



# 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  
the BCU

Clubmark  
accredited



## Axe Vale Canoe Club - Winter Programme October 2011 to March 2012 (v2)

(V2 - Axe Race date changed to 4<sup>th</sup> March 2012)

Please find below list of activities planned for this autumn and winter.

Please contact Hays (after 6:00 pm) if you would like to take part in these events at least two or three weeks before the event.

Members will need to have either 2 star BCU or have reached 'Club Standard' in either Kayak or Canadian to paddle on the Dart, Exe or Barle. If you are not sure what standard you are please ask Tash, Phil, Nick or Geoff.

If you are new to river paddling you must attend Parts 1&2 Introduction to moving water. These courses will be run on the river Dart or Barle.

**Pool Sessions:** We would recommend that you sign up for a minimum of two sessions to get good at rescues and being rescued and if you want we will also begin to teach you to roll. The cost for each session is £6 payable in advance. Please book with Hays.

### Two and Three Star BCU

Anyone wanting to gain the BCU 2 or 3 star qualifications will need to attend a course which will be organised early in 2012. Details will be posted on the club website soon.

### ***Winter Paddling Kit List - minimum requirements***

1. Base layer: thermals – top and bottom
2. Over layer: Wet Suit or man made fibre over garments e.g. rash vest, track suit, fleece...
3. Good quality cag – Club ones are OK, but if you feel the cold and want an extra two or three hours comfort in winter, it may be a good idea to purchase a cag. Have a word with one of the coaches.
4. Thermal socks and gloves – your extremities will get cold!!!
5. Spare clothing and kit in a dry bag: top and bottom, gloves and wool hat, some money (£5), survival bag, emergency food – chocolate/ energy bar/ biscuits, water
6. First aid kit – the group leader will have one, but you will need to get in the habit of carrying your own.

## Axe Vale Canoe Club (AVCC)

Date	Event	Details
30th September	Pool session 1	Flamingo, Axminster 2100 to 2215; £6.00 per person.
7th October	Tryweryn Weekend	Experienced 3 star+ paddlers
14th October	Pool session 2	Flamingo, Axminster 2100 to 2215; £6.00 per person.
16th October	Introduction to moving water part 1	0830 to 1800 meet at the Club House. River Dart. Please contact Hays
21st October	Pool session 3	Flamingo, Axminster 2100 to 2215; £6.00 per person.
23th October	Introduction to moving water part 2	0830 to 1800 meet at the Club House. River Dart. Please contact Hays
28th October	Pool session 4	Flamingo, Axminster 2100 to 2215; £6.00 per person.
30th October	River Axe	1000 at the Club House. Suitable for all members Note: <b>Clocks go back to GMT 30 October 2011</b>
4th November	Pool session 5	Flamingo, Axminster 2100 to 2215; £6.00 per person.
6th November	Loop	0830 at the Club House. Suitable for experienced Club Standard or experienced 2 star
11th November	Pool session 6	Flamingo, Axminster 2100 to 2215; £6.00 per person.
13th November	River Axe	1000 at the Club House. Suitable for all members
18th November	Pool session 7	Flamingo, Axminster 2100 to 2215; £6.00 per person.
20th November	Lower Dart/ Barle	0830 at the Club House. Suitable Club Standard and BCU 2 star
26th November	River Axe	1000 at the Club House. Suitable for all members
<b>2nd December</b>	<b>Christmas Party</b>	<b>Contact Pam Perry for tickets (07968155916)</b>
5th December	Upper Dart	0830 at the Club House. Suitable for experienced 3 star+
10th December	River Axe	1000 at the Club House. Suitable for all members
1st January	New Year's Day Paddle - River Axe	1000 at the Club House. Suitable for all members
8th January	Loop	0830 at the Club House. Suitable experienced Club Standard or experienced 2 star
14th January	River Axe	1000 at the Club House. Suitable for all members
22nd January	Barle	0830 at the Club House. Suitable Club Standard or 2 star
29th January	River Axe	1000 at the Club House. Suitable for all members
5th February	Upper Dart	0830 at the Club House. Suitable for experienced 3 star+
12th February	River Axe	1000 at the Club House. Suitable for all members
26th February	Barle/Dart	0830 at the Club House. Suitable Club Standard or 2 star
<b>4th March</b>	<b>River Axe Race</b>	<b>Start 1100 - A must for all members!</b>
11th March	Loop	0830 at the Club House. Suitable experienced Club Standard or experienced 2 star
18th March	Barle	0900 at the Club House. Suitable Club Standard or 2 star

# Axe Vale Canoe Club (AVCC)

(Note: Clocks go forward to BST on 25 March 2012)

## AVCC Committee

Contacts:	Hays Hunt (after 6:00pm)	07972 861729
	Tash	07979 496862
	Phil	07798 670627
	Geoff	07784 775527