



## 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



### Winter 2017/18 – Sea, Estuary and White Water Trips

All club paddles will be led by our volunteer trip leaders who have been trained to lead on all the types of water listed below, the trips will be run to our club risk assessments and coaching remit. **Those wishing to go on the trip must register their intention by texting the trip leader** after the usual Facebook messaging.

There will be occasional ad hoc (Casual) paddles organised by anyone for club members but these will not be covered by our insurance and may not be led by club leaders. There is nothing stopping you organising your own trips in addition to those listed here.

We would like to encourage more of our members to paddle throughout the year and experience the different types of water that exist and maybe challenge yourself to improve your paddling skills.

**Just started paddling this year? then you must have attended the ‘Introduction to Moving Water’ trips before attempting any of the club winter paddles if in doubt please ask any of the club trip leaders.**

**New to the club (i.e. we have not seen you paddle on white water) then you should attend a lower graded paddle first so we know your capabilities.**

From time to time we are asked “Why do the trips last all day, we can only make a few hours” the answer is really quite simple. Most trips involve a shuttle of some sort to get people and vehicles in the right place these can take an hour or so to complete, add this to the journey time to get to the river and that is pretty much a day gone especially after the clocks change and the evenings draw in. BUT MOST OF ALL the coaches would like you to explore the river and play on the features such as waves, stoppers and the various break in/out points along the way after all this is how you improve. It all takes time.

However, we also plan some half-day paddles on the River Axe from Whitford, so look out for these if you have less time available..

Because no one can know how our weather is going to work out there will always be an element of doubt for the dates and things very often get changed at the last minute. **The coaches leading the trips will always have the final say.** 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, so please book onto those in which you are interested.

Please remember:

- Kayaking and Canoeing is an assumed risk sport.
- You must stay within the group on the rivers (don't wander off).
- You must act on the leaders instructions (e.g. decisions to portage weirs/drops).
- If you want to have a go at something ask first so we can ensure your safety – don't just do it.
- Places may be limited due to availability of coaches/trailer space, etc.

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## **Winter Paddling Kit List – minimum requirements.**

**Please note you must wear suitable clothing otherwise you may not be able to join a trip.**

- Base layer: thermals – top and bottom (can be bought from Go Outdoors, Mountain Warehouse, Blacks or similar - fairly inexpensive to buy unless you go for the branded name).
- Over layer: Wet Suit or man-made fibre over garments e.g. rash vest, track suit, fleece...
- Good quality cag – Club ones are marginal in winter, so if you feel the cold and want an extra two or three hours comfort in winter, it is a good idea to purchase a cag. Have a word with one of the coaches.
- Thermal socks and gloves and good footwear – your extremities will get cold!!!
- 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.
- First aid kit – the group leader will have one, but you will need to get in the habit of carrying your own.
- Lunch/drinks (hot if you prefer) including a water bottle. Money for transport, etc.

If you use your own boat on any Club trip you are advised to make private arrangements for insurance – the club has no liability for loss or damage.

**Places on trips will usually be limited because of transport restrictions.**

## **Want to improve on your water confidence? Try some pool sessions**

If you would like to gain more confidence with support strokes, capsizing and rescues in the warmth of a pool then we would recommend that you sign up for two consecutive sessions (a single block) taking place at Flamingo Pool, Axminster 9:00 pm to 10:00 pm – please arrive at 8:45. Boats and equipment will be provided. The cost for each session is £7.50 payable in advance.

## **Paddle Grading:-**

Easy All members	An easy paddle (e.g. River Axe, calm estuary/sea paddle, etc.).
Medium Club Standard / 2*	A river paddle up to Grade 2 white water or less sheltered sea paddle (SS2).
Experienced 3*	A river paddle up to Grade 3 (or 4) white water or sea paddle in SS3/SS4.

**Keep checking the website/facebook as things change. For example, an easy/medium paddle may be done on the same weekend as an Experienced paddle if we have enough cover, if there is no water in the river we may do a sea/estuary paddle.**

**Trip leaders may be updated as time progresses and diaries get more certain.**

**You may be asked to drive and take others (and carry boats if you have a roof rack). Fuel costs are shared between attendees so if you drive you may receive some fuel money.**

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## Pool Sessions:

**BOOK PLACES ON WEBCOLLECT – you need to SIGN-IN before you will see these listed.**  
Please just book one Block – if you want to come to more than one block, wait a while to give others a chance to book their first block.

Date	Priority to	Venue. Brief Description	Trip Leader Contact Details
29 September & 6 October		Axminster Pool Session – Block 1	Completed
13 & 20 October		Axminster Pool Session – Block 2	Cancelled
27 October & 3 November	<b>Saturday Juniors</b> then all members	Axminster Pool Session – Block 3 (strokes, support, rescues)	Graham via WebCollect
10, 17, 24 November	<b>All members</b>	Axminster Pool Session – Block 4 (strokes, rescues and self-rescues)	Graham via WebCollect

## Half-day Trips:

Date	Paddle Grade	Venue. Brief Description	Trip Leader Contact Details
7/10, 21/10, 11/11, 25/11, 9/12, 23/12	Easy All members	Half-day paddle on Axe/sea	<b>John Armstrong</b> <b>07929 720155</b> <b>Xavier Haines</b> <b>07903 099078</b>

## Day Trips (maybe replaced by sea/estuary trips if no water):

Date	Paddle Grade	Venue. Brief Description	Trip Leader Contact Details
4 <sup>th</sup> October Sunday	Club Standard Paddlers	Exeter canal and River Exe Paddle for all summer's new paddlers to complete their Club Standard with a trip and chance to run the weirs on the Exe at Exeter.	<b>Xavier Haines</b> <b>07903 099078</b>
	<i>Open Boat Workshop</i> (Open GS/ 2*/3*)	Sutton Bingham CC. 1pm until 4pm on the lake. Moving from 2* to 3* and brushing up 3* skills. Contact Geoff before 26th September if you want to attend. (see below for info)	<b>Geoff Oliver</b> <b>07771816277</b>
8 <sup>th</sup> October Sunday	Medium Club Std/2*	Intro to Moving Water 1 Lower Dart	<b>Colin</b> <b>07889 842104</b>
13 <sup>th</sup> October Friday	Medium Club Std/2*	<b>NIGHT PADDLE</b> – 8pm at the club. Paddle to Charton Bay for bonfire/food/drink, paddle back. Return maybe 1-2am Saturday.	<b>Geoff Hunt</b> <b>07784 775527</b>

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<b>Date</b>	<b>Paddle Grade</b>	<b>Venue. Brief Description</b>	<b>Trip Leader Contact Details</b>
15 <sup>th</sup> October Sunday	Medium Club Std/2*	Intro to Moving Water 1 (repeat) Lower Dart	<b>Colin</b> <b>07889 842104</b>
22 <sup>nd</sup> October Sunday	Medium Club Std/2*	Intro to Moving Water 2 Middle Dart	<b>Chris Robin</b> <b>07501 973648</b>
	<i>Open Boat Workshop</i> (Open CS/ 2*/3*)	Probably Lower Dart. Moving from 2* to 3* and brushing up 3* skills. Contact Geoff before 18 <sup>th</sup> October if you want to attend. (see below for info)	<b>Geoff Oliver</b> <b>07771816277</b>
5 <sup>th</sup> November Sunday	Medium Club Std/2*	Dart/Barle TBD	<b>Graham</b> <b>07734 572786</b>
19 <sup>th</sup> November Sunday	Experienced 3*	Dart/Tavy/Teign TBD	<b>Chris Robin</b> <b>07501 973648</b>
	<i>Open Boat Workshop</i> (Open CS/ 2*/3*)	Lower Dart or Barle. Moving from 2* to 3* and brushing up 3* skills. Contact Geoff before 15 <sup>th</sup> November if you want to attend. (see below for info)	<b>Geoff Oliver</b> <b>07771816277</b>
3 <sup>rd</sup> December Sunday	Medium Club Std/2*	Dart/Barle TBD	<b>Geoff Oliver</b> <b>07771816277</b>
17 <sup>th</sup> December Sunday	Experienced 3*	Dart/Tavy/Teign TBD	<b>Graham</b> <b>07734 572786</b>
<b>2018</b>			
1 <sup>st</sup> January Monday	<b>All members</b>	<b>New Year's Day Paddle River Axe</b>	<b>Just turn up.</b>
7 <sup>th</sup> January	Medium Club Std/2*	Dart/Barle TBD	<b>Colin</b> <b>07889 842104</b>
21 <sup>st</sup> January	Experienced 3*	Dart/Tavy/Teign TBD	<b>Chris Robin</b> <b>07501 973648</b>
4 <sup>th</sup> February	Medium Club Std/2*	Dart/Barle TBD	<b>Graham</b> <b>07734 572786</b>
18 <sup>th</sup> February	Experienced 3*	Dart/Tavy/Teign TBD	<b>Graham</b> <b>07734 572786</b>
4 <sup>th</sup> March	Medium Club Std/2*	Dart/Barle TBD	<b>Colin</b> <b>07889 842104</b>
11 <sup>th</sup> March 2017	<b>All members</b>	<b>RIVER AXE RACE</b> <b>All members welcome to register when bookings open early in 2017.</b>	<b>WebCollect</b>

# Axe Vale Canoe Club (AVCC)

## OPEN BOAT CANADIAN WORKSHOPS 2017-18

Geoff Oliver has put together some dates and venues for open boat workshops. Open to both club members of Axevale CC and Sutton Bingham CC at no charge other than normal club boat hire in place at time of trip.

These are designed for all current 2\*, Axevale club standard and 3\* award holders who want to progress to 3\* or who want to brush up their existing 3\* skills. They are not courses and people are welcome to dip in and out on the dates as they wish. They will be run to BC remit.

I can take 6 people on a first come first served basis so please text/email me if you want to attend, I have put contact before dates to all below. The numbers may increase if any coaches of either club want to help (must be comfortable paddling to 3\* standard open boat on grade 2 +water)

All days may be subject to change due to weather and water conditions. All days are free coaching, you will have to sort your own boat hire fee with respective clubs.

**October 1st at Sutton Bingham CC.** 1pm until 4pm on the lake, topics covered depending on conditions open water paddling strokes, sailing rigs, rescues, boat set up etc. Car parking limited so car share if coming from Axevale. Boats may be available, temporary membership forms to be signed on the day by non S.B.C.C members. Contact me before September 26th if you want to attend.

**October 22nd** all day venue to be decided possibly lower Dart, topics covered depending on conditions, boat set up, poling, paddling strokes, kit etc. Contact me before October 18th if you want to attend.

**November 19th** Lower Dart, or Barle conditions dependant. Contact me before November 15th if you want to attend.

Dates for 2018 will be announced before 25th December 2017 but it is hoped to run another 3 days.

Assessments can be arranged in the spring of 2018, you are welcome to use any other course provider, I can supply contact details.

Geoff Oliver's contact details are. Mobile 07771816277 or email [geoff@olieprint.com](mailto:geoff@olieprint.com)

Any questions? Feel free to ask and I'll try to answer.