



Basic Safety Information for Stand Up Paddlers (SUPs)

SUP sample gear checklist:

Paddleboard
Paddle
Lifejacket, preferably worn; if inflatable, worn to front
Paddleboard leash attached to ankle
Water
Sunscreen
Sunglasses
Lip balm
Cell phone in protective bag
Multifunction watch
Spare fin
Footwear

Top Ten Safety Tips For SUPs:

1. Wear a lifejacket and carry a whistle
2. Be a competent swimmer
3. Know how to self rescue
4. Know how to tow another board
5. Know the local regulations and navigation rules
6. Understand the elements and hazards – winds, tidal ranges, current, terrain
7. Know when to wear a leash
8. Be defensive – don't go where you aren't supposed to be and avoid other swimmers, boaters, paddleboards
9. Use proper blade angle to be the most efficient paddle boarder
10. Take a safety course - See more at: <http://coastguard.dodlive.mil/2012/05/top-10-tips-for-stand-up-paddleboarding/#sthash.YuqM93S4.dpuf>

