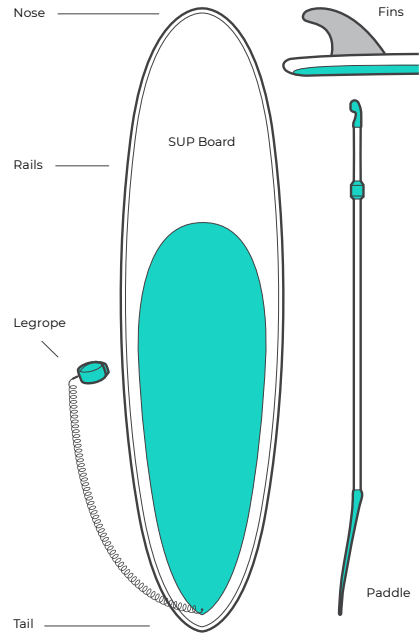


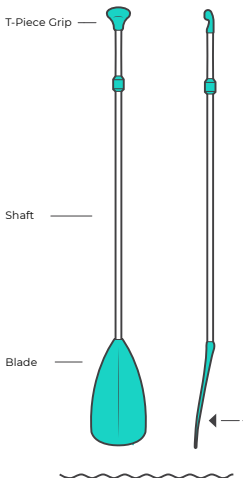
EQUIPMENT

TIP

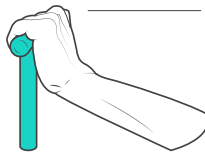
Always have a legrope attached to you and your board. It is your number one safety device.



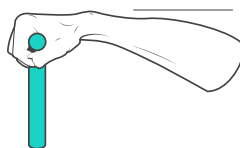
HOLDING THE PADDLE



Incorrect wrist position.



Correct wrist position.



TIPS

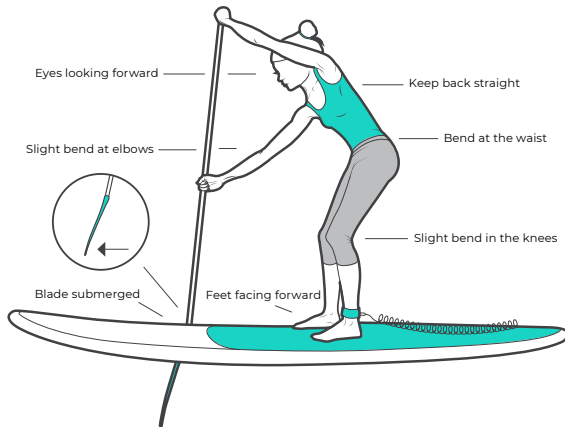
- Length of paddle should always be palm height when the arm is extended in the air.
- When paddling it is important that you hold your paddle correctly. The angled curved of the paddle should always face away from you.
- Make sure you always have a strong wrist.

PADDLING

KNEELING

Move from a push up position to bring knees under body to a kneeling position.

Ensure knees are in the centre of the board. This will help with balance.



STANDING — ONE FOOT AT A TIME

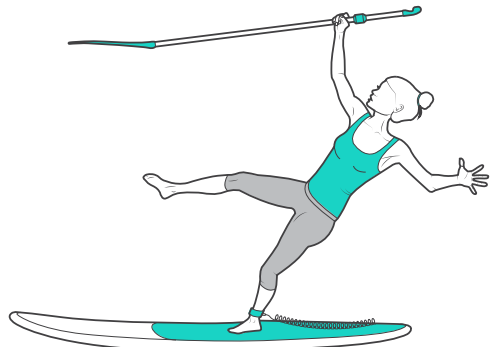
Ensure you have four points of contact with the board 2 hands and 2 knees and your paddle is across the front of the board. Slowly, moving one foot forward and underneath you, your foot should now be where knee once was. Do the same for the other foot and slowly rise while holding your paddle. Keep your heels down when you plant them either side of the handle area.

DISMOUNTING DO'S

- Fall away from the board
- Fall flat in the water

DON'TS

- Dive off the board



KEEPING AN EYE ON THE WEATHER

Conditions can change quickly (specially in Victoria!). A perfect day for paddling can become less than ideal in a matter of minutes. It is always important when heading out for a paddle that you check the weather. This way you are prepared for whatever the conditions may be.

WHEN HEADING OUT CONSIDER THESE:

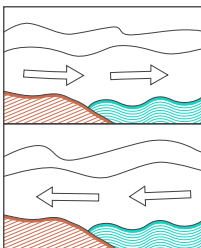
- Wind
- Tide
- Current/swell
- Hazards
- Safety

We have provided a snap shot of each element to consider before you head out on a paddle. This will help you better understand weather reports to ensure your prepared and safe on your next paddle.

WIND

Being aware of the wind speed and direction is probably one of the most important things to consider when heading out, regardless of whether you are planning on heading out on a lake, beach or river location..

For a flat water SUP, winds of 12 knots or less are ideal. The optimal wind direction will depend on the location you pick.



Offshore Winds

Offshore winds are any winds that blow across the land toward a body of water.

Onshore Winds

Also known as a sea breeze. Onshore winds are any wind that blows from a large body of water toward or onto land mass.

Downwind Paddle

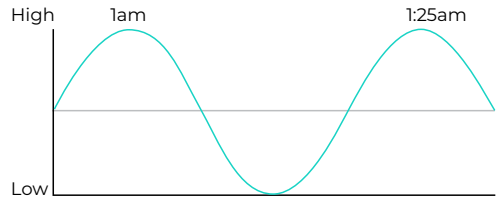
Downwinding on a paddleboard involves paddling with the wind at your back on open water. Perfect downwind conditions involve high winds that create swell. Downwinding requires competent skills in paddling on flat water and small wind-chop conditions.

WHERE TO GET ADVICE:

Local surf/sup schools are best to ask in regards to where the ideal places to go in different winds. Windy.com is also a great website that shows great visual information.

TIDE

Tide is the periodic rise and fall of the waters of oceans, inlets and big lakes. This is produced by the attraction of the moon and sun. The tide has a curve pattern between maximum high tides and minimum low tides.

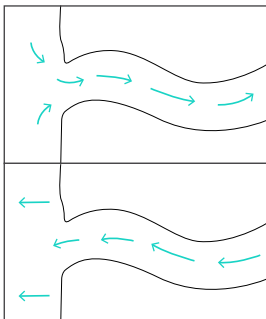


WHY KNOWING THE TIDE IS IMPORTANT

Knowing the tide period is important because it gives you awareness of water movement when you plan to paddle. Tide can be very important (or not very important) depending on the location you decide on. Always seek advice if you are unsure.

CURRENT

Changing tides create tidal current. Current direction is dependent on the type of tide.



Incoming Tide

Incoming tide occurs before a high tide. This is when water is rising and coming **toward** shore. Incoming tides create an **upstream** flow in rivers.

Outgoing Tide

Outgoing tides occur after a tide has reached it's maximum high tide point. Outgoing tides are when water is falling **away** from shore. Outgoing tides cause **downstream** flows in rivers.

SWELL

Swell is the collection of waves moving away from a storm in the ocean. The size of a swell affected by three main factors:

Wind speed

The higher the wind speed, the larger the wave will be.

Wind duration

The longer the wind blows, the larger the wave will be.

Fetch

The greater the area the wind affects the larger the wave will be.

Swell height

Swell height is the average height of forecasted waves. The larger the swell that larger the swell height or wave height.

Swell period

Swell period is the time in between waves. The longer the forecasted swell period the better quality of waves.

HAZARDS

When undertaking any activity it is important that you are aware and ready for any hazards that you might come upon on a paddle. These include:

Storms — Quick changes in weather

Make sure you read weather reports and have a plan in case the weather turns unfavorable. This will help you decrease the risk of the weather causing you to get into trouble when paddling.

Rocks

Observing the environment you'll be paddling in is just as important as reading weather conditions.

Boats/Ships

Follow your local council marine regulations when paddling.

Swimmers/Waterway users

Make sure you aren't posing as a danger to other waterway users.

Sun

Always slip.slop.slap and be prepared with water and snacks.

SAFETY

There are some golden rules when it comes to paddling and safety:

- NEVER PADDLE ALONE
- ALWAYS wear a legrope
- Personal Floatation Device (PFD)/Life Jacket if expecting to be more than 400m from land
- Seek advice from qualified and affiliated SUP/SURF schools and instructors