



# 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 2021/22 – Estuary and White Water Trips

Welcome to the Winter Paddling programme proposed for the coming months.

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 by texting the trip coordinator by 6pm on the Friday before** (see Facebook messaging or website notices).

We have planned trips fortnightly but there are likely to be ad-hoc trips on the other weekends as well, so keep looking at the website or Facebook for plans. There will also be 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.

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.

**A bit rusty after the enforced break? Then you should attend the 'Introduction to Moving Water' trips. 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 (Breakfast paddles) on the River Axe, 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/car space, etc. so please help if you can.

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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: man-made fibre over garments e.g. rash vest, track suit, fleece...
- Good quality cag & trousers – 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. A dry-cag and dry-trousers cost about half as much as a full dry-suit and can be more flexibly worn in the autumn/spring.
- 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 may be limited because of transport restrictions.**

## **Paddle Grading:-**

Easy Open to all	An easy paddle (e.g. River Axe, calm estuary/sea paddle, etc.).
Intermediate – Explore / 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, 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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## **Trips:**

**Those wishing to go on the trip must register their intention by texting the trip coordinator by 6pm on the Friday before (see Facebook messaging or website notices).**

<b>Date</b>	<b>Details</b>	<b>Grade</b>	<b>Coordinator</b>	<b>Helpers</b>
Sat 15 <sup>th</sup> Jan	Swimming pool session Axminster 15.15 – 16.15 <b>Book on WebCollect (£5pp)</b>	Open to all	Tash 07979 496862	
Sat 22 <sup>nd</sup> Jan	Juniors paddle River Axe ,River Dart ,Exeter canal loop location depending on water levels and weather	Juniors	Donna 07866 531982	Graham
Sat 22 <sup>nd</sup> Jan	Swimming pool session Axminster 15.15 – 16.15 <b>Book on WebCollect (£5pp)</b>	Open to all	Tash 07979 496862	
Sun 23 <sup>rd</sup> Jan	River Teign - Dogmarsh bridge to Fingle Glen Grade 2/3	Experienced	Tash 07979 496862	Graham, Donna, Colin, Chris R
Sun 6 <sup>th</sup> Feb	River Axe - Whitford to Club house	Open to all	Colin 07889 842104	
Sun 13 <sup>th</sup> Feb	River Dart	Intermediate	Tash 07979 496862	Ross, Graham, Donna, Colin
Sat 19 <sup>th</sup> Feb	Juniors paddle River Axe, River Dart, Exeter canal loop - location depending on water levels and weather	Juniors	Donna 07866 531982	Graham
Sun 27 <sup>th</sup> Feb	River Walkham/Tavy	Experienced	Donna 07866 531982	Ross Graham Colin Chris r
Sat 5 <sup>th</sup> March	Juniors paddle River Axe, River Dart, Exeter canal loop - location depending on water levels and weather	Juniors	Graham 07734 572786	Donna
Sat 12 <sup>th</sup> March	River Axe - Breakfast paddle and River clean	Open to all	Deb 07738 306557	Richard
Sat 12 <sup>th</sup> March	River Axe - race safety check	Coaches	Graham	Ross Colin Donna
Sun 13 <sup>th</sup> March	River Dart - Water level depending	Intermediate	Donna 07866 531982	Graham Colin
Sat 19 <sup>th</sup> March	River Axe Race practice	Open to all	Tash 07979 496862	
<b>Sun 20<sup>th</sup> March</b>	<b>River Axe Race</b>	<b>Open to all</b>	<b>Book on Web Collect</b>	
Sun 27 <sup>th</sup> March	River Exe - Bolham to Bickleigh	Intermediate	Graham 07734572786	Donna