



# 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



## Junior Academy – Saturdays – 2018

**Axe Vale Canoe Club are excited to offer a Saturday morning 10am-1pm Junior Academy session for those 11-15 year olds that would like to do their 1 Star Paddle award (in kayak and canoe<sup>1</sup>) progressing onto their 2 Star Paddle Award in both craft.**

The Paddle Power and Discovery scheme is equivalent to the 1 and 2 Star Awards, but takes a young persons centred approach to learning. This will mean that the sessions will be fun filled and wet at times. We have chosen a Saturday morning as we feel that this would benefit young people and their families' lifestyles better; making the learning experience a more positive and less stressful one.

*Youth members can still enrol on the week night courses if they so wish, however we feel that the Saturday morning option would be of more benefit for those that fall within this age bracket.*

Qualified BC coaches will run courses. The initial course consists of 8 sessions, which are held on a Saturday morning on the estuary in Seaton. **Included in the course fee is a Membership of the club, enabling you to carry on coming along on Saturdays until the end of September.** There will be the odd Saturday these follow-on sessions will not be running, however, unless not foreseen, prior warning will be given.

These sessions are progressive and will include both kayak and canoe teaching, and will develop the child at a pace relevant to them as an individual. By the end of the summer season, all members will be ready with the skills to take part in the winter white water paddling season if they wish.

We have space for 12 enthusiastic beginners to take part in these sessions and we very much look forward to seeing you to pass on the passion that we have for our sport.

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

Venue:	Axe Vale Canoe Club, Axmouth Harbour, Seaton (EX12 4AA)
<b>Course J1:</b>	Saturdays <b>19<sup>th</sup> May 2018 onwards</b> till at least the end of September
Times:	Meet at 10:00 at the Club House, Seaton. We will be off the water at 13:00.
Cost:	<b>£85</b> (including membership)

**In order to pass the initial course, participants will need to attend at least the first six sessions.**

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.

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<sup>1</sup> Kayak is a craft paddled with a double-ended paddle (e.g. kayak or sit-on).  
Canoe is a craft paddled with a single-ended paddle (e.g. a Canadian canoe).

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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- 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.

**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/Junior-Academy/junior-academy.htm>.

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

Chris Robin on 07501 973648  
or e-mail: [info@axevalecc.co.uk](mailto: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 Trips

Where trips onto other rivers are organised later in the summer (e.g. to the River Exe at Exeter), we request a donation towards the equipment and travel:

£3.00 (plus 10p per mile if we provide transport).

## Follow-on Winter Paddling

If you enjoy the summer of paddling then follow-on Winter paddling is available for a small cost, 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.