



# 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



## Summer 2017 - Sea and Estuary Trips

During the summer we will be arranging sea or estuary trips each month, the majority of which will be suitable for all club members. The trips will all be either half-day or day-long events and it will be the responsibility of each member of the group to be suitably prepared for paddling (if in doubt please ask).

We have quoted dates for your diary but weather (and other events) may intervene, so change is almost inevitable. Changes and cancellations may be at very short notice (updates via Facebook/Website where possible). Having said that, booking is essential as places may be limited because of transport, so please book onto those in which you are interested.

### Booking:

When booking onto the trip please contact the Trip Organiser (see Trip List below) before 18:00 on the Friday before the trip. The trip destination and contact may sometimes change so it is worth checking the AVCC Website or Facebook to confirm who to contact. If you may be able to paddle, then we would prefer if you booked on and then contacted the organiser to cancel rather than trying to book on at the last moment.

### Necessary equipment for a day's canoeing:

- Waterproof kit bag or container (please get yourself a Dry-Bag or something similar)
- Lunch, Water, Drinks (you will need a good supply of water – min 1 litre for half-day and 1.5L for a full day), emergency snacks.
- Sun cream, sun glasses (with tie method), hat/helmet (to protect from sun) – basic first aid kit is also useful
- Wind/water proof layers (you can still get cold if its windy).
- Wet clothing (swimshorts, wetsuits, rash vest, etc.) – towel if you want to swim
- Wet shoes, PFD
- Dry clothing to change into at end of trip.
- Some money for lunch, drinks or snacks is also helpful, plus fuel expenses.
- Medications (remembering to inform one of the leaders on the day), your emergency contact details (e.g. partners or parents phone number).

### Group Welfare:

Group welfare is the whole group's responsibility (not just the leader's). Trips are done as a group following the club's risk assessments, so please:

- Check with the leader before getting on the water at the start and after any stop (e.g. lunch).
- Maintain line-of-sight with the leader (or one of the leaders) (e.g. rocks, headlands, bends).
- Please do not paddle off from the group unless you have agreed this with a leader (who may decline your request or request you go as a sub-group with a nominated leader).
- Please watch for signs of exhaustion, cold, etc., in your fellow paddlers.
- You are all rescue trained, so if someone capsizes and you are closest, please help them.

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### TRIPS:

\*\* Saturday (morning) half-day trips have been added for members who cannot devote a whole day to paddling at weekends due to their other commitments & families.

Date	Organiser	Probable trip location	Level
Saturday 10 <sup>th</sup> June **	Xavier & John	Local clubhouse	Club Standard
Sunday 25 <sup>th</sup> June	-	Ian Rouse memorial paddle org by Plymouth CC.	-
<b>1<sup>st</sup>-2<sup>nd</sup> July</b>	<b>Chris Robin</b>	<b>OPEN CANOE WEEKEND</b>	<b>ALL</b>
Sunday 9 <sup>th</sup> July	Ross	Salcombe to Starehole Bay	1 star
Saturday 15 <sup>th</sup> July **	Xavier & John	Local clubhouse	Club Standard
TBC	TBC	Exeter Canal	New 1 star
Sunday 30 <sup>th</sup> July	Ross	Wembury to Noss Mayo	Club Standard
Sunday 6 <sup>th</sup> August	Graham	Seaton to Branscombe	Club Standard
Saturday 12 <sup>th</sup> August **	Xavier & John	Local clubhouse	Club Standard
Sunday 3 <sup>rd</sup> September	Tash	Dartmouth	Club standard
<b>Saturday 16<sup>th</sup> September</b>	<b>Family Paddle, Awards and BBQ 13:00 for a paddle on the Axe followed by Food &amp; Awards (finish ~17:00). (Please bring your own food/drink)</b>		All members and families.
Sunday 17 <sup>th</sup> September	Donna	Budleigh to Ladrum Bay	Club Standard
Saturday 23 <sup>rd</sup> September **	Xavier & John	Local clubhouse	Club Standard

Also may be surfing sessions at short notice when the surf is reasonable.

Keep a lookout on the website or Facebook for ad-hoc paddles or any changes.