

Bideford Canoe Club

Suggested access to white water

1. Where a new member joins and has previous experience, an assessment should be carried out by one of the members who act as River Leader on club trips. For the present this should be the Chair or someone designated by him. The assessment can be done by a discussion of skills and experience, followed by an appropriate river trip.
2. Where a new member joins and is new to the sport, or has no white water experience, the following sequence is suggested. It represents a reasonable progression route, without exposing the paddler to water beyond their capacity.
 - Flat water training
 - Pool sessions, as available
 - Placid water, with some moving features, such as the Torridge in normal flows
 - Moving water with riffles and simple rapids, such as the Exe in normal flows, without running the weirs
 - Moving water up to class 2, such as the Barle, and the Exe including the salmon steps and Tivvy weir
 - Rolling skills developed in the pool
 - Surf up to 2-3 feet, with instruction, with beginnings of rolling in moving water/surf soup etc
 - Moving water up to class 3, such as the Dart Loop, in normal flows.
 - Reliable rolling developed, for example in surf or play spots such as Flowerpots on the Exe
 - Barle, Exe or Loop in higher flows, with more powerful waves and eddies.
 - White water rescue training
 - Middle of the East Lyn, under close leadership/instruction. Reliable white water skills emerging, breaking in and out of tight eddies, boofing etc. Watersmeet to second wooden bridge.

- East Lyn, Watersmeet to Lynmouth, with portage round the gorge section
 - Upper Dart
 - Upper Lyn and Lyn Gorge
 - Alps
 - The World!
3. This list is open to discussion, of course. The aim is to help existing members advise new members of a safe and progressive route into white water. If in doubt about what to advise, please speak to one of the river leaders before you invite someone new along to a trip.

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