



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



Winter 2024/25 – Estuary and White Water Trips

Welcome to the Winter Paddling programme proposed for the coming months.

All club paddles will be led by our volunteer trip leaders who have been trained to lead on all the types of water listed below, the trips will be run to our club risk assessments and coaching remit. **Those wishing to go on the trip must register by texting the trip coordinator by 6pm on the Friday before** (see Facebook messaging or website notices).

We have regular planned trips but there are likely to be ad-hoc trips or changes in location as well, so keep looking at the website or Facebook for plans. There will also be ad hoc (Casual) paddles organised by anyone for club members but these will not be covered by our insurance and may not be led by club leaders.

We would like to encourage more of our members to paddle throughout the year and experience the different types of water that exist and maybe challenge yourself to improve your paddling skills.

A bit rusty after the enforced break? Then you should attend the River Axe (Whitford) and Lower Dart trips. If in doubt please ask any of the club trip leaders.

New to the club (i.e. we have not seen you paddle on white water) then you should attend a lower graded paddle first so we know your capabilities.

From time to time we are asked “Why do the trips last all day, we can only make a few hours” the answer is really quite simple. Most trips involve a shuttle of some sort to get people and vehicles in the right place these can take an hour or so to complete, add this to the journey time to get to the river and that is pretty much a day gone especially after the clocks change and the evenings draw in. BUT MOST OF ALL the coaches would like you to explore the river and play on the features such as waves, stoppers and the various break in/out points along the way after all this is how you improve. It all takes time.

However, we also plan some half-day paddles on the River Axe, so look out for these if you have less time available..

Because no one can know how our weather is going to work out there will always be an element of doubt for the dates and things very often get changed at the last minute. **The coaches leading the trips will always have the final say.** We have quoted 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). Having said that, booking is essential as places may be limited, so please book onto those in which you are interested.

Please remember:

- Kayaking and Canoeing is an assumed risk sport.
- You must stay within the group on the rivers (don't wander off).
- You must act on the leaders instructions (e.g. decisions to portage weirs/drops).
- If you want to have a go at something ask first so we can ensure your safety – don't just do it.
- Places may be limited due to availability of coaches/car space, etc. so please help if you can.

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Winter Paddling Kit List – minimum requirements.

Please note you must wear suitable clothing otherwise you may not be able to join a trip.

- Base layer: thermals – top and bottom (can be bought from Go Outdoors, Mountain Warehouse, Blacks or similar - fairly inexpensive to buy unless you go for the branded name).
- Over layer: man-made fibre over garments e.g. rash vest, track suit, fleece...
- Good quality cag & trousers – Club ones are marginal in winter, so if you feel the cold and want an extra two or three hours comfort in winter, it is a good idea to purchase a cag. Have a word with one of the coaches. A dry-cag and dry-trousers cost about half as much as a full dry-suit and can be more flexibly worn in the autumn/spring.
- Thermal socks and gloves and good footwear – your 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/drinks (hot if you prefer) including a water bottle. Money for transport, etc.

If you use your own boat on any Club trip you are advised to make private arrangements for insurance – the club has no liability for loss or damage.

Places on trips may be limited because of transport restrictions.

Keep checking the website/Facebook as things change. For example, if there is no water in the river we may do a sea/estuary paddle.

Trip leaders may be updated as time progresses and diaries get more certain.

You may be asked to drive and take others (and carry boats if you have a roof rack). Fuel costs are shared between attendees so if you drive you may receive some fuel money.

Timings:

Typically a Whitford to Club trip runs from 09:00-13:00.

Typically a trip further afield runs from 08:30 to 16:30.

Typically a Pool Session is met at club about 14:00 to collect boats, Pool Session is 15:10 to 16:10 and then drop boats back to club so ending 17:00ish.

Note that these are only typical timings, the Organiser will publish the meet time and expected return time when the trip is announced.

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Trips:

Trips will also be posted on Facebook one week before, along with updates, changes and cancellations.

DATE	EVENT	TRIP LEAD
01 Jan 25	New years day paddle Cx for weather	Emil
19 Jan 25	Whitford run – river axe (Intro to moving water for small group of those not managed on yet)	Emil
19 Jan 25	River Teign (For anyone else)	Chris R
25 Jan 25	Pool session	
26 Jan 25	Coaches CPD Day	
02 Feb 25	Lower Dart – Intro to White Water	Colin
09 Feb 25	Local area paddle	Emil
22 Feb 25	Pool session	
23 Feb 25	Dart Loop	
09 Mar 25	Axe Race pre-run	
16 Mar 25	Middle/lower Dart / Barle / Suitable intermediate WW	Colin
23 Mar 25	River Axe Race	
29 Mar 25	Pool Session	
06 Apr 25	Axe Race spare?????	
13 Apr 25	Leader's Discretion (weather dependant)	
20 Apr 25	Local Area Paddle	
26 Apr 25	Pool Session	
03 May 25	Rolling pool session	Emil
04 May 25	Rolling on the water session	Emil
11 May 25	Leader's Discretion (weather dependant)	
18 May 25	Local Area Paddle	