



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



Joining/Membership Information



Welcome to the Axe Vale Canoe Club (AVCC). We hope that you will enjoy paddling with the club, which has around 130 members covering ages 11 to 70+.

As a club we are keen to participate in all types of paddlesport and most commonly we will be:

- Paddling on the sea or estuaries around the SW in both kayak and open canoe.
- Paddling on the winter rivers (e.g. Dartmoor/ Exmoor) in both kayak and open canoe.
- Undertaking trips (day or longer) to paddle other rivers (Wye, Teifi, France, etc.).
- Running courses and taster sessions for new paddlers, local schools and groups.
- Bringing youngsters into the sport, through the school sessions and especially our Saturday Juniors sessions.

Key Information

| | |
|-----------------|--|
| Location | EX12 4AA inside the Axe Yacht Club marina at Axmouth, Devon |
| Email | info@axevalecc.co.uk |
| Website | www.axevalecc.co.uk |
| On-line booking | https://webcollect.org.uk/avcc |
| Chair | Angela Quick - 07712 775156 |
| Secretary | Pat Armstrong – info@axevalecc.co.uk |
| Treasurer | Colin Schofield – 07889 842104 |
| Welfare | Helen Creed - 07779 621338 |
| Courses | Chris Robin - 07501 973648 |
| Parking | Free on road opposite and by estuary |

Axe Vale Canoe Club (AVCC)

Joining the Club

The club is based near the mouth of a tidal estuary, so the water is always moving. We paddle on the sea and the estuary so we do require some level of skill to be a full member. We help you get there through coaching and paddling tips. There are three ways to join the club based upon your previous paddlesport experience:

- **New paddler** – attend our Introductory Courses which typically run every May/June and include membership so you can continue to improve your skills throughout the summer. The initial course results in a British Canoeing (BC) Discover Award and paddling with us through the summer gets you towards the Explore Award, which is our minimum standard for joining us on longer trips.
- **Already got a BC 1 star or Discover Award** – then join our improvers groups which follow-on from the courses. We will help you work towards BC Explorer, which is our minimum standard for joining us on longer trips and club nights.
- **Already got a BC 2 star or Explore award (or higher)** – then come along for a paddle with us prior to joining. We would expect you to demonstrate your skills during this paddle (including a rescue), though if you are a bit rusty we can also help guide you to some coaching support.

If you are **aged 11-15**, you may wish to join our Saturday Juniors sessions for new paddlers, with fun sessions to get you the BC Awards.

Becoming a club member (or attending one of our sessions) means you are expected to abide by the club's Code of Conduct, which is detailed at the end of this leaflet.

All club sessions are run by qualified leaders/coaches and within the bounds of our Risk Assessments which can be seen on the club website. All our leaders and coaches are volunteers do this for enjoyment of participating in the sport.

Club Awards

The club recognises the following levels of paddle skills:

- Novice to BC 1 star & Discover - a new paddler with basic skills in handling a kayak or canoe.
- BC Explore, Club Standard Kayak/ Club Standard Canoe – a paddler with more experience capable of paddling on the estuary and local sea trips in **either** kayak or canoe (i.e. proficient in one type of boat) and capable of rescuing themselves and other paddlers in case of capsizes.
- BC 2 star - a paddler with more experience capable of paddling on the estuary and local sea trips in **both** kayak and canoe (i.e. proficient in both types of boat) and capable of rescuing themselves and other paddlers in case of capsizes in both types of boat.
- BC 3 star or the new BC Discipline Specific Awards - a proficient paddler capable of handling themselves in more complex waters, at sea, on fast moving white water, etc.
- BC Leader – a paddler trained to lead trips both safe and fun at sea, on estuaries and rivers.
- BC Instructor/Coach – a paddler trained to coach others in paddlesports.

Our coaches can help you train for and achieve your Explore Award, and give you the skills to attain higher level discipline specific awards (though we recommend an externally run assessment for these). The club actively supports members who wish to achieve Leadership and Coaching awards through external courses and assessments.

All our coaches have the appropriate BC awards and as part of these qualifications may also be trained in:

- First Aid
- White water rescues
- Coastal navigation
- VHF radio usage

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Club Sessions

Summer Months (April-September):

- Tuesday/Friday evenings (6pm-9pm) - Introductory courses for new paddlers to achieve BC Discover then Improvers sessions to reach Explore level.
- Wednesday evenings (6pm-9pm) - Members evening for all those Club Standard or Explore and above (e.g. 2*/3*). Also juniors who have achieved Explore.
- Saturday mornings (10am-1pm) - Juniors session (11-15 yrs) covering BC Discover and Explore.

Winter Months (October-March):

- Friday evenings (Oct-Nov, 9pm-10pm) - Swimming pool sessions at Axminster Flamingo Pool.

All Year:

- Saturday half-day paddles
For members who cannot devote a whole day at weekends to go paddling, we run a series of half-day paddles, typically every 2 or 4 weeks. Minimum Club Standard/Explore.
- Sunday full-day paddles
Trips around the SW coast and on the white water rivers, etc. Minimum Club Standard/Explore.

Special Events:

- Annual River Axe Race
A race/fun-run down the River Axe from Whitford to the club held in March each year. Typically 100 boats from clubs around the SW participate. All members are encouraged to join in this race.
- Open Canoe Weekend
A weekend of Open Canoe skills development and trips. Held in July each year at Axmouth. A good chance to learn new or improve your skills in open canoe.
- Taster sessions
For local schools and local groups.

Membership

Club membership runs from April to March each year and the current fees are listed on the website. It entitles you to:

- Attend the club sessions and trip.
- Use the club facilities and equipment during such sessions/trips (e.g. kayaks, canoe, paddles, safety equipment, cags, etc.).
- Potentially park within the AYC marina (additional fee).
- Potentially store one personal boat at the club as long as it is active use on a regular basis (subject to space and additional donation).

We regret that membership does not allow you borrow our equipment for personal use outside of club arranged sessions/trips, unless by special arrangement (e.g. we would allow use for external courses). This is due to having to comply with our Risk Assessment if you use the equipment, hence requiring suitably experienced people.

Fees you may expect to pay comprise (see Membership pages on website for current fees & donations):

- Annual membership fee (adult, youth, family, social).
- Session and trip donations* (to support maintenance of facilities and equipment).
- Trip fuel contributions (we share fuel & parking costs between the attendees).
- Optional AYC Parking permit (annual).
- Optional boat store donations* (space permitting).

Membership is applied for and renewed using an on-line booking system call WebCollect. The application process has three-stages – Apply (and come for an initial paddle with us) – gain Acceptance – pay the membership fee. The membership information requested is important for us to ensure safe operation of sessions/trips.

* AVCC is a registered Community Amateur Sport Club (CASC) and hence can claim Gift Aid recovery on some donations from members.

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What kit do I need to bring?

You can borrow paddling equipment from the club when you start (Cags, Buoyancy Aid, Helmet, Spray deck, Paddle, etc.), though please bring your own clothing/shoes.

For summer sessions & trips:

- Please get yourself a Dry-Bag to carry things and a basic first aid kit is useful.
- Lunch, Water, Drinks and emergency snack appropriate to length of trip.
- Sun cream, sun glasses (& tie), hat (to protect from sun).
- Water shoes and wet clothing (swimshorts, wetsuits, rash vest, etc.), towel if swimming
- Wind/water proof layers (you can still get cold if its windy) – borrow initially.
- Buoyancy Aid, Helmet – borrow initially.
- Dry clothing to change into at end of trip.
- Some money for lunch, drinks or snacks is also helpful.

For Winter trips:

- Base layer: thermals – top and bottom.
- Over layer: Wet Suit or man-made fibre over garments e.g. rash vest, track suit, fleece.
- Good quality cag – Club ones are OK, but if you feel the cold and want an extra two or three hours comfort in winter, it may be a good idea to purchase a cag. Have a word with one of the coaches.
- Thermal socks and gloves – 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/drink (hot if you prefer) plus a water bottle.

Safety

Please be aware that:

- The club is located in a working marina – there are lots of heavy, sharp and moving objects (cars, boats) so be careful. Always wear some form of footwear within the club/marina.
- The marina slipways can become very slippery. We regularly maintain the slipway and cover it in non-slip materials but these get covered in silt and still become slippery. Please keep on the non-slip surface whenever possible.
- Being an active port, the Axe estuary has many stationary and moving boats. Listen to your leaders/coaches and please stay away from these boats.
- Weils disease is a rare but serious infection contracted after exposure to the Leptospirosis bacterium, generally from poor quality water. Lyme disease is a rare but serious infection contracted from Tick bites. Paddling on rivers in agricultural and moorland areas may mean you have the potential to be exposed to these risks. If you feel unwell after paddling and visit a doctor, mention you have been paddling such that these could be considered/checked.

Axe Yacht Club (& Parking)

- Please be polite and respectful to Axe Yacht Club members. We appreciate there can be inconveniences when both we and they are operating around the pontoons (e.g. loading/unloading of cars) and any issues should be resolved amicably.
- To park within the Axe Yacht Club marina you must obtain an AYC Parking Permit.
 - Annual permits (with a gate key) can be obtained through AVCC.
 - Day parking can be arranged on payment of the associated parking fee.
 - Temporary access to load/unload can also be arranged on request, as long as you then park outside the marina.



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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.

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 capsized/ incident be prepared to listen to the leader follow instructions and assist.

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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 British Canoeing 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, not just results.
- Never force your child to take part in sport.
- Never punish or belittle a child for loosing or making mistakes.
- Publicly accept official's judgements.
- 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.