



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



Introductory Kayak Courses – 2018 (BC 1-star)

We are running two introductory courses in May 2018 for young people and adults interested in learning how to paddle a kayak. Qualified BC coaches will run courses. Each course consists of 4 sessions, which are held on a Tuesday or Friday evening on the estuary in Seaton.

Note there is a separate Saturday Junior Academy aimed at young people with a separate information leaflet. If you are 11 to 15 years old, you may prefer the Saturday course.

Included in the course fee is a Membership of the club, enabling you to carry on coming along until the summer sessions end in early September; during these additional sessions we will do local paddles and help you gain more experience.

All participants must be able to swim 50 metres, although for assistance, buoyancy aids will be provided. Minimum Age is 11 years old. The club insurance covers third party liability but not personal accident.

Venue:	Axe Vale Canoe Club, Axmouth Harbour, Seaton (EX12 4AA)
Course K1:	Tuesdays 22 nd , 29 th May , 5 th , 12 th June 2018
Course K2:	Fridays 25 th May , 1 st , 8 th , 15 th June 2018
Times:	Meet at 6:00 pm at the Club House, Seaton. We will be off the water at 9:00 pm
Cost:	£85 (including membership)

In order to pass these courses, participants will need to attend all four sessions.

(Those who miss a session due to a half term holiday can do an extra session on the end to complete the course.)

You will need to bring along:

- two sets of clothes (one for canoeing and one to travel home). For canoeing bring suitable clothing and shoes – for example: thin fleece, thermal top (man-made fibre), tracksuit bottoms, lace-up shoes you don't mind getting wet,
- a towel for a shower when you get off the water,
- for those who wear glasses, something to tie them on (so they do not get lost in the river),
- a re-usable bottle with drinking water and potentially a snack bar.

We will provide all the other kit and equipment you need during the course.

On successful completion participants will gain a BC 1 star paddlesport qualification. With the inclusive summer membership, you can continue to attend and progress your skills, as well as take part in a number of trips which will be planned for the weekends.

Places are limited so early application is strongly advised. Application is via an on-line booking system accessible from:

<http://www.axevalecc.co.uk/Courses/Intro-To-Kayak/intro-to-kayak.htm>.

If you pay by cheque please send them to:

AVCC Treasurer, c/o C Schofield, 37 The Beeches, Beaminster, DT8 3SL

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Further details and information about this course and the club, please contact:

Chris Robin on 07501 973648

or e-mail: info@axevalecc.co.uk

or see <http://www.axevalecc.co.uk/Courses/courses.htm>

Notes:

All members or other persons who attend club tours or meets do so at their own risk. Neither the Club nor its officers can accept any liability for any loss or injury of any kind sustained at headquarters or whilst on a Club tour, meet or other activity. Please note that third party insurance and liability whilst taking part in Club activities is included, however members are advised to make their own arrangements regarding personal accident insurance.

No parking within the Axe Yacht Club is allowed but there is ample parking close by to the club.

Medical Conditions

Please tell us of any medical conditions that may affect your ability to canoe/kayak. It is your responsibility to inform the club of any new health issue that may arise in the future that may affect your canoeing. Canoeing is strenuous and adventurous in nature and if necessary first aid will be administered by a qualified person. Please talk to a member of the coaching team if you have any questions.

Code of Conduct

- Co-operate and listen to your coach or club officials and abide by all safety instructions.
- Take care of all property belonging to the club or club members.
- Treat other participants with respect at all times — on and off the water — treat other paddlers as you would want to be treated yourself.
- Control tempers and avoid behaviour which may inconvenience or upset others.

Follow-on Summer Sessions and Trips

For the follow-on sessions and trips we request a donation towards the facilities and equipment:

Each week/trip	Evenings		Trips
	Using club canoe	Using own canoe	(+ if we provide transport)
Youth	-	-	£3.00 (+10p/mile)
Adult	£5.00	£2.00	£5.00 (+10p/mile)

Youth rates apply to all those in full time education. Family donation is a maximum of £10.

Follow-on Winter Paddling

If you enjoy the summer of paddling then follow-on Winter paddling is available, enabling you to paddle with us on the Axe over the winter. In addition you could do our Introduction to White Water and join us some of the local rivers of Dartmoor and Exmoor.

Membership in the Following Year

Membership in the following year is at the normal rate as detailed on the Membership Form for that year.