



# 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



## GoCanoeing Open Day Sessions – 2019

We are running 'Go Canoeing' open day sessions in 2019 for young people and adults interested in trying out canoeing. Qualified BC coaches will run session.

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.

We have chosen three dates to allow for weather and will probably run the Open Day on two of the three dates listed; to be confirmed nearer the time.

### **AVCC OPEN DAYS – Saturday 13th April 2019 &/or Saturday 27th April 2019**

Come along and try out our canoes or kayaks to see if you enjoy it. We will be running short try out sessions of 10-15 minutes on the River Axe. Suitable for all ages (11-60+) and especially families.

Venue:	Axe Vale Canoe Club, Axmouth Harbour, Seaton (EX12 4AA)
Times:	Anytime between 11:00 and 13:00 for a 10-15 session on the water
Cost:	<b>Free</b>

### **AVCC OPEN DAY Reserve Session – Sunday 12<sup>th</sup> May 2019**

Come along and try out our canoes or kayaks to see if you enjoy it. We will be running short try out sessions of 10-15 minutes on the River Axe. Suitable for all ages (11-60+) and especially families.

Venue:	Axe Vale Canoe Club, Axmouth Harbour, Seaton (EX12 4AA)
Times:	Anytime between 11:00 and 13:00 for a 10-15 session on the water
Cost:	<b>Free</b>

We will provide all the equipment you need - just bring some suitable clothing to wear and old trainers (or water shoes). You should not get wet apart from your feet getting in/out of the boats.

<http://www.axevalecc.co.uk/Courses/Taster-Sessions/taster-sessions.htm>.

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

Chris Robin on 07501 973648  
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.

## Code of Conduct

- Co-operate and listen to your coach or club officials and abide by all safety instructions.
- Take care of all property belonging to the club or club members.
- Treat other participants with respect at all times — on and off the water — treat other paddlers as you would want to be treated yourself.
- Control tempers and avoid behaviour which may inconvenience or upset others.

## What next if you enjoy the session?

You may wish to join one of our Canoe or Kayak courses that are running in May/June (subject to places still being available). See <http://www.axevalecc.co.uk/Courses/courses.htm> for more details on these courses.