



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



Introduction to Paddlesports Courses – 2019

We are running two introductory courses in May 2019 for young people and adults interested in learning how to paddle a kayak or canoe. Qualified BC coaches will run courses. The course follows the NEW British Canoeing Paddle Awards syllabus comprising Start, Discover and Explore Awards. The initial course lasting typically 3 to 6 sessions (depending on your self-progression) will result in the Start and Discover Awards in either kayak or canoe as you choose. Following this, if you decide you wish to continue paddling with us, we can help you achieve the Explore Award over the Summer. The sessions 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 the BC Paddle Discover Certificate and 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 towards the Explore Award.

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 IP1:	Tuesdays 21 st , 28 th May , 4 th , 11 th June 2018 & each Tuesday
Course IP2:	Fridays 17 th , 24 th , 31 st May , 7 th June 2018 & each Friday
Times:	Meet at 6:00 pm at the Club House, Seaton. We will be off the water at 9:00 pm
Cost:	£90 (including Discover Certificate and membership)

To gain the Discover award may take you between 3 and 6 session as the award is gained based on your progress rate (rather than after a fixed number of sessions). You do not have to attend consecutive sessions and can miss the odd week if you have diary clashes (although progress is generally best if you can manage consecutive weeks). To continue on to the Explore Award you may choose to continue paddling and learning new skills though the Summer period (typically another 6 sessions depending on your progress again).

On the Application Form you will be asked to choose your preference of Kayak or Canoe. If you are unsure which to choose then the following general advice applies:

- Kayak - our kayaks are river/sea kayaks which you sit inside and you are given the skills to use the spraydecks to keep dry inside (they are not Sit-On kayaks). If you have a Sit-on and wish to use it for the course then please bring it along. If you choose 'kayak' you will be expected to perform a full capsized so you experience how to exit the kayak upside-down and swim to shore safely, so you need to be happy to get your head wet. Max number per session is up to 12 kayaks.
- Canoe - these are open canoes (Canadian canoes) which you paddle with two people initially then move on to paddling them alone. They are paddled with a single ended

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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paddle. Again you will be expected to learn how to capsize safely but in this case you do not get your head wet as you fall out before that happens in an open canoe. As a generalisation, canoeing tends to be more comfortable as you can move around more. Maximum number per session is up to 6 canoes

There is a tendency for the kayak option to be more popular but be assured that it does not matter at this stage which you learn as transferring the skills to the other type of craft is very straightforward. So please do not worry if you have to learn to canoe first but would prefer kayak as we can easily transfer you after 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.

During the course you will be expected to capsize and swim the short distance to the bank, you will be carefully supervised and if necessary helped, please wear clothing ideally wet suit, and be prepared to get wet during the course.

On successful completion participants will gain a Discovery Paddle Award Certificate (included within the course cost). 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. If you progress to the BC Explore Award, please note that there is an additional fee for the Explore certificate (£8) payable to British Canoeing.

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

<https://www.axevalecc.co.uk/Courses/Intro-To-Paddlesport/intro-to-paddlesport.htm>

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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.

Trips

For any weekend trips organised we request a donation if using our boats and equipment:

Each trip	Trips (using Club Eqpt) (+ if we provide transport)
Youth	£3.00 (+10p/mile)
Adult	£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.