

Stand Up Paddleboarding



Individual Responsibilities

Be a competent swimmer	Use the wind to your advantage
Wear a lifejacket with whistle	Know how to self rescue
Know when to wear a leash	Know how to tow another board
Protect your feet	File a float plan
Understand the hazards of different venues: tidal, surf, moving & whitewater	Know local regulations
Match your abilities to the venue	Paddle with Aloha

Obtain the Knowledge

Take a Class!



Share the Waterways

Practice Defensive SUP

For the SUP, defensive paddling is preventing collisions and mishaps in spite of the actions of others and the conditions around you. Defensive SUP is simply avoiding others and where they should travel. Scan the waterway and determine where other boats, paddlers, surfers, and SUPs are, and travel accordingly.

Wind

Paddle into the wind at the start of your trip. Or, paddle a 'downwinder' from point A to B and have a vehicle waiting at the take-out for shuttle.

Tidal Waters

Understand the local tide conditions before starting your trip.

Surf Zone

Learn appropriate etiquette for this venue. Wear a leash. Know and abide by Federal and State carriage requirements for a vessel outside of the surf zone.

Whitewater Rivers

Additional paddling skills and equipment are needed to SUP in whitewater. Helmets, elbow pads, knee pads, shin guards, and specialized leashes.

Proper Blade Angle

For the most efficient stroke, the 'bend' in the blade should be forward with the blade tip pointing towards the nose. For a blade with a slight 'curve' instead of an angular 'bend', the outside of the curve should be towards the nose.

Know and follow the Navigation Rules

For a complete listing of the navigation rules, refer to the document "Navigation Rules of the Road" published by the U.S. Coast Guard (COMDTINST 16672.2 Series) and available on the web at www.navcen.uscg.gov. For State specific navigation requirements, refer to the state laws where you intend to paddle.

Take a Course

Learn essential information and practice paddling and rescue skills by taking an on-water class from an ACA certified SUP instructor.

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