



Axe Vale Canoe Club (AVCC)

Contact us at: info@axevalecc.co.uk

Website: <http://www.axevalecc.co.uk/>

Affiliated to Paddle UK



Junior Academy – Saturdays – 2026

Axe Vale Canoe Club are excited to offer a Saturday morning (10am-12:30pm) Junior Academy session for those 11–16-year-olds

This progressive program is designed to equip you with the fundamental paddling skills needed to paddle safely in sheltered water. We aim to start you on a journey to becoming a confident progressive paddler, potentially in a range of craft.

There are three awards to work towards:

- Paddle Start Award, the basic introduction to kayak/canoeing,
- Paddle Discover Award, becoming more confident and skilled through varied experiences, and
- Paddle Explore Award, becoming competent, skilled and able to plan a journey.

There is no set timeframe or fixed itinerary for the awards or assessments, as Paddle UK has designed the new scheme around the learner and their journey. Sessions will be fun-filled and occasionally wet. We have chosen a Saturday morning because we believe this will better suit young people and their families' lifestyles, creating a more positive and less stressful learning experience.

Youth members can still enrol in the weeknight courses if they wish; however, we believe that the Saturday morning option would be more beneficial for those within this age bracket.

The summer course fee includes club membership, boat, and equipment.

We have several spaces available for enthusiastic, dedicated beginners. All participants must be able to swim 50 metres, but buoyancy aids will be provided for assistance. The club's insurance covers third-party liability, but not personal accident cover.

Any attendee with additional needs must contact Donna Vincent on 07866 531982 prior to booking on the course to check if the course and our provision are suitable for them, as we paddle on complex water, and this may not suit everyone.

Venue:	Axe Vale Canoe Club, Axmouth Harbour, Seaton (EX12 4AA)
Course J1:	Saturdays 2 nd May - 29 th May 1 SPACE LEFT Following course – move to a Wednesday evening 6-8:30pm
Times:	Meet at 10:00 am – 12:30 pm
Cost:	£60 (including Paddle Discover Certificate & membership)
Course J2:	Saturday 20 th June – 25 th July Following course – move to a Wednesday evening 6-8:30pm
Time	Meet at 10:00 am – 12:30 pm
Cost:	£60 (including Paddle Discover Certificate & membership)

If you pay by cheque please send them to:

AVCC Treasurer, c/o Carl Strotton, 51 Shearwater Way, Seaton, EX12 2FT

Axe Vale Canoe Club (AVCC)

Sessions are mainly water-based, and the water can still be cold in the summer months, so dressing appropriately is necessary.

You will need a set of spare dry clothes to change into after. (MUST)

Below is a suggested list of appropriate paddle wear

- **Wetsuit & rash vest**
- **Tracksuit (man-made fabric) and thermals (man-made fabrics)**
- **Fleece top**
- **Long-sleeved/long-legged preferred unless we are having a heat wave...**
- **Footwear (e.g. neoprene boots, trainers – **NO flip-flops/sandals/ crocs**)**
- **Waterproof over trousers if you have some which you don't mind using (We can supply them, but yours may fit better.**
- **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).**
- **Black bin liner for wet clothes following the session or similar.**
- **Snacks/drinks- no fizzy drinks.**

During the course, you will be required to capsize and swim a short distance to the bank. You will be carefully supervised and, if necessary, assisted.

Places are limited so early application is strongly advised. Application is via an online booking system accessible from:

<http://www.axevalecc.co.uk/Courses/Junior-Academy/junior-academy.htm>.

For further details and information about this course and the club, please contact:

Donna Vincent on 07866 531982 or Graham Baker on 07734572786

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 is permitted within the Axe Yacht Club, but there is ample parking nearby. Beach access via the key fob is not granted to junior members of 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, 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.

Axe Vale Canoe Club (AVCC)

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; their club membership may be revoked. All our leaders and coaches are volunteers who support the club for the enjoyment of participating in the sport.

AVCC will not tolerate any form of harassment, including:

- Sexual Harassment
- Racial Harassment
- Sexuality harassment
- Disability harassment
- Vilification discrimination.¹

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 clubhouse & 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 temper and avoid behaviour which may inconvenience or upset others.
The club includes members aged 11 to 70+, including vulnerable youths and adults; language or actions during club activities that cause 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 the necessary equipment (buoyancy, footwear and helmet)? Ask the leader if unsure. Take care and accept help lifting boats and using any slipways/access/egress.
- **Ask: Check** with the leader before entering the water at the start and after the 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).

¹ Humiliates, intimidates, and incites hatred towards, contempt for, or ridicule of a person or a group

Axe Vale Canoe Club (AVCC)

- **Listen: Follow** the leader's instructions, including to Portage a feature if asked to. In the event of a capsize/ incident, be prepared to listen to the leader, follow instructions, and assist.

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-to-date qualifications and insurance.
- Encourage paddlers to value their performance and not just results.
- Never condone the use of prohibited substances.

Parents/Guardians

- Help your child to recognise good performance.
- Never force your child to take part in sport.
- Never punish or belittle a child for making mistakes.
- 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.

Complaint or Grievance Policy

- If any club member wishes to raise a Complaint or Grievance, it should be reported in writing to the Club Secretary. Where the matter relates to the Club Secretary, the Complaint should be submitted to the Club Chair (who shall then fulfil the role of Club Secretary throughout the rest of this process).
- When reporting a Complaint, specific details and evidence about the Complaint or Grievance must be included so the club committee can undertake an investigation in line with Paddle UK policy (further details on the PUK website).