

## Equipment

The club has a diverse range of canoes and kayaks that are suitable for different paddlesport disciplines.

- We have available a number of different types of kayak suitable for paddlers of all ages and abilities.
- There are a variety of white water kayaks suitable for rivers of Grade 3 plus which should suit the more experienced paddler.
- There are sea kayaks, open canoes and playboats available for members to use.
- The club provides full sets of basic equipment including paddles, helmets, spray decks and both junior and adult



Club trip on the North Tyne.

### How do I get started?

The best thing to do is join a club, it will be safer, more fun and you will be coached in the basic skills that will allow you to become successful in your newly chosen sport.

New members to the club will follow the BCU's Paddlesport Start and Passport programmes, which offer a sound introduction to canoeing and kayaking. As you progress you may achieve some of the many Canoe England awards on offer.

### How do I find out more?

If you want to find out more about kayaking you should come along to a club night, we will make you most welcome (see inside the leaflet for details).

**The British Canoe Union** will also provide you with information and answer any questions you may have. They can be contacted at:

E-mail: [info@bcu.org.uk](mailto:info@bcu.org.uk)

Website: <http://www.bcu.org.uk>

**Tyne Valley Canoe Club**  
(BCU Affiliated)



For more information visit our website at: [www.tynevalleycc.co.uk](http://www.tynevalleycc.co.uk)

Or contact the club by email at: [info@tynevalleycc.co.uk](mailto:info@tynevalleycc.co.uk)

## Tyne Valley Canoe Club



Sea Kayaking

Playboating

Touring

Coaching

Trips

Surfing

Open Canadian Canoe

Slalom

Canoe Polo

# Fun, Adventure and Challenge



Telephone: Dave Gray now for more details on: 07939 073995

## ▶ Canoeing

You might think that canoeing is not a sport for everyone. But, you'd be wrong! With the Tyne Valley Canoe Club you could take a gentle paddle down the South Tyne or enjoy a steady paddle in a sea kayak around the stunning North-East coast. Alternatively, you could race down the Tees

Barrage or enjoy the challenge of paddling the River Allen or the River North Tyne.

Canoeing in the North-East offers something for everyone whether you are young or old.

Through Tyne Valley Canoe Club you will have a fantastic opportunity to participate in a wide variety of challenges, whether on the river or on the sea. Kayaking is a really enjoyable activity. It will challenge you, motivate you and contribute to keeping you fit. And, in the midst of all that, it is guaranteed to put a smile on your face!



*Club sea kayak trip to the Farne Islands off the coast of Northumberland*

### Club Meetings

The club meets every Friday night. From late Spring to early Autumn we meet at Prudhoe Riverside Park from about 6.30pm. From October through to March/April we meet at Prudhoe Waterworld on Friday nights from 8pm to 9.30pm.



*Club trip on the River South Tyne*

### Coaching

All levels of coaching are encouraged. On club nights members are assigned to a coach who will take a small group through different skills appropriate to the needs of the group. Coaching follows the BCU Star Award Scheme and has the aim of bringing members successfully to higher skill levels.

### Membership

Full members must be 18 years of age or over. Youth or Junior members are under 18 years of age and fall into two categories, the Under 16's and the Under 13's. All are welcome to join

the club and attend club nights and club meetings. The Under 13's must be supervised by an adult when they attend club nights or club events.



*Meet the Club!*

### Social Events

The club organizes a number of different events throughout the year. These have included family days in the Lake District, river trips for open canoe and kayak and sea touring weekends. Planned events are listed in a regular newsletter that is produced regularly throughout the year.

### Top Club Status

TVCC is accredited with Canoe England's Top Club, which is awarded to clubs that can demonstrate that they safeguard and protect children; they are well managed, encourage and support a sound ethical approach and sport equity for all of its members.



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