



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



Summer 2024 - Sea and Estuary Trips

During the summer we will be arranging a number of sea or estuary trips each month, the majority of which will be suitable for all club members. The trips will all be either half-day or day-long events and it will be the responsibility of each member of the group to be suitably prepared for paddling (if in doubt please ask).

We have quoted a few dates for your diary but weather (and other events) may intervene, so change is almost inevitable. Changes and cancellations may be at very short notice (updates via Facebook/Website where possible). **In addition there will be other trips and events arranged in June, July, August and September at short notice to take advantage of weather conditions. These will be advertised on the club's Facebook group (and on the website if possible).**

Booking is essential as places may be limited because of transport. When booking onto the trip please contact the Trip Organiser (see Trip List below) before 18:00 on the Friday before the trip. The trip destination and contact may sometimes change so it is worth checking the AVCC Website or Facebook to confirm who to contact. If you may be able to paddle, then we would prefer if you booked on and then contacted the organiser to cancel rather than trying to book on at the last moment.

Necessary equipment for a day's canoeing:

- Waterproof kit bag or container (please get yourself a Dry-Bag or something similar)
- Lunch, Water, Drinks (you will need a good supply of water – min 1 litre for half-day and 1.5L for a full day), emergency snacks.
- Sun cream, sunglasses (with tie method), hat/helmet (to protect from sun) – basic first aid kit is also useful.
- Wind/waterproof layers (you can still get cold if its windy).
- Wet clothing (swimshorts, wetsuits, rash vest, etc.) – towel if you want to swim.
- Wet shoes, PFD.
- Dry clothing to change into at end of trip.
- Some money for lunch, drinks or snacks is also helpful, plus fuel expenses.
- Medications (remembering to inform one of the leaders on the day), your emergency contact details (e.g. partners or parents phone number).

Group Welfare:

Group welfare is the whole group's responsibility (not just the leader's). Trips are done as a group following the club's risk assessments, so please:

- Check with the leader before getting on the water at the start and after any stop (e.g. lunch).
- Maintain line-of-sight with the leader (or one of the leaders) (e.g. rocks, headlands, bends).
- Please do not paddle off from the group unless you have agreed this with a leader (who may decline your request or request you go as a sub-group with a nominated leader).
- Please watch for signs of exhaustion, cold, etc., in your fellow paddlers.
- You are all rescue trained, so if someone capsizes and you are closest, please help them.

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TRIPS:

Date	Details	Grade	Organiser	Helpers
Monday 06 th May BH	Sidmouth to Budleigh and Return.	All members (Explore+)	Ross 07722005834	Gill Colin
Sunday 19 th May	Club to Lyme Regis for gelato and return	Open to all and all craft	Emil 07805712666	Gill Colin
Sunday 26 th May	Dartmouth trip (either estuary or sea depending)	All members (Explore+)	Colin 07889842104	
Monday 27 th May BH	Tor Bay explore from Torquay	All members (Explore+)	Emil 07805712666	
Sunday 9 th June	Studland to Swanage or Lulworth (depending)	All members (Explore+)	Colin 07889842104	
Sunday 16 th June	Breakfast paddle, local to club.	Open to all and all craft	Richard 07800658872	
Sunday 23 rd June	South Devon coastline	All members (Explore+)	Ross 07722005834	
29 th /30 th June	AVCC - Open Canoe Weekend More details to follow Short and long trips , skill sessions	All members Canoes	Booking will be on line or on the day	
Sunday 14 th July	Portland Circumnavigation	Experienced	Emil 07805712666	
Sunday 21 st July	Stoke Gabriel to Dartmouth	All members (Explore+)	Tash 07979496862	Colin
	More trips to be added in due course.			
	Expecting more half-day paddles from the Club to be added into this table.			

Also may be surfing sessions at short notice when the surf is reasonable.

Keep a lookout on the website or Facebook for ad-hoc paddles or any changes.