



# AXE VALE CANOE CLUB AUTUMN NEWSLETTER



## A MESSAGE FROM TASH

*Dear Club Member,*

*Alas, the summer season has drawn to a close. I would have liked more sunshine, but we have managed to have some lovely and warm course sessions and club nights.*

*I would like to thank all the coaches, leaders and assistants for their time, care and enthusiasm. For those not familiar with the annual rhythms of the club, we have done a lot this spring and summer:*

- *Opened the season with a very successful Axe Race which attracted over 100 competitors*
- *Run courses on Tuesdays, Fridays and Saturdays to introduce people to canoeing and kayaking*
- *Held regular Wednesday club nights*
- *Organised Sunday trips*
- *Worked with a number of local junior schools and offered 10-year-olds a day on the water*
- *Held our annual Open Canoe weekend where we had over 30 people on the water each day enjoying our wonderful local coastline*
- *Hosted a paddle and tea party for people with learning needs*

*It's been great to see so many on these events!*

*In this newsletter you will find details of the winter programme, and we are also planning to arrange a number of talks and socials, which will give us a chance to get together. We will send out further details, but please keep an eye on our Facebook and website pages.*

*Finally, please can you take the time to **fill in a survey** about your experience of the club and let us know what you think, and if there is anything we can do to improve the way the club is run.*

*Best wishes,*

**Tash**





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## YOUR AVCC MEMBERSHIP AND PADDLE UK

*Did you know that part of your club membership fees go towards affiliation fees to Paddle UK?*

With your club membership fees going toward affiliation fees to Paddle UK, there are a number of personal benefits that are available to you. These include:

- **£10 Million of Combined Liability Insurance Cover** – Insurance when you are involved in a Club's Activity. More details [Insurance for members \(marshsport.co.uk\)](https://marshsport.co.uk).
- **Waterways Licences** – at a reduced rate, for club craft (kayaks, canoes, paddleboards) used during club activity, on waterways managed by Environment Agency and Canal and River Trust.
- **Free DBS Checks** – for club volunteers.
- **Access to The Clubhouse** – Our online resource centre available to affiliated clubs, containing news, advice, guidance, and more!
- **Access to the dedicated Paddle UK Club Support Team**
- **Grant Support** – Access to Paddle UK grants PLUS support for external applications.
- **Managing Risk and Risk Assessment eLearning** – Free access to CPD for your key volunteers to develop their knowledge and expertise

If you are interested in finding out more, please do talk to Colin and Tash!

NB: If you require insurance or a waterways licence for use outside of club activity (e.g. on peer paddles with friends) or wish to achieve more personal performance, leadership or coaching awards with the Club, then please join Paddle UK directly with an “On the Water” membership.

## REFLECTING ON SUMMER AND LOOKING TO AUTUMN AND WINTER...

*The summer season has been and gone all too quickly, however AVCC paddlers have made the most of the sun, ice cream and chips around the Devon and Dorset coastline. Trips to Durdle Door and Old Harry Rocks have certainly been a highlight of the Sunday paddles, club sea kayakers have completed their Sea Kayak Award (3\* in old money) down in Tor Bay, and the beginner's groups have come to an end.*

What's next in the calendar? As of October we will be making the most of the rivers, starting with **an introduction to moving water on the 6th October**. If you are feeling a bit rusty or have just completed a course, this session will get you ready for the Autumn and Winter season. Trips throughout the winter will be a mixture of Axe runs, local area half-day paddles, and some good old river trips away.



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## PERSONAL PERFORMANCE AWARDS

*If you are looking to improve your paddling, want to get out on your own peer paddles or want a boost of confidence on the water, the club will be running some Personal Performance Awards over the winter.*

These will be the White Water Award and the Open Canoe Award. These are progressive courses running throughout the season so are available to anyone paddling at Explore level or above.

To register your interest in building up to the White Water Award, **please text Tash 07979496862**

To register your interest in building up to the Open Canoe Award, **please text Colin 07889842104**

To register your interest in building up the Sea Kayak Award, **please text Ross 07722005834**

Alternatively, email the coaches: [coaches@axevalecc.co.uk](mailto:coaches@axevalecc.co.uk)

Read more about the courses here:

<https://paddlesuptraining.com/category/personal-performance-courses/>

## PADDLE UK -INTRODUCTION TO SAFEGUARDING

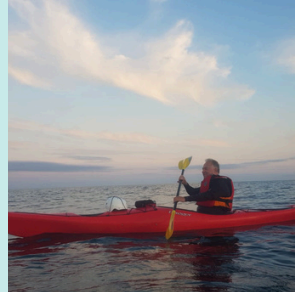
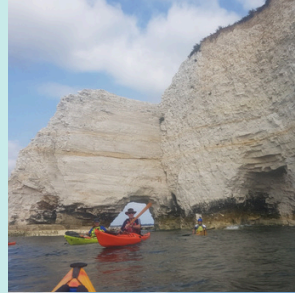
*Paddle UK are offering The Introduction to Safeguarding eLearning free of charge until the end of this year to all club members.*

This course covers introductory awareness, explains best practice, and what to do if you have a concern. It aims to increase your knowledge and skills in order to safeguard children effectively. If you do not undertake any regular safeguarding training this is an excellent opportunity to undertake a short training session.

The following link will take you directly to the training:-

<https://britishcanoeingawarding.org.uk/product/introduction-to-safeguarding/>

When you have added this to the cart, you can input into the coupon code - **safeguardingclubs24**.







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## POOL SESSIONS

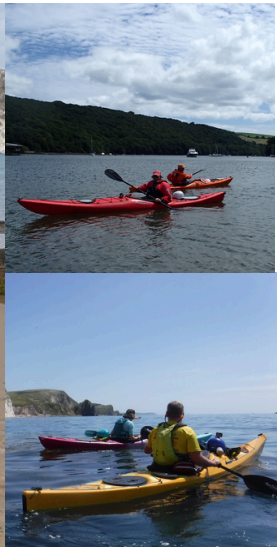
We have arranged to use the pool in Axminster to give members a chance to practice rescue skills.

We have limited spaces available, so please book as soon as possible to ensure your place.

- **19 October (15:00 to 16:00)**
- **23 November (15:00 to 16:00)**
- **14 December (15:00 to 16:00)**

There is a charge of **£10 per person** to cover the cost of pool hire. Meet at 13:45 at the club to collect / clean boats and discuss what we're going to practice, then 15:00 at the Flamingo Pool, Axmouth, ready for a 15:15 start. Should return to the club house about 17:00.

Go to **Webcollect**, login, go to club events and book your place.



## HAVE YOU HEARD THE NEWS?

*The Club now has a public-facing Facebook account – and we need you!*

Please take a few minutes to follow our brand NEW Facebook page and do share with your friends and family. We'd appreciate your support in spreading the word of this new page for the club!

**<https://www.facebook.com/profile.php?id=61563417195895>**

## TELL US WHAT YOU THINK!

*We would like your feedback about the club!*

Please take a few minutes to complete this survey:

**<https://forms.gle/YJTzxn1KQfqzS6Px6>**

**THANK YOU ALL FOR A GREAT SUMMER SEASON!**

*Axe Vale Canoe Club*