

SUP Safety Syllabus

Planning:

- Weather forecast
- Wind speed + Direction
- Thunder and Lightening
- Sea State - Tidal range, Tidal stream/flow, Swell & Waves.
- Visibility
- River levels
- Other boat users
- Access and Egress

Safety:

- Paddling Partner
- Land Contact
- What to do if you get into trouble.
- Who are you going to call in an emergency? 999 or 112 (Police or HM Coast Guard).
- On the water hazards
- Rips - stay with kit, stay calm, draw attention.
- Weirs.
- Knowing when to walk away and to paddle another day.

Equipment:

- Kit Check/Set up: Board, Fins, Leash, Paddle
- Different types of leashes for different environments.
- Quick Release Belts.
- Footwear
- Personal Flotation Device
- Whistle
- Knife
- Dressing appropriately for the weather
- Communication - mobile phone in waterproof case in your PFD. PLB. VHF Radio. Flares
- Hydration/Snacks
- Small first aid kit
- Spares
- Additional Safety kit (throwlines, tapes, carabiners)

Basic Paddling Technique:

- How to hold the paddle
- Paddling kneeling down
- How to stand up
- Forwards paddling
- Turning
- Paddling in the wind – up, down and across
- Self-Rescue
- Helping others back on to boards
- Towing
- Prone position paddling