



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



Winter 2024/25 – 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 regular planned trips but there are likely to be ad-hoc trips or changes in location 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 River Axe (Whitford) and Lower Dart 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 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, don't just do it, ask first so we can ensure your safety.
- 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.

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:

Trips will also be posted on Facebook one week before, along with updates, changes and cancellations.

Date	Details	Grade
25 Jan 25	Pool Session	All
02 Feb 25	Lower Dart — Introduction to white water	All confident on the River Axe/moving water
09 Feb 25	Local area paddle or Teign paddle with Chris Robin for those with experience	All
22 Feb 25	Kit maintenance morning	All
22 Feb 25	Pool Session	All
23 Feb 25	River Dart Loop	All Confident on the lower Dart / Grade 2+ WW
01 Mar 25	Kit maintenance morning	All
09 Mar 25	River Dart	All Confident on the River Axe/moving water
15 Mar 25	River Axe Pre-race / clearing	All
16 Mar 25	Middle and lower Dart/Barle	All Confident on the lower Dart / Grade 1/2 WW
23 Mar 25	River Axe Race	All
29 Mar 25	Pool Session	All
13 Apr 25	Sidmouth to Budleigh Salterton with surf practice on return	Explore + (12km distance)
16 Apr 25	2025 Clubnights begin	All
20 Apr 25	Local area paddle	All
26 Apr 25	Pool Session	All
03 May 25	Rolling course (pool)	All
04 May 25	Club rescue skills session	All
11 May 25	TBC	Explore +
18 May 25	Local area paddle	All