



Axe Vale Canoe Club (AVCC)

Contact us at: info@axevalecc.co.uk

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

Affiliated to British Canoeing and
Quality Mark accredited



Junior Academy – Saturdays – 2023

Axe Vale Canoe Club are excited to offer a Saturday morning 10am-1pm Junior Academy session for those 11-15 year olds that would like to embark on a Paddle Award adventure in paddle sport.

The British Canoeing “Paddle Award scheme” takes participants on their own personal journey and allows them to learn at a pace suited to them through a guided discovery and learner focused approach.

There are three awards to work towards:

- Paddle Start Award, the basic introduction to kayak/canoeing,
- Paddle Discover Award, becoming more confident and skilled through varied experiences, and
- Paddle Explore Award, becoming competent, skilled and able to plan a journey.

We will work through these awards guiding and supporting as well as giving participants the skills to develop.

There is no time scale or prescribed itinerary to the awards, neither assessments as British Canoeing have tailored the new scheme around the learner and their journey. Sessions will be fun filled and wet at times. We have chosen a Saturday morning as we feel that this would benefit young people and their families' lifestyles better; making the learning experience a more positive and less stressful one.

Youth members can still enrol on the week night courses if they so wish, however we feel that the Saturday morning option would be of more benefit for those that fall within this age bracket.

Donna Vincent and Graham Baker are qualified BC coaches and will run the sessions. The course will run from Saturday 21st May through to the end of October and be held on a Saturday morning on the estuary in Seaton. **Included in the summer course fee is Membership of the club, boat and equipment and British Canoeing Coaches to support your learning**. There will be the odd Saturday morning session that will not be running due to holidays, however, unless not foreseen, prior warning will be given.

These sessions are progressive and will include both kayak and canoe teaching, and will develop the participant at a pace relevant to them as an individual. By the end of the summer season, members may be ready with the skills to take part in the winter white water paddling season if they wish.

We have a maximum of 10 spaces for enthusiastic committed beginners. We very much look forward to seeing you to pass on the passion that we have for our sport. **All participants must be able to swim 50 metres**, although for assistance, buoyancy aids will be provided. The club insurance covers third party liability but not personal accident.

Participants will need to attend at least the first six sessions.

Any attendee with Special Needs must contact the club's Safeguarding Officer (see Website Contacts page) prior to booking on the course to check if the course is suitable for them and can cater for their needs.

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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Venue:	Axe Vale Canoe Club, Axmouth Harbour, Seaton (EX12 4AA)
Course J1:	Saturdays 13th May 2023 onwards till the end of October
Times:	Meet at 10:00 at the Club House, Seaton. We will be off the water at 13:00.
Cost:	£35 (including Paddle Discover Certificate & membership) *** (see p4)

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. (important)

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

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 clothing ideally wet suit, and be prepared to get wet during the kayaking course.

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

<http://www.axevalecc.co.uk/Courses/Junior-Academy/junior-academy.htm>.

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

Donna Vincent on 07866 531982
or e-mail: info@axevalecc.co.uk
or see <http://www.axevalecc.co.uk/Courses/courses.htm>

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.

Follow-on Trips

Where trips onto other rivers are organised later in the summer (e.g. to the River Exe at Exeter), we request a donation towards the travel (15p/mile if we provide the transport).

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Follow-on Winter Paddling

If you enjoy the summer of paddling then follow-on Winter paddling is available for a small cost, 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.

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.¹

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.

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

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- **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.

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.

***** The special Junior rate of £35 is a discounted rate supported by Community Funding Scheme award from the Co-Op shop in Seaton.**