towel for a shower when you get off the water,
- for those who wear glasses, something to tie them on (so they do not get lost in the river),
- a re-usable bottle with drinking water and potentially a snack bar.

We will provide all the other kit and equipment you need during the course.

Note that we do have showers and changing rooms and, in the current circumstances, intend to limit the numbers of people using them at any time. We are content for people to arrive ready to paddle and to get changed into dry clothing outside if they prefer (rather than using the changing rooms).

During the course you will be expected to capsize and swim the short distance to the bank, you will be carefully supervised and if necessary helped, please wear suitable clothing (wet suit can be useful), and be prepared to get wet during the course.

On successful completion participants will gain a Discovery Paddle Award Certificate (included within the course cost). With the inclusive summer membership, you can continue to attend and progress your skills, as well as take part in a number of trips which will be planned for the weekends. If you progress to the BC Explore Award, please note that there is an additional fee for the Explore certificate payable to British Canoeing.

**Places are limited so early application is strongly advised. Application is via an on-line booking system accessible from:**

<https://www.axevalecc.co.uk/Courses/Intro-To-Paddlesport/intro-to-paddlesport.htm>

**Further details and information about this course and the club, please contact:**

Colin Schofield on 07889 842104

or e-mail: [info@axevalecc.co.uk](mailto:info@axevalecc.co.uk)

or see <http://www.axevalecc.co.uk/Courses/courses.htm>

# Axe Vale Canoe Club (AVCC)

## Notes:

All members or other persons who attend club tours or meets do so at their own risk. Neither the Club nor its officers can accept any liability for any loss or injury of any kind sustained at headquarters or whilst on a Club tour, meet or other activity. Please note that third party insurance and liability whilst taking part in Club activities is included, however members are advised to make their own arrangements regarding personal accident insurance.

No parking within the Axe Yacht Club is allowed but there is ample parking close by to the club.

## Medical Conditions

Please tell us of any medical conditions that may affect your ability to canoe/kayak. It is your responsibility to inform the club of any new health issue that may arise in the future that may affect your canoeing. Canoeing is strenuous and adventurous in nature and if necessary first aid will be administered by a qualified person. Please talk to a member of the coaching team if you have any questions.

## Trips

For any weekend trips organised we request a donation if we provide transport (15p/mile).

## Follow-on Winter Paddling

If you enjoy the summer of paddling then follow-on Winter paddling is available, enabling you to paddle with us on the Axe over the winter. In addition you could do our Introduction to White Water and join us some of the local rivers of Dartmoor and Exmoor.

## Membership in the Following Year

Membership in the following year is at the normal rate as detailed on the Membership Form for that year.

**\*\* If you are applying for a family of more than 2 (e.g. 2 adults + 1 youth, 1 adult + 2 youths, 2 adults + 2 youths) then we can provide some additional discount. So go ahead and book the places but do not pay, instead contact the [Treasurer@axevalecc.co.uk](mailto:Treasurer@axevalecc.co.uk) and they will advise you of the discounted fee to pay.**

# Axe Vale Canoe Club (AVCC)

## Code of Conduct

It is the policy of Axe Vale Canoe Club that all paddlers, volunteers, coaches and parents show respect and understanding for each other and conduct themselves in a way that reflects the principles of the Club. The aim is for all paddlers to improve performance and have fun.

Everyone involved in the Club should abide by the Club Rules and Policies, otherwise their club membership may be revoked. All our leaders and coaches are volunteers who do support the club for enjoyment of participating in the sport.

AVCC will not tolerate any form of harassment, including:

- Sexual Harassment
- Racial Harassment
- Sexuality harassment
- Disability harassment
- Vilification discrimination.<sup>1</sup>

### Members and Paddlers

- **Protect:** Take care of all property belonging to the club or club members. Help ensure that your, the clubs and other members equipment is clean and put away where it came from at the end of sessions. Help ensure the club house & changing rooms are clean at the end of sessions.
- **Respect:** Treat other club members with respect at all times — on and off the water — treat other paddlers as you would want to be treated yourself.
- **Behaviour:** Control tempers and avoid behaviour which may inconvenience or upset others. The club includes members from 11 to 70+, including vulnerable youths and adults; language or action, during club activities, which causes distress or offence to other people will not be tolerated.
- **Listen:** Co-operate and listen to your coach or club officials.

### On the Water (code of conduct)

- **Prepare:** Do you have skills and ability (including rescues) for this trip? Do you have necessary equipment (buoyancy, footwear and helmet)? Ask leader if unsure? Take care and accept help lifting boats and using any slipways/access/egress.
- **Ask:** **Check** with leader before entering water at start and after break/ portage. If you want to try something **ask** first, so we can arrange any safety cover.
- **Group: Stay** with the group for the duration of the trip/session. Remember the **whole group**: look out for others welfare, e.g. cold/tired.
- **Behaviour:** Maintain **line of sight** with a leader during trip (they are responsible for our safety).
- **Listen: Follow** leader's instructions including to Portage a feature if asked to. In the event of capsize/ incident be prepared to listen to the leader follow instructions and assist.

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<sup>1</sup> Humiliates, intimidates, and incites hatred towards, contempt for, or ridicule of a person or a group

# Axe Vale Canoe Club (AVCC)

## **Club Officials, Coaches and Volunteers**

- Consider the well-being and safety of paddlers before the development of performance.
- Develop an appropriate working relationship with performers, based on mutual trust and respect.
- Make sure all activities are appropriate to the age, ability and experience of those taking part.
- Display consistently high standards of behaviour and appearance.
- Follow British Canoeing and club guidelines and policies.
- Hold the appropriate, up-dated qualifications and insurance.
- Encourage paddlers to value their performance and not just results.
- Never condone the use of prohibitive substances.

## **Parents/Guardians**

- Help your child to recognise good performance..
- Never force your child to take part in sport.
- Never punish or belittle a child for making mistakes.
- Support your child's involvement and help them to enjoy the sport.
- Use correct and proper language at all times.
- Set a good example by applauding good performances of all paddlers.