



Axe Vale Canoe Club (AVCC)

Contact us at: info@axevalecc.co.uk

Website: <http://www.axevalecc.co.uk/>

Affiliated to Paddle UK



Introduction to Paddlesports Courses – 2026

If you are interested starting or improving your Paddlesport skills (i.e. how to paddle a kayak, canoe or SUP), then we are running a series of introductory courses in 2026.

Beginner's Courses

A 3-session Taster for those wishing to start their Paddlesport learning or just give it a try. The aim of this three-week course is to introduce you to a fun new hobby paddling on the local river Axe and estuary. During this course you will progress towards achieving the Paddle UK Start and Paddle Safer Award. The Start & Safer Awards are a place to start your paddling journey. If you're brand new to the sport and really want to learn the basics to get started, then this is the award for you. You'll cover everything from getting in and out of the boat, what you need to wear and paddling forward.

Beginner's Courses	(Taster Sessions) £35 per course
May	Tuesdays - 3 x sessions on 12th May 2026 to 26th May 2026
June	Fridays - 3 x sessions on 12th June 2026 to 26th June 2026
July	Tuesdays - 3 x sessions on 14th July 2026 to 28th July 2026
August	Fridays - 3 x sessions on 14th August 2026 to 28th August 2026

Improver's Courses

The follow-on Improver's course follows the PUK Paddle Discover Award. This course lasts 6 sessions (depending on your self-progression). Following this, if you decide you wish to continue paddling with us, you can join the club and attend further sessions through the summer.

Improver's Courses	£45 per course (follow-on from each Beginner's course)
June	Tuesdays - 6 x sessions on 2nd June 2026 to 7th July 2026
July	Fridays - 6 x sessions on 3rd July 2026 to 7th August 2026
August	Tuesdays - 6 x sessions on 4th August 2026 to 8th September 2026

General Information

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

The sessions are held on a Tuesday or Friday evening on the estuary in Seaton and qualified PUK coaches will run the courses with a mixture of craft (kayak, canoe and SUP). Following the Improver's Course you can request Membership of the club, enabling you to carry on coming along during the summer sessions ending in early September; during these additional sessions we will do local paddles and help you gain more experience towards the Explore Award.

If you pay by cheque please send them to:

AVCC Treasurer, c/o Carl Strotton, 51 Shearwater Way, Seaton, EX12 2FT

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Are these courses suitable for you?

You can do these courses in either:

- **Kayak** – we provide enclosed kayaks that you will learn to use with a spraydeck to keep the water out.
- **Canoe** – we provide open (Canadian) canoes that you paddle as a pair then solo.
- **Sit-on Kayak** – if you want to use a Sit-on then please bring one along with you (as the club does not have any).
- **SUP** - if you want to use a SUP then please bring one along with you (as the club does not have any).

To do our course on our flowing/wavy waters you will need certain amount of flexibility/mobility (typically we would expect as a guide: an ability to kneel down for extended periods, the ability to rotate your torso 45% each way whilst sitting down). Our courses are aimed at progressing from paddling on calm water to then equip you for group paddling on rivers and sea in a range of conditions.

You will need to bring along:

- two sets of clothes (one for paddling and one to travel home). For paddling bring suitable clothing and shoes – for example: wetsuits, thin fleece, thermal top (man-made fibre), tracksuit bottoms, lace-up shoes you don't mind getting wet or wetsuit ankle boots (not Crocs/sandals),
- 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),
- drinking water in a re-usable bottle (with a clip attached) and potentially a snack bar.

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

Note that we do have changing rooms with showers.

During the course you will be expected to fall in the water and swim the short distance to the bank, you will be carefully supervised and if necessary, helped. Please wear suitable clothing (wetsuits can be useful) and be prepared to get wet during the course.

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.

Any attendee with additional needs must contact Donna Vincent on 07866 531982 prior to booking on the course to check if the course and our provision is suitable for them as we paddle on complex water and this may not suit everyone.

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>

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

Colin Schofield on 07889 842104

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

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

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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.

Trips

For any weekend trips organised we request a donation if we provide transport (15p/mile).

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.

Axe Vale Canoe Club (AVCC)

Code of Conduct

It is the policy of Axe Vale Canoe Club that all paddlers, volunteers, coaches and parents show respect and understanding for each other and conduct themselves in a way that reflects the principles of the Club. The aim is for all paddlers to improve performance and have fun.

Everyone involved in the Club should abide by the Club Rules and Policies, otherwise their club membership may be revoked. All our leaders and coaches are volunteers who do support the club for enjoyment of participating in the sport.

AVCC will not tolerate any form of harassment, including:

- Sexual Harassment
- Racial Harassment
- Sexuality harassment
- Disability harassment
- Vilification discrimination.¹

Members and Paddlers

- **Protect:** Take care of all property belonging to the club or club members. Help ensure that your, the clubs and other members equipment is clean and put away where it came from at the end of sessions. Help ensure the club house & changing rooms are clean at the end of sessions.
- **Respect:** Treat other club members with respect at all times — on and off the water — treat other paddlers as you would want to be treated yourself.
- **Behaviour:** Control tempers and avoid behaviour which may inconvenience or upset others. The club includes members from 11 to 70+, including vulnerable youths and adults; language or action, during club activities, which causes distress or offence to other people will not be tolerated.
- **Listen:** Co-operate and listen to your coach or club officials.

On the Water (code of conduct)

- **Prepare:** Do you have skills and ability (including rescues) for this trip? Do you have necessary equipment (buoyancy, footwear and helmet)? Ask leader if unsure? Take care and accept help lifting boats and using any slipways/access/egress.
- **Ask:** **Check** with leader before entering water at start and after break/ portage. If you want to try something, **ask** first, so we can arrange any safety cover.
- **Group:** **Stay** with the group for the duration of the trip/session. Remember the **whole group**: look out for others welfare, e.g. cold/tired.
- **Behaviour:** Maintain **line of sight** with a leader during trip (they are responsible for our safety).
- **Listen:** **Follow** leader's instructions including to Portage a feature if asked to. In the event of capsize/ incident be prepared to listen to the leader follow instructions and assist.

¹ Humiliates, intimidates, and incites hatred towards, contempt for, or ridicule of a person or a group

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Club Officials, Coaches and Volunteers

- Consider the well-being and safety of paddlers before the development of performance.
- Develop an appropriate working relationship with performers, based on mutual trust and respect.
- Make sure all activities are appropriate to the age, ability and experience of those taking part.
- Display consistently high standards of behaviour and appearance.
- Follow Paddle UK and club guidelines and policies.
- Hold the appropriate, up-dated qualifications and insurance.
- Encourage paddlers to value their performance and not just results.
- Never condone the use of prohibitive substances.

Parents/Guardians

- Help your child to recognise good performance.
- Never force your child to take part in sport.
- Never punish or belittle a child for making mistakes.
- Support your child's involvement and help them to enjoy the sport.
- Use correct and proper language at all times.
- Set a good example by applauding good performances of all paddlers.

Complaint or Grievance Policy

- If any club member wishes to raise a Complaint or Grievance, it should be reported in writing to the Club Secretary. Where the matter relates to the Club Secretary, the Complaint should be submitted to the Club Chair (who shall then fulfil the role of Club Secretary throughout the rest of this process).
- When reporting a Complaint, specific details and evidence about the Complaint or Grievance, must be included so the club committee can undertake an investigation in line with Paddle UK policy (further details on PUK website).