

PSUPA Fundamentals 1 Manual

2019 Edition
V 1.03



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This manual was developed through the contributions of PSUPA Advisers and Instructor Trainers.

Acknowledgements and a big thank you to Dr. Christopher Van Tilburg for his review of the water safety section of this manual.

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PSUPA FUNDAMENTALS 1 MANUAL

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ABOUT PSUPA AND THIS COURSE

MISSION STATEMENT

The Professional Stand Up Paddle Association's goal is to support an international community of stand up paddleboard (SUP) instructors and business professionals; to promote high standards for safe, innovative, and quality instruction; and to inspire professional and personal growth through a shared passion for paddling.

PSUPA'S BUSINESS ORGANIZATION

The Professional Stand Up Paddle Association consists of a board of Advisers who assist with the development of our certification programs and courses. They have expertise in outdoor education, recreational business, and water safety, and many have taught stand up paddling throughout the world. In addition to helping develop our certification programs they also give input on PSUPA's overall goals as an organization.

PSUPA Instructor Trainers both teach our certification programs and contribute to their development. Many are also Advisers who give input on the overall goals of the organization. They all have substantial teaching and business experience, not only in SUP, but also in other water sports and other recreational sports, which lends to their broad level of expertise. Visit www.psupa.com for more details, including bios of our Advisers and Instructor Trainers.

WHO THIS COURSE DESIGNED FOR

Guides and Rental facilities where the majority of their clients are wanting to try their hand at SUP. Many people wanting to do this activity will attempt to do so while travelling on vacation and do not have the time or desire to take a full course but want to experience it (bucket list), to see if it is something they might pursue again later.

The Fundamentals 1 course was designed to fill the gap between a full SUP instruction course and the limited to no guidance being provided today by many rental / tour companies.

By providing first time students with the basics to safely and correctly paddle, student will have greater confidence and a much higher success rate, resulting in additional education and future retail/rental opportunities. Additionally, providing clients with the "basics" will improve their overall satisfaction and result in less loss or damage to rental equipment.

Many people with a specialty in Yoga, Fitness, Pilates, Etc.. are wanting to add SUP into their program, however do not intend on teaching actual SUP paddling courses. The Fundamentals 1 course will provide them with the basic paddling and safety education to safely and successfully teach their modality without needing to complete a Flat Water instructor course.

The Fundamentals course is also a great stepping stone for people wanting to advance and move on to providing full SUP instruction courses.

Using the Manual

This manual is meant to be a template to provide your customers with the basic information needed to successfully and safely paddle in your area. The material isn't presented here in the exact progression of how it would be shared with your own clients. This course requires flexibility in structure and in-depth knowledge of your area to accommodate changes in weather and water conditions.

Getting the Most from Your Certification

We strongly encourage you to keep in touch with PSUPA members after this class. To help you network with other SUP professionals and incorporate what you've learned into your work and business, we have a Facebook forum for PSUPA members. The forum includes our Instructor Trainers and Advisers, and PSUPA uses it to share new and relevant information about SUP teaching and business.

Feedback: We appreciate your feedback not only about our certification programs but also about the content of the manual. Please share your comments with us via our website or by e-mail: www.psupa.com / info@psupa.com.

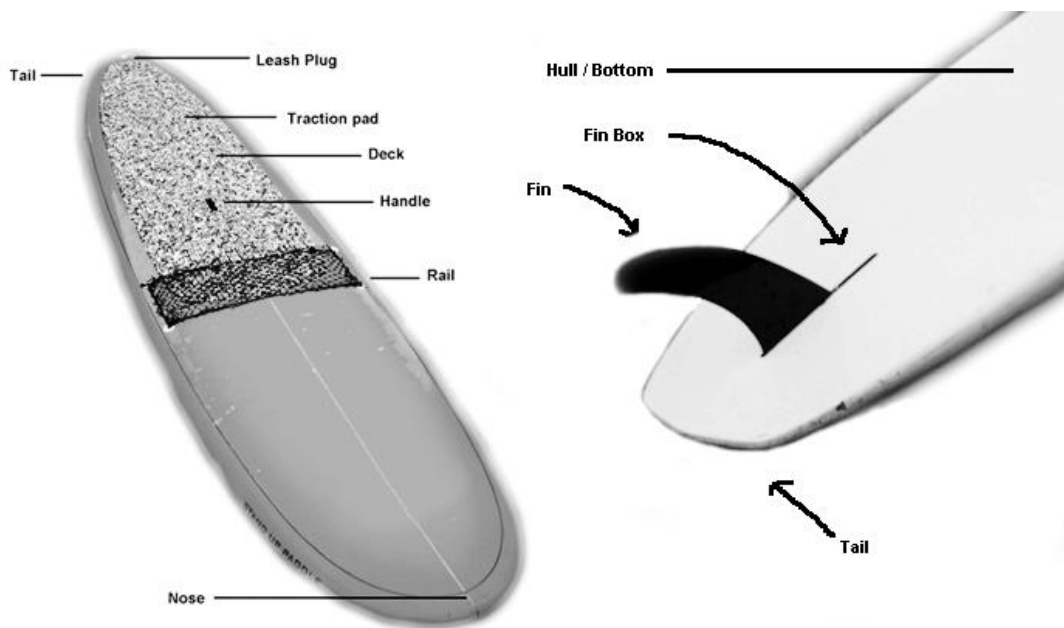
FUNDAMENTALS 1 INSTRUCTION

SECTION 1: SUP GEAR & EQUIPMENT OVERVIEW

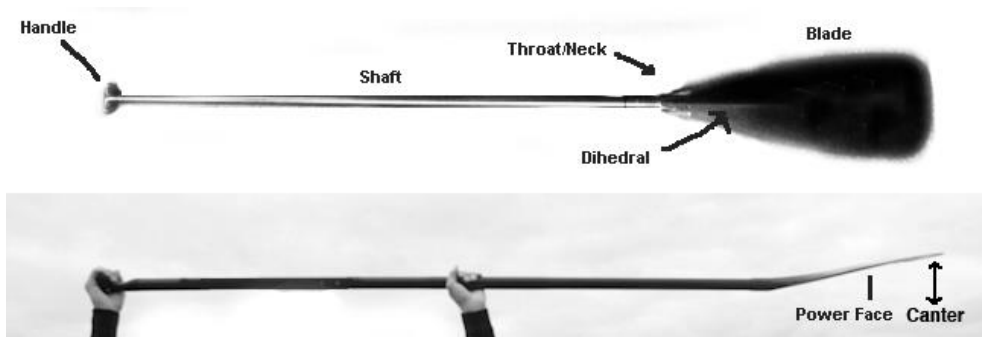
At a high level it is important to share a basic understanding of the equipment/gear and terminology. This common ground will improve client communication.

THE BOARD

It is recommended to start by sharing the parts/anatomy of the board and paddle so that you are on a common ground for the remainder of the instruction. Using the proper terminology will clarify information and sound more professional.



Parts of a Paddle Illustrated



Boards

There are a variety of SUP boards available in today's market for different types of paddling and activity including touring, fishing, yoga, rivers, Etc.... For the most part, there are 2 different hull styles for boards (Planing & Displacement) that can be made from wood, fiberglass, epoxy or an inflatable.



Surf Style and All Around Style Board (Planing)

These two types are similar in shape and design with the Surf style being shorter with more rocker (curve) and a narrower nose for performance. These styles are the most common/affordable. Sizes range from 6 to 14 feet long.

Racing and Downwind Boards (Displacement)

These boards typically will have a displacement hull that cuts through the water. They usually range between 10 and 17 feet long with a narrower body than the surf/All Around styles.



Choosing the right board

Most rental facilities will use durable All Around style boards in their rental fleet. Smaller sized paddlers (height & weight) and children will have difficulty carrying and maneuvering boards that are very long/wide.

Larger sized paddlers (height & weight) will do better starting out with a longer/wider board. A board with inadequate volume will submerge and provide less stability/maneuverability.

Fins

Fins are in place to help with **stability** and with **tracking**. Different fin types are used for different types of paddling.

- Rental customers need to understand that the fins can easily be run aground or get scraped over logs, rocks or other obstructions on the water which can cause damage to the fin or fin box and can also result in personal injury.

Paddles

Just like boards, paddles come in a variety of materials, sizes and styles to work with the different conditions and paddlers. Improperly sized paddles or blade can result in fatigue, injuries and loss of performance.

Leashes

A leash should be worn by paddlers in most situations, including paddling offshore in open water, in wind and current, or for solo paddling. This is a safety precaution that keeps you attached to the board if you fall off. In wind and current, a board can quickly be swept away, and a leash will make it easy to get back to your board. (Exceptions: this rule doesn't apply to SUP yoga and some fitness programs where a leash would get in the way of the activity.)

Note: Wearing a leash is required by law in Australia and many other countries but is not a United States Coast Guard or Transport Canada requirement at this time. Even experienced stand up paddlers have suffered fatalities and accidents that a leash could have prevented.

Prior to paddling, ensure the Velcro connections are secure as well as the string attached to leash plug

PADDLING CLOTHING - DRESS APPROPRIATELY FOR THE CLIMATE AND CONDITIONS YOU WILL BE PADDLING IN.

You may recommend different clothing or foot protection to your clients, depending on the region, the day's conditions and the paddler's skill level.

In colder area it is recommended that students dress for the water temperature, rather than the air temperature. In warmer regions and in the summer season, reminding students to have adequate sun protection may be more important than clothing.

SECTION 2: STANDARD TOUR PREPARATION GUIDELINES

PSUPA recommendations for tour length and Guide-to-client ratios are as follows:

- New paddlers should plan sessions/tours for no more than one to three hours long to minimize scheduling conflicts and reduce the chances of fatigue.
- Guide-to-client ratios for best risk management: 1:6; 2:10; 3:15.

Overall Preparation

The following are important elements to consider.

On Your End

- Rely on the knowledge of local experts to be safe and legal
- Make practice a priority to keep your paddling skills up to date. Rely on the knowledge of local experts to be safe and legal
- Continue to educate yourself by taking classes and certifications to challenge and expand your skills.
- Respect your personal limits; make an honest assessment to ensure that you are:
 - In appropriate physical shape for the activity.
 - Technically competent to meet the trip requirements.
 - Working with additional guide for larger groups or more challenging conditions
- Develop and use equipment, instruction, and guiding checklists to make sure you don't forget any of the details, including risk management and safety concerns.
- Keep your equipment in good shape and ready to go.
- Check battery charges on your Family Radio Service (FRS) Radios, also known as Walkie Talkies, VHF, and cell phone before leaving for the water. Check to make sure headlamps/lights are working if it's a dusk paddle.

- Make sure to have the appropriate permits for the launch. location, public park, or beach you're using.
- Make sure to have appropriate liability forms for clients to sign prior to the tour/rental
- Make sure you have contact information forms or lists with details about each student or customer, so you can tell them if you need to cancel, reschedule, or go to a backup location.
- Create and use a Client Information Form prior to tour so that you have information about relevant medical issues – allergies; recent surgeries; specific physical restrictions – or water-related phobias. (See page 58 for example of a Client Information Form.)
- Create a list to share with clients prior to the tour of what they should bring that you don't supply, such as required and optional clothing, hat or sun visor, water, snacks, sunglasses, reef safe sunscreen or rashguards, etc.
- Make sure to have a risk management plan in place, taking into consideration the location, type of class, number of students and guides, as well as weather and water conditions.
- Be ready or arrive at a paddle site at least 30 minutes early to check the weather, unload and prepare gear, and welcome people as they arrive.
- Have a plan if weather or water conditions are unsafe.
- Expect the unexpected: make a plan but leave it open and flexible.
- Use a Student Information Form, or ask leading questions, to determine and address special concerns, such as physical or medical conditions, allergies, phobias, as well as student goals.
- If you have a large group and are working with other guides:
 - Arrive early enough to prepare gear and check-in with co-guides before clients start to arrive
 - Consider using waterproof FRS (Walkies) to communicate with your co-guides. If you use them, make sure to do a radio check among guides prior to leaving shore.
 - Verify that you and your co-guides have a VHF radio and/or waterproofed cell phone for emergencies. Have a call list of priority emergency numbers.
- Consider weather and water conditions. Do you have a calm place to teach or a backup location? If it's too windy or if thunderstorms are in the forecast, be willing to cancel or reschedule.
- Make sure all client sign liability waivers and that you collect these prior to starting the tour.
- Learn all your client' names and make sure you have a count of how many are in the tour prior to leaving shore.

Client Safety

- Give a brief talk about your plans for the tour and the route/location.
- Communicate potential hazards, establish class zone/boundaries, and convey the importance of staying within hearing range.
- Communicate with clients and your co-guides about on-water use of hand signals in case wind prevents voices from being heard.
- Allow time for questions and concerns.

A Valuables Check

- Do students with glasses have retainers (straps) to avoid losing their glasses during a fall?
- If they have cameras or other equipment, do they know how to secure them to their board or PFDs, or do they need to leave them on shore?
- Ensure that clients' car keys are secure on their body or board before leaving shore – or avoid the necessity of bringing their keys altogether by collecting them ahead of time and keeping them in a secure place in your shop or car.

A Final Gear Check

- Are fins and leashes secure to the boards? Note: Use leashes where necessary.
- Does everyone have the right sized paddle for their height?
- Is everyone wearing a properly fitting personal flotation device (PFD), and do they know how to attach their leash?
- Does everyone have proper clothing for the water temperature, or proper clothing if class requires immersion (for example, rescue practice)?
- Does everyone have hydration and know how to secure their water bottle to the board?

SECTION 3: THE BASIC ELEMENTS OF STAND UP PADDLING: BREAKING IT DOWN STEP-BY-STEP

The following sections break down the elements of stand up paddling and how to most simply explain and demonstrate these steps.

In most cases these steps can be followed in the order listed here, but every situation is different, and this progression may not be appropriate to every situation. Guides should use their best judgment in each situation to determine the appropriate progression for the participants in the tour.

In general, PSUPA Instructor Trainers have found that teaching students how to stop and turn after they stand will help them have more control over the board. Similarly, learning how to safely fall off the board at the beginning of the lesson can help students feel more relaxed and less stiff throughout the remainder of the lesson.

1. SIZE PADDLE



To determine the proper paddle length for customers, ask them to stand with the paddle blade on the ground near their feet standing vertically. Then ask them to raise their arm straight above their head and flatten their hand. The paddle handle should tuck under their palm.

Another method to size a paddle is to turn it upside down, and size so that (in bare feet or favorite paddling footwear) you are looking straight at the transition from blade to shaft.

Tip: If the board is 5" or thicker, adjust the paddle to add an inch or two to the length. This will be the case for 6" inflatable boards.

Issues Resulting from Improper Paddle Length

Too Short

- Paddlers have to lean further forward and bend further down to get the blade in the water, which causes the board to dip.
- The dipping motion lowers the paddler's outside shoulder, pushing that foot down on the rail, which turns the board in that direction:
 - Paddlers have to switch hands more often and thus work harder to stay straight.
 - It also slows the board because it creates more resistance in the water.
 - The repetitive movement the body makes to compensate for all of this can lead to shoulder and back issues.

Too Long

- Paddlers' upper arms will reach too far above the shoulder when paddling.
- This puts more stress on the shoulder and can lead to a rotator cuff injury. Your elbow should be not taller than your line of sight at the upper position.
- It's harder to control the paddle throughout the stroke.

2. HOLDING THE PADDLE

Paddler's Box

Ask students to hold the paddle on the top of their heads with one hand on the handle, or T-grip, and the other on the shaft. Keeping one hand on the T-grip, show them how to position both arms to form a 90 degree bend at elbows, which is known as the Paddler's Box.

Note: Another method is to simply place the lower hand on the middle of the paddle shaft.



Grip

Instruct students to hold the paddle with a loose grip. To demonstrate this, you can use the OK symbol on the lower hand, and wrap the thumb of your upper hand around the lower section of the T-Grip and gently rest this hand on top of paddle handle.

Hand/Forearm Position

Make sure forearms and wrists are flat rather than angled back while holding the paddle to reduce wrist and arm pain.

Paddle-related Safety Tips:

- Always try to hold onto the paddle when falling off the board. If you drop it, get on the board first and then prone paddle to collect it.
- When sitting on your board not paddling, put your leg on top of the paddle shaft to keep it from drifting away.
- You can tape the edges of the paddle blade to prevent the sharp edge from creating an injury in a fall.
- Add reflective tape on both sides of the blade to increase visibility to boaters.

- Add colored or white tape around the shaft to increase visibility to others and help you find your paddle if dropped in the water.
- Paddle theft or leaving your paddle behind is common. Keep your contact info on the shaft.

3. LAUNCHING THE BOARD

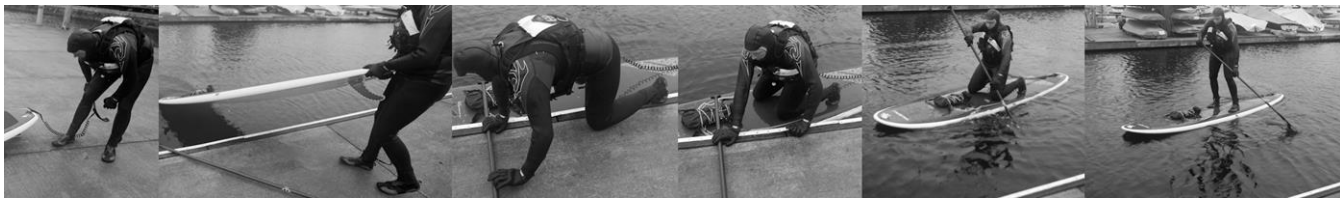
Dock Launching

Dock launches can be difficult for beginners. Most people don't want to get wet, and crawling onto an unstable board on the water can be stressful. Some docks are quite high which adds to this discomfort.

It is never recommended to jump off a dock onto a board. If done wrong, the board may slip away, resulting in the person falling and hitting his head on the dock. It's also possible to injure arms or hands when reaching out to the deck to brace a fall.

Safe Dock Launching

- Put leashes on before putting your board in the water.
- Hold the tail of the board and place the nose on the edge of the dock and slide it in the water, making sure to clear the fin.
- If the dock is low in the water, place the paddle across both the dock and the board to use the paddle as a brace or support. You then have two options:
 - 1) Sit parallel to the board with legs extended, and bring legs onto the board first, and then carefully bring the rest of your body onto the board. You can then either sit or get on all fours.
 - 2) Get on all fours, parallel to the board, and move like a crab onto the board so you end up on all fours on the deck of the board.
- If the dock is high in the water, keep the paddle on the dock within reach, and then carefully place both feet on the center of the board, then slide on and get on all fours.
- It is never recommended to try to stand up next to the dock. This can result in injuries if a fall occurs.
- Grab the paddle and push off gently from the dock on your knees, and paddle on your knees away from the dock.
- Wait until everyone is safely (at least 10 feet) from the dock before attempting standing.



Sequence of a dock launch.

Returning to Dock

- Slow down and get on all fours or sit when about 10 feet from the dock.
- Reverse the above methods of getting on the board from the dock.
- Keep leash on until the board is out of the water.
- Pull the board out of the water from the tail, making sure to not hit the fin on the dock.

Beach Launch

- Put the leash on ankles while on the beach, then pick up the board using the deck handle, and walk into the water to knee or waist deep before placing the board fully in the water.
- When the fins have cleared the bottom, climb on in the middle of the board and sit or kneel, then paddle into deeper water before standing up.
- If the beach is busy with people close to shore, paddle out into deeper water on your knees or sitting before standing up.

Returning to Beach

- Get down on your knees or sit 10-15 feet from shore, or before the fin hits the bottom.
- Slow down the board with the paddle to prevent the fin from hitting the bottom.
- When the board is about knee or waist deep, remove the leash and dismount the board from the middle.

Tip: If waves are breaking on shore, be sure to keep the board between you and the beach – or to stay on the water side of the board. An injury can result if wave pushes a board into you.

4. SITTING, KNEELING, PRONE PADDLING

It's often a good idea to try paddling sitting, kneeling, or laying on your chest in the prone position. This will give the basic feel of being on the water. In the sitting and kneeling position, you can begin to learn how to turn the board, stop and paddle forward. Clients who are particularly worried about their balance or are having flexibility issues will find it comforting to start in these positions.

These positions are also a self-rescue option if caught downwind, in rough water, or if fatigued. You can use these positions to get through a section of water that's a bit more challenging to get to a calmer section of water where you will teach your lesson.

Sitting

Sitting is the next most efficient method of reducing wind resistance. Students can sit cross-legged or with their feet out in front of them. Choke up on their paddle by holding their lower hand at the throat of the paddle, just above the blade. The upper hand should be about 2 feet above the lower hand. Use the Paddler's Box to determine proper spacing between hands. You should not hold the T-Grip while sitting.

Lean forward to take a stroke and take the blade out at their seat.

Feathering the blade can reduce wind resistance. By rotating your wrists forward after taking the blade out of the water, bringing the blade forward but flat over the surface of the water.

Kayak Style Paddle Stroke for Sitting

Another method of paddling while sitting, which doesn't work for knee paddling, is to use the paddle in the same manner as a kayak paddle.

Place the lower hand just above the blade and upper hand about 2 feet higher up on the shaft. Kayak paddle by stretching arms out in front, but keeping them slightly bent, and reach forward with one side of the paddle – blade or T-Grip – and, turning the torso, pull back slightly to propel the board forward, taking blade or T-Grip out at their seat, reaching forward with the other side, and continue alternating back-and-forth.

With practice this actually works quite well and is actually a faster stroke than using a single blade stroke in some conditions.

NOTE: Also see **Prone Paddling and Paddling Sitting Down in Water Safety** on page 72.

Tip: While sitting, keep your feet on the board. Dragging feet in the water reduces forward momentum.

Kneeling

Kneeling, or sitting on your knees, is the most common method but also the least efficient for upwind paddling. Much like sitting, choke up on the paddle by placing the lower hand about a foot above the blade and the upper hand about mid-paddle.

Lean forward with the strokes, keeping the lower arm straight for more power. Feather the blade as it is removed from the water.

Prone Paddling

Prone paddling, or paddling while laying on your chest, is the most efficient method of paddling upwind, as it considerably reduces your wind resistance. Ask students to place the paddle blade under their chest with the power face down and shaft extending out towards the nose of the board.

Paddle with hands, alternating arms. For best results, keep fingers together to paddle more efficiently.

Drag a leg to turn or slow the board.

Prone paddling can be tiring to someone not accustomed paddling with their hands, and can lead to strain in the back of the neck. A vest style PFD worn or propped under the chest will help reduce neck strain.

5. STANDING UP

Once positioned on the board at or just in front of the handle, get on all fours, facing the nose.

Keep knees separated and aligned with shoulders, and the paddle is across the deck in front.

Holding the paddle with one hand while still on the board, get into a squat and start bringing the paddle up from the board. Make sure feet are aligned with shoulders, parallel to each other and facing the nose.

Stand up and immediately put a hand on the Handle or T-grip and place the blade in the water. Placing the paddle in the water makes the board more stable. Watching the horizon also helps with stability. Eyes up - stay up, eyes down - fall down

Knees should be slightly bent.



Sequence for standing up on SUP.



Sequence for alternative method to stand up, using downward dog pose.

STANCE

Most beginners should use forward stance for the most stability. This means standing on the middle of the board (near handle) with both feet parallel facing the nose and aligned below their shoulders. In time, as students learn how to control the board and gain more confidence, they can try the staggered/surfing stance.

Micro Bend in Knees

Keep knees micro bent to increase flexibility and to act as shock absorbers when riding over bumps or waves. Locked knees decrease flexibility.

6. FALLING OFF THE BOARD SAFELY

In shallow or deep water, never dive head first – always protect your head. Fall flat, arms out, or belly flop. Try to fall off the side of the board to prevent it from shooting out further away from you which will be an issue if you're not wearing a leash.

Always try to hold onto your paddle as you fall. If you do let go, get back on your board first and then prone paddle to retrieve your paddle. After falling, raise your hand to the surface first before you head to check for the location of the board and fin to prevent a head injury especially in waves or current.

Tip: Know your depth. Hold onto the T-Grip, push the blade down into the water as far as possible. If the blade touches the bottom, the depth can be gauged knowing the length of the paddle and how far up the shaft the water level goes. This is especially helpful in shallow, murky water where you can't see the bottom.

Not using a leash or having it improperly secured to a board or ankle can lead to losing a board. Boards often shoot out away from you when you fall off. Wind or current can move the board away from you at a rapid rate. There have been several rescue and fatality incidents when paddlers lost their boards this way. Always wear a leash where appropriate, and to be aware of other paddlers' around you, whose boards might impact you.

7. GETTING BACK ON A BOARD

Tail/Cowboy Style

Approaching the board from the rear, reach forward and grab onto each rail. Pull the torso up onto rear of the board with paddle across board in front. Move forward on knees and elbows until at the center of the board. Kneel or stand up.

Back of Board by the Tail Style

This is probably the easiest place to get on a board as the board is thinner in thickness and the deck tapers to the tail making it easy to grab the opposite rail if necessary. First place the paddle on the board – perpendicular to the board and toward the nose, or front of the board. Ideally, keep one hand on the paddle. Use the other hand, while kicking your legs vigorously, to pull yourself up onto the board, by pulling yourself up across the deck of the board.

Tail or Cowboy style approach to getting back on the board in deep water.



Getting On in the Middle

Approach the middle of the board from the side. First place the paddle on the board – perpendicular to the board and toward the nose, or front of the board.

Ideally, keep one hand on the paddle, and then use the other hand, while kicking your legs vigorously, to pull yourself up onto the board, by pulling yourself up across the deck of the board.

If you need both hands to pull yourself up, place the paddle in the same position, and know it will bounce around a bit, and use both hands to pull yourself up, while kicking your feet. Then grab onto the paddle as soon as possible.

This can be the most difficult location to get on the board as it's the thickest here. Some vest style PFDs may catch on the rail when you're in the water. Some rails are so thick or slippery that you may have difficulty getting over, in which case try one of the above mentioned options to get on the board.



Sequence for getting back on the board, from the middle, in deep water.

Tip: If wind is blowing, position board down wind.

8. STOPPING THE BOARD

There are two options for stopping a board:

1. Drag flat part of paddle (on either side of board) on water near the tail, pushing down with the lower arm. This may also turn the board slightly on the side the paddle is on. Transition to a reverse sweep to turn the board away from an incoming obstruction.
2. Take one or two short back paddle strokes on each side of the board, using the opposite side of the power face (back side of paddle). Look back, for safety, on each side for each stroke.

Safety Note: To stop immediately to avoid an obstruction, sit down quickly, ideally with legs in front to help brace, and to paddle backwards as quickly as possible to slow the forward momentum of the board. Never come in at speed toward an obstruction. This may result in a collision or possible injury.

9. TURNING

When first learning to paddle, only using the Sweep Turn (forward and reverse), should be sufficient. Once comfort and confidence levels increase, additional instruction is recommended to master the Cross Bow, and the Pivot Turn.

Sweep Turn / Forward Sweep



- Bend the knees and place the blade next to the nose, with the power face facing away from the board.
- Keeping the lower arm straight, swing the blade in a semi-circle from the nose of the board towards the tail.
- When placing the blade on the left side of the nose, the board will turn to the right.

Sweep Turn / Reverse Sweep



- Bend the knees and place the blade by the tail.
- Keeping the lower arm straight, use the *back* side of the blade as the power face, and rotate the blade in a semi-circle around toward the nose.

Tip: Just having the paddle in the water adds stability. When in doubt, paddle!

10. FORWARD STROKE

There are four components of the SUP paddle stroke: Catch, Power Phase, Exit, and Recovery.



From left to right: Catch; Power Phase; Exit; Recovery.

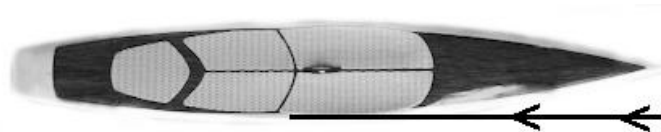
- **Catch** – The beginning of the stroke when the paddle first enters the water. The catch should not be thought of as power, but as a smooth set-up for increasing power throughout the stroke
 - Maintain a good center of balance and extend the paddle as far forward as possible by rotating the torso.

- Keeping it straight, extend the bottom arm and stack the top arm just above and in front of the forehead.
- Drive the blade completely and deeply into the water before pulling the board forward.
- **Power Phase** – The transfer of power through the paddle into the water, driving the board forward past the submerged paddle.
 - Visualize the paddle staying in a fixed position in the water. The body and board move past the paddle.
 - A powerful and efficient stroke combines the large core muscles of the upper body and shoulders with the rotation of the torso. The muscles in the arms should be left for stabilizing the torque of the upper body and torso. Arms-only paddling is very inefficient and is not conducive to a powerful stroke – in addition to being very tiring!
 - Keep hands “stacked,” one hand over the other, with the lower arm straight. Keep the shaft vertical while paddling. This will minimize the serpentine motion of the board, and allow movement in a straighter line across the water.
 - Take multiple paddle strokes on the same side of the board before switching sides.
 - Apply steady increasing power and speed through the finish of the stroke.
 - The board will be travelling fastest at the end of the stroke. This will put the board at top speed just before the recovery of the stroke, as the board will decelerate during the recovery.
- **Exit** – The end of the paddle stroke when the blade exits the water.
 - The stroke should end when the paddle is even with the feet.
 - Drop the top hand to the opposite side of the board that will set you up for an efficient recovery. This will allow the blade to have a smooth and fast exit from the water.
 - Too long of a stroke will cause a decrease in board speed and even more deceleration during the recovery phase.
- **Recovery** – Bringing the blade back to the Catch position. The Recovery should be a smooth fluid movement.
 - Drop the top hand and point that thumb forward (or rotate wrists forward) during the Recovery. This will feather the blade and slice it into the wind for a more aerodynamic recovery.
 - Keep the blade just above the water, nearly skimming across the surface.
 - Relax the shoulders during the Recovery.
 - Rotate the torso to set up for the Catch and the start of the next stroke.
 - Bending at waist, reach out towards the nose to place the blade in the water at the catch. Keep a micro bend in knees.
 - Relax the grip during the recovery. Having a “death grip” on the paddle will lead to increase fatigue, lower performance and possible injury. Keep a loose grip to avoid fatigue and injury. Hold the paddle as lightly as possible while still maintaining control.

KEEPING THE BOARD STRAIGHT

The following tips will help students learn to keep their board straight while using the Forward Stroke.

- Keep paddle shaft vertical throughout stroke. This means stacked wrists and/or upper hand over the water.
- Catch position should be in line with the rail. Many people place their paddle by the nose and follow its path to the rail which turns the board the opposite direction. Instead, bring the blade straight in, and stroke parallel to the rail (see illustration below).
- Beginners should do only two strokes on each side until they get more comfortable paddling.
- Additionally, keep eyes on the horizon versus looking at the paddle blade or feet.



The arrows in this photo illustrate the ideal path the paddle should follow to keep the board straight while paddling.

CHANGING SIDES WITH THE PADDLE

Changing paddling sides keeps the board running straight and on course. Change sides as often as required to maintain a consistent path through the water.

- To move the paddle from one side of the board to the other, remove the top hand from the paddle while holding onto the paddle with the bottom hand.
- As the hand is moving down, lift the paddle to the center of the board and place the top hand on the shaft below the bottom hand.
- Slide the bottom hand up the shaft to the T-Grip while continuing to move the paddle to the other side of the board. This will help you find the T-grip.
- Stack hands and keep the shaft angle vertical to set up for the Catch.

Tip: Some students struggle with switching hands. Suggest that they practice the movement back-and-forth several times until it becomes more natural.

PADDLING OVER BOAT WAKES AND SMALL WIND WAVES

Novice paddlers are often nervous about waves or have a tendency to paddle into an oncoming wave. In some cases this changes their course direction, and may lead them directly into a situation that's unsafe, such as a busy boating channel. Practice paddling in small bumps coming from any direction.

Don't freeze up. Stay relaxed and keep paddling when waves approach. Bend knees slightly to let wave pass under their board (like shock absorbers).

Shorter strokes will help them stay more stable, as the paddling movement is acting as a brace to keep them more stable.

Do not lean away from incoming waves, as this will capsize the board. Embracing the wave will actually create more stability.

SECTION 4 – WATER SAFETY

"If anything's gonna happen, *it's* gonna happen out there".

- Captain Ron

Introduction to Water Safety

People entering the sport of stand up paddling should be aware of the inherent dangers of the aquatic environment. The Professional Standup Association's goal is to provide safety education to SUP instructors and paddlers by introducing the most common dangers in an aquatic environment and providing resources and teaching and paddling techniques to stay safe and minimize risks in this environment.

Importance of Additional First Aid Training

The basic medical information that is included in the Water Safety section of this manual is not a substitute for a First Aid book, hands-on First Aid class, or Wilderness First Aid training. It is not a set of medical protocols and does not provide any guidelines for the practice of medicine.

The purpose of this portion of the manual is to introduce everyone to some medical situations that could arise in an outdoor recreational class and to help you recognize the symptoms that present themselves in these situations. Recognizing symptoms will enable you to act quickly to get help when needed.

It is important to get certified First Aid training, so you can be better prepared if in an urgent situation.

It is highly recommended that guides who intend to work in a remote location also take a Wilderness First Aid or Remote Medical course.

Risk Management/Safety Planning

Risk management and safety planning are essential to keeping everyone safe. Having a solid risk management plan will help you apply for liability insurance for your business, as well as inspire confidence among your clients.

Here is a check list to help you prepare for risks and to plan for safety. Your risk management plan should provide the answers/solutions to these questions and issues, and all instructors and co-instructors should be aware of the safety/risk management policy.

- Are you insured for the activity?
- Do you have liability forms? Have all your clients signed them?
- Do you have adequate permits or permission for your location?
- Are you familiar with the location of the tour? Do you understand the potential hazards, currents, etc.?
- What are the possible risks you may experience during the tour?
- Are you prepared (both mentally and supply-wise) to deal with an injury?
- Are you prepared to take care of a client who needs to be sent back to shore for injury, sea sickness, or any other issues?
- Do you have a strong, thorough communication system? This should incorporate VHF, water-proofed cell, call list, and arm/hand signals.
- Did you leave a Float Plan with someone on shore? This lists your departure time, paddling locations, contact numbers, and return time.
- Are the clients' age levels and skill levels appropriate for the tour?
- Do you have a First Aid kit on water? Are your co-guides carrying First Aid kits?
- Do you have your client's medical histories, as applies to the class situation?
- Are your co-guides briefed on the location, hazards, communication system, and plan for the day?
- Are you aware of the weather forecast?

How to Keep Yourself Safe in an Emergency

As the guide for tour, you are in a leadership position. The following are guidelines to use overall in the event of an emergency, to keep yourself safe, and to help others stay safe.

In an urgent situation, ensure that decisions you make factor in your safety and the safety of the victim and other individuals in the area. You want to make sure not to create more victims, which includes yourself.

This is also good information to share with clients prior to a tour so they know how to react if an emergency occurs.

- Always stay with your board, and wear a leash so that it's easy to retrieve if you do fall off. You can more quickly get back on your board.
- Never swim away from your board in open water. Swimming in cold water away from your board without adequate clothing can lead to hypothermia or drowning. The board will provide floatation in case of fatigue and will keep you out of cold water. You will be spotted more easily on your board than in the water in the event of a rescue.
- To signal that you are in trouble, perform the distress signal by raising and lowering outstretched arms over your head repeatedly. Waving your paddle over your head in the same manner is also effective. (See Hand / Paddle Signals diagram Page 21.)
- If you lose your paddle, get on the board first, and then prone paddle to retrieve your paddle. You can also prone paddle back to shore if the paddle is out of reach, or if retrieving it will further endanger you.
- Stay low on your board in rough water by kneeling, sitting or lying prone (flat on chest). Conserve your energy.
- Your board and paddle should have your contact info attached in some manner.
- If you have a cell phone or VHF radio in your PFD, make contact with the appropriate authorities. List your location, the situation and your description.
- In a group, raft up with your fellow paddlers.

PERSONAL FLOTATION DEVICES (PFDs) / LIFEJACKETS

Stand Up Paddle Boards are considered a vessel by the United States Coast Guard. SUP paddlers are required by the US Coast Guard and Transport Canada to wear or have a personal flotation device or PFD / lifejacket attached to their board on all types of water, excluding surfing zones and swimming areas protected by a lifeguard. If your PFD is an inflatable device, you must wear it for it to be considered legal.

The PSUPA Code of Ethics requires both instructors and students to wear a PFD while on water during class. This is because students need to wear them for safety, and instructors need to model this in a class setting. But, paddlers engaging in SUP yoga and some SUP fitness programs should attach PFDs to their boards, as wearing one can hinder movement.

In both the United States and Canada, paddlers are also required to have a whistle attached to the PFD, whether it be a vest or inflatable style, for signaling purposes. Use whistles without the bead inside, which can absorb water and fail.

Attaching a PFD to your Board

Many rental SUP companies have Type 3 or vest style PFDs attached to the nose of their boards. While we don't support this for PSUPA classes, if a PFD is attached to the board, such as in the case of a SUP rental, make sure it is easily accessible under bungees or plastic buckles and require the use of a leash.

There have been some accidents and fatalities in which paddlers not wearing PFDs lost their boards and eventually drowned due to not having enough energy to get to shore safety. In 2013, a paddler in Idaho was in extremely cold water and couldn't get back on his board due to either being out of shape, fatigued or hypothermic. He was last seen reaching for and trying to detach the PFD mounted on his board, but was unsuccessful and slipped under the surface.

If PFDs are mounted on boards for yoga or fitness programs, make sure the PFD fits the paddler and that they can release it quickly. Duct taping a PFD to the board isn't a sound decision. Also, the PFD In a Bag product is a square orange PFD placed inside a mesh bag attached to the board via several suction cups. The PFD has to be removed from the bag for use and in many cases the suction cups don't attach to all board surfaces so rental companies tape it down.

Two Types of PFDs

Type 3 – This is the vest-style PFD secured by a front, side zipper or pull-over. Vest style PFDs provide the most floatation, especially in the case of a paddler being knocked unconscious or injured and in any situation in which they can't swim. Vest style PFDs also provide core warmth in cooler temperatures, have pockets to store items, such as a knife, VHF radio, energy power bar or camera. PFDs designed for instructors have quick release belts for attaching a tow line or leash, additional pockets and sometimes a hand warming pocket. Type 3 PFDs also should have reflective striping to be made more visible to boaters or for rescues. The only known fatalities involving a paddler wearing a Type 3 PFD has been when the paddler didn't have the vest zipped up or on at all.

Type 5 – These are inflatable PFDs, which are inflated by pulling a handle on a string which fires a CO2 cartridge. This inflates a Mae West type lifejacket similar to those on airplanes. There are two types of inflatable PFDs. Most SUPers wear a waist attached fanny pack version, while boaters often use the horseshoe shaped vest which rests around the neck and over the chest. The fanny pack is the most minimalist of all PFDs and ideally should be worn forward on your waist. Many find this uncomfortable and swing it behind them to rest on their lower back. The downside to this method is that if a paddler has an arm injury or is panicking while treading water, pulling the handle and string may be difficult if not impossible to inflate. If a paddler is unconscious, he/she cannot inflate the PFD.

There have been a few SUP fatalities where these PFDs were worn but not properly inflated due to the above situations. Other issues include improper packing of the PFD in its bag or poorly attached, expired CO2 cartridges or none at all.

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If you use an inflatable PFD, make sure you know and have practiced how to pull the handle and inflate the PFD. If worn on your lower back, the PFD will inflate outwards behind you. While holding onto your gear, you'll have to swing the vest to your front, untie the string which connects the horseshoe shape of the vest together, then place over your head.

For practice, try swimming with the inflated vest. Purchase extra CO2 cartridges and consider practice inflating with your students. The advantage of the inflatable which is worn on your chest is that it's already on and only requires pulling the handle to inflate it.

On-Water Common Sense and Group Management

Your number one job is to keep your clients safe. Their experience on the water will reflect back on your success as a paddle sports business.

Too often, experienced guides put their clients out on rough water above their skill level or inadvertently lead them into harm's way. The direct result is clients who don't come back because they're fearful, or may view SUP as "not

for me” or “too difficult.” It also leads to reassuring their notion that they don’t have good balance, a common reason people don’t think they can SUP.

Keep your clients in a tight group especially if it’s windy or there’s a lot of boating traffic. This will help with communication and safety.

People will often stray if in open water. Give clients parameters to paddle within. For example, “Paddle to the large rock and turn around.”

Use your intuition. Notice and prevent problems before they happen or get worse.

Determine which guide is on point and who runs sweep. Point leads the group; sweep is at the back and works with the slower paddlers. In some cases, if the slower paddlers are too slow, you can break into two separate groups. Be sure you communicate with the sweep guide to meet at an appropriate mutual location or to check in to make sure there are no issues with the slower group.

Always stay in radio contact. The slower group may not be able to go same overall distance as faster group, and may need to start their return to the take-out before reaching the trip’s half-way point.

Don’t assume your co-guide is thinking the same thing you are. Ask if you’re not sure about the route, or a decision that’s made. If your instinct contradicts the decision made, speak up immediately.

If you ask your clients to avoid an obstacle, hazardous area, or dangerous water, make sure you follow your own advice. If you stray to surf a wave or venture into an area above their skill level, most likely one or all will follow you. Model safe paddling at all times.

If low on staff, and if appropriate to the conditions and student’s skills, you can deputize an experienced student to assist you, which can challenge them to become better paddlers and leaders.

On-Water Communication

Emergency Medical Services (EMS) Contact List

It is your responsibility to contact your EMS provider in case of an emergency. Make a contact list of EMS providers in order of priority for your area before getting on the water. Connect with those on the list to make sure you have the appropriate contact numbers.

Create a Float Plan (On-the-Water Plan)

Create and share this plan before you launch. Your plan should include: where you’re going; when you’re leaving; your launch location; when you plan to be back; details about your group; your contact numbers; and your EMS contact in case of an emergency. Leave this plan with someone at your shop or share with a responsible friend.

See Appendix E for an example of a Float Plan.

Always Carry Communication Devices

- In urban areas, a water-proofed cell phone is invaluable for emergencies. Make sure your paddling destination has coverage.
- A VHF radio is a powerful device for contacting EMS providers, such as the US Coast Guard. Channel 16, at 156.800 Mhz Frequency, is the international channel and frequency for distress calls. Your emergency broadcast will also be heard by local boaters.

HOW TO USE A VHF: When using a VHF, call a “**Mayday**” for top priority imminent danger or emergencies. Use “**Pan-Pan**,” pronounced *pahn-pahn*, when no life is in immediate danger. To announce a channel crossing or similar by your class, use “**Securite-Securite**,” which means what follows is important safety information.

To prepare a call, adjust volume and squelch control so there's no static, adjust to Channel 16, set transmit power to high and hold radio a few inches from your mouth. Press the call button on the radio for your entire message. Release to hear an answer. Speak slowly and articulate and keep your message simple and to the point. If you don't get an immediate response, if possible get to a higher position to better broadcast your message.

Proper protocol for calling a life threatening emergency: Mayday, mayday, mayday. This is (description of your board) at position (describe location in detail), then state of emergency, type of assistance needed, number of people involved, then say "OVER." Wait 5 minutes then repeat. Be ready with flares if the rescue team can't immediately find your location.

Tip: See the PSUPA.com website resources for a link to the International VHF Marine Radio Channels and Frequencies and How to Use a VHF Radio.

- You can also use a VHF radio to monitor your local channel to determine when to do crossings based upon commercial shipping activities and monitor the weather station for updates. Some VHF radios are waterproof and can float.
- Family Radio Service (FRS) Radios, also known as Walkie Talkies, are a great tool for instructors to use to stay in touch with each other on the water. Some devices are waterproof, have a weather channel, and include Channel 16, at 156.800 Mhz Frequency, to contact the US Coast Guard. NOTE: FRS have been approved for use in Canada. In Mexico, FRS frequencies and equipment are authorized, but dual-mode FRS/GMRS equipment is not approved. (GMRS = General Mobile Radio Service.) Be aware of what is the most reliable equipment to use in your teaching location.

Tips for communication devices

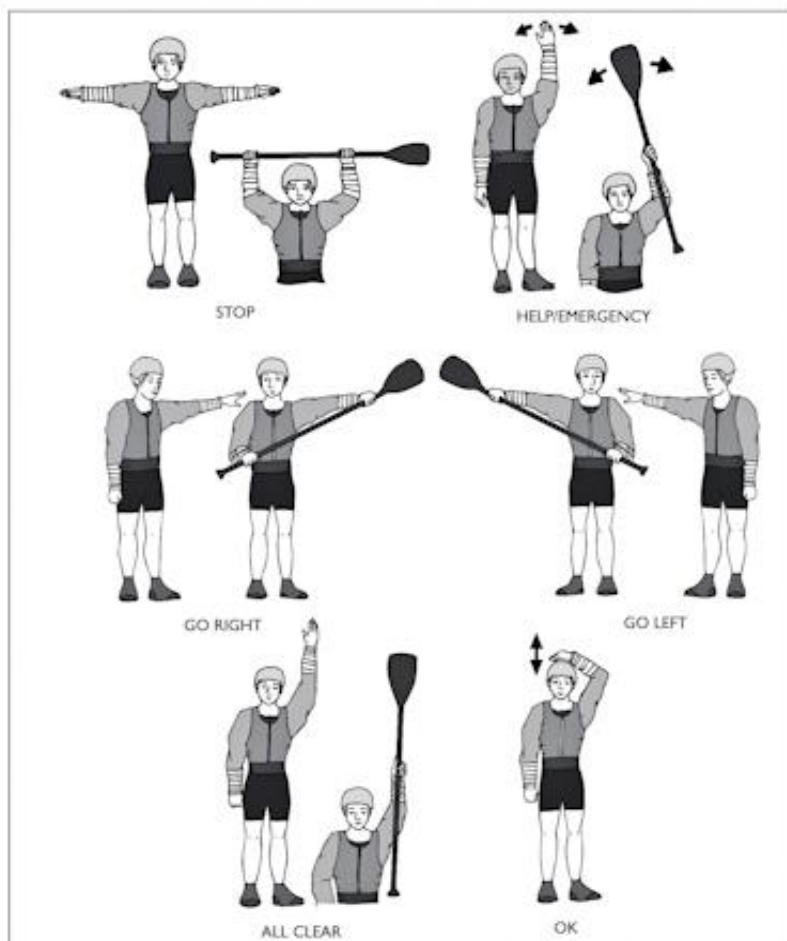
- Make sure your devices are fully charged before leaving shore.
- Carry extra batteries or a solar charger in remote areas.
- Store in a waterproof talk-through dry bag or purchase a waterproof talk-through case. Some VHF's are waterproof and float.
- Know how to use your VHF **before** getting on the water or using it for a class.
- Attach each device to your PFD or pack with a short string to avoid losing in the water.

Tip: The US Coast Guard requires all vessels to assist any boater or watercraft in trouble, providing they can do so without endangering themselves.

Hand Signals / Paddle Signals

It's often difficult to hear on the water, and it's easy for people to get separated from the core paddling group.

Educate students about hand signals and / or paddle signals before leaving shore. Make sure students, co-instructors and other guides know what signals to use to communicate on-water.



Water safety hand signals

Stop – Paddle or Arm held horizontal.

Help/Emergency & Gather-up - Paddle or Arm pointing upward and moving from side to side. The speed of the wave changes from emergency (fast wave) to gather-up (slow wave).

Paddle to Right or Left - Paddle or Arm pointing upward to the right or left.

All Clear / Go – Paddle or Arm held vertical (Go forward to the designated location).

OK – Paddler pats the top of his or her head to indicate he/she is okay.

Diagram reprinted by permission of The Mountaineers Books from Rob Casey's *Stand Up Paddling: Flatwater to Surf and Rivers* © 2011.

Other Communication Devices

- **Whistle:** Three short bursts or blows on a whistle signal "Help!" Always carry a whistle on you and attach it to your PFD, or in a pocket with a short string. Get a whistle without the pea, which can dissolve in water. Keep whistles in students' PFDs and rental PFDs, and let clients know they are there and what they are for.
NOTE: Whistles do not work well upwind.
- **Rocket Flares:** Keep more than one red flare in a waterproof bag; they are sometimes duds. They are good for day and night use. Know how to use them, and make sure to check expiration dates routinely. The chemicals in a flare deteriorate over time, so there is a good chance that flares will not ignite after their expiration date. If kept in a PFD pocket and exposed to salt water they may deteriorate more quickly.
- **Marine Hand-held Orange Smoke Signals:** Smoke signals can alert rescue parties to your location. Orange smoke is good for daytime use. The US Coast Guard can use infra-red devices to locate the heat at night.

- **Reflective Mirror:** A simple device, a small metal mirror, which can be kept in the pocket of a PFD, in daylight can be reflected at a rescue party to gain attention. These are easily found at paddling and outdoor stores.
- **Waterproof Light:** Ideal for low light or at night. The US Coast Guard requires use of a non-blinking white light at night. Hand out to all your students or equip your PFDs and boards with lights if you're doing a night paddle or coming back after dusk. There are several durable waterproof lights on the market which can be attached to a PFD or board. Bright headlamps can blind fellow paddlers. Use a blinking light for emergencies. Carry extra batteries and test prior to launching.
- **Chemical Light Stick:** These are not ideal as they can only be used one time once activated, and are often not the proper color (white) for night paddling. In an emergency, tie one end to a 3-4' long string and swirl in a circle above your head. This can be seen from a considerable distance.
- **Hand Signals:** Learn how to use hand signals to direct your class or communicate to rescuers. Demonstrate and explain hand signals to students and clients before leaving shore.

Instructor & Guide Safety Kit

Make sure all your staff are skilled to rescue customers on water and are First Aid / CPR certified by an accredited institution in your region, such as the American Red Cross or American Heart Association in the United States.

Depending on your location and the type of class you're teaching, consider having a power boat or jet ski with a rescue sled available for offshore rescues.

If you have a shop, keep a First Aid kit available during rental hours. (See list of items to include in on-land / shop First Aid kit in Appendix E.)

All Instructors should carry at least the following items on the water:

- VHF radio, FRS, and/or cell phone in a waterproof bag – depending on location / make sure you have cell service if you do not have VHF or FRS
- Emergency list of numbers / EMS Provider numbers (stored in phone and water-proofed hard copy)
- Tow rope, tow bag, or tow system
- Paddlers knife
- Small First Aid kit in a waterproof bag or case (See list of items to consider what to include in First Aid kit in Appendix E.)
- Electrolytes for dehydration (powder or chew)
- Water
- Signal device, such as rocket flare or orange smoke, and whistle
- Space blanket (Mylar blanket) to regenerate warmth and/or a hypo kit with extra clothing options, for cold water regions
- Chemical heat packets, for cold water regions

NOTE: Items like the First Aid kit or Mylar blanket, which are less likely to be used, need to stay water-proofed and don't easily fit in a PFD pocket, can be stored in an on-deck dry bag. Tow ropes can be stored on the board deck.

CONSENT AND LIABILITY

In any situation in which you perceive you need to step in and provide care or perform a rescue, it is important to obtain consent from the victim to avoid an assault claim.

Consent may be expressed verbally or non-verbally by an adult victim who is conscious and in sound mind. Or it may be implied by a victim who cannot verbally or non-verbally express consent, because they are too injured or unconscious. A minor needs a guardian's consent, but without a guardian present, consent is implied.

If an adult victim of sound mind is informed of the extent of his/her situation, whether it be an injury, illness, or situational danger in need of rescue, and refuses help or rescue, document the refusal. Only fully informed adults in sound mind may refuse assistance.

WHEN TO CALL FOR HELP / CONTACT YOUR EMS PROVIDER

It may be difficult to determine, as a lay person, when to call for help (911 in North America) or contact an Emergency Service Provider, such as the Coast Guard in the United States.

In a situation in which you are unsure, ask yourself, "Is this something I can handle with my level of experience and the immediate resources I have on-hand?" An example of resources to take into consideration are your First Aid Kit, water, dry clothing. If not, and if in doubt, call your emergency number for assistance and have the victim evacuated immediately.

ENVIRONMENTAL CONDITIONS PREVENTION AND TREATMENT

Prevention and Treatment

As an Instructor or Guide you need to be aware of the effects of the environment on your clients to prevent the possibility of hypothermia – low body temperature – or hyperthermia – heatstroke – both of which can lead to death.

Always check on your client's condition throughout a class or tour. Ask if they are too hot or too cold, but do so in a respectful way that doesn't single them out. Look out for situations in which a student is too embarrassed to admit to being too cold or too hot.

Here is more information about both of these conditions, including prevention and treatments. Always know when to call for emergency assistance, as these conditions, if not properly treated, are life threatening.

Hypothermia (Low Body Temperature)

Hypothermia is a condition in which the core body temperature drops below what is required for normal metabolism and body functions. Normal body temperature is around 98.6 F / 37 C. Hypothermia occurs when your body temperature goes below 95 F / 35 C.

When the core body temperature drops to this temperature or below, the heart, nervous system and other organs stop working properly, which, if not treated, can eventually lead to complete failure of the heart and respiratory system and to death.

In situations of hypothermia, it is important that the victim receive hospital care/professional medical attention as soon as possible. Contact your EMS immediately if these symptoms occur.

Of these symptoms, the first two are most important in determining severe hypothermia:

- **Cessation of shivering.**
- **Mental status change, which could include confusion, difficulty thinking, and poor decision making, such as trying to remove warm clothing, apathy or lack of concern about one's condition.**
- Clumsiness or lack of coordination
- Slurred speech or mumbling
- Stumbling
- Drowsiness or very low energy
- Progressive loss of consciousness

A person with hypothermia usually isn't aware of his/her condition, because the symptoms often begin gradually and because of the confused thinking associated with hypothermia prevents self-awareness.

You will likely not have a thermometer to verify if the victim's body temperature has dropped below 95F / 35C, the temperature at which a victim is diagnosed with hypothermia. If in doubt, call your emergency number or your EMS Provider immediately.

How to avoid hypothermia

Avoid hypothermia by dressing and requiring students to dress in the proper clothing for immersion for the water temperature.

Carry extra synthetic (not cotton) clothing, which will warm you after a swim or prolonged period of immersion. This may also be something to suggest students bring to wear after class.

Vest style lifejackets (PFDs) add warmth to your core.

Treatment

Single most important things are to remove wet clothing and, if possible, get the victim to a warm room or shelter as soon as possible. If shelter is not available, place them in a Mylar blanket; dress them in fleece or wool garments and a warm hat and gloves.

A PFD or foam pad will insulate the victim if sitting or lying on the ground. If possible, place the victim in a sleeping bag until help arrives. Once re-warmed, keep insulation on the victim's head and neck.

Contact EMS immediately. The victim needs hospitalization and emergency medical attention – this could be a life threatening situation.

While waiting for rescue, a nonalcoholic drink with calories can be helpful. The drink doesn't need to be warm. It's more important that it has calories.

Also, a hot water bottle or chemical heat packets can be placed in key areas such as the chest, neck, head and groin, but this method has been shown to be minimally effective.

While you are waiting for medical assistance, in severe cases, use skin to skin contact under loose dry layers of blankets or similar materials. If the victim is unconscious, handle them gently and check to see if they are breathing. Provide CPR only if they are not breathing.

Tip: Look for signs in your students which signal they are slightly chilled or even hypothermic. In cold temperatures students may clench their fingers together, shrug their shoulders or shiver as a sign of getting cold. Ask regularly if they're feeling cold. Many will deny it, so be sure to be watchful. You may need to make a decision on their behalf – such as asking them to wear extra clothing like a hood or paddle top – or changing the class schedule so that they have an opportunity to warm up.

Hyperthermia (Heat Stroke / Sun Stroke)

Hyperthermia is a breakdown of the heat control process in the body.

In hot weather, your body perspires to keep cool. In long periods of intense heat, your body may lose its ability to sweat. In these cases you can experience hyperthermia – when the body absorbs more heat than it's able to dissipate.

Heat stroke is recognized as a change in mental status and a core body temperature change to 104 F / 40 C and above. (Normal body temperature is around 98.6 F / 37 C.) Death may occur if not treated properly. Heat Stroke is a medical emergency and you should call your emergency number.

It may be difficult to determine if a student has Heat Stroke or just Heat Exhaustion. And you will likely not have a thermometer to determine a change in core body temperature.

Look for signs of mental status change, such as the following:

- Confusion
- Being uncooperative
- Hostility

The following are symptoms to be aware of for Heat Stroke, but are also signs of Heat Exhaustion:

- Nausea
- Muscle aches
- Cramps
- Weakness
- Fatigue
- Headaches
- Dizziness and/or feeling light-headed
- Excessive thirst

How to Avoid Hyperthermia

Hydrate regularly. Drink before you're thirsty and check pee color. If it's clear or light yellow, you're hydrated. Use electrolytes such as chews or powders for water.

Wear appropriate clothing for the air temperature – don't overdress on hot days. Avoid direct sun as much as possible, and if not possible get into the shade on occasion.

Restrain from vigorous activity in direct heat from the sun. In climates with higher temperatures, hold class in an appropriate place for these conditions.

Tip: There are health factors that can make people more susceptible to heat stroke, such as poor circulation, heart, lung, or kidney diseases. If appropriate to your region or in warmer seasons you may want to include a leading question on your Student Information Form to ask about these conditions in relationship to the possibility of heat stroke.

Tip: If your business is in a warmer climate and you have tourist clients from colder regions, you may need to watch more closely for symptoms.

Treatment

Mental status change, such as confusion or hostility, and increased core body temperature change to 104 F / 40 C and above are the two most important things in determining Heat Stroke vs. Heat Exhaustion. If you have any doubt you should err on the side of calling your emergency number, and take the following steps while you are waiting for medical assistance.

Move into (or create) shade immediately.

Spray the body with water and fan vigorously to lower the core temperature via evaporative cooling.

Massaging limbs will bring the cooler blood from extremities to the core.

If victim is conscious, offer fluids with electrolytes, or water with salty foods.

Do not offer drugs, which affect thermoregulation.

Heat Exhaustion

Though not as serious as Heat Stroke, if not addressed, Heat Exhaustion can lead to Heat Stroke. It can occur after being exposed to high temperatures, and is usually accompanied by dehydration.

Signs of Heat Exhaustion include:

- Dehydration
- Confusion
- Dizziness; fainting
- [Fatigue](#); lethargy
- [Headache](#)
- Muscle or abdominal cramps
- Nausea, [vomiting](#), or [diarrhea](#)
- Pale [skin](#)
- Profuse [sweating](#)
- Rapid heartbeat

Follow the same precautions you take to prevent Heat Stroke.

Treatment

Move into (or create) shade immediately.

Spray the body with water and fan vigorously to lower the core temperature via evaporative cooling.

Offer fluids with electrolytes, or water with salty foods.

Tip: Consider bringing along salty snacks. Also consider including cold packs in your First Aid kit.

OUTDOOR ENVIRONMENTAL HAZARDS ON OR NEAR WATER

Outdoor classrooms and tours expose clients to potential hazards that they may not think about. Below is just a sample of things to keep in mind and to be prepared to handle in situations that may not be specifically related to on-water conditions.

You may have specific environmental hazards for your region – near or on-water – in addition to what is included in this manual. Learn about the specific hazards in any place you plan to teach or guide, know how to address them.

Address Potential Allergy Issues Prior To Class

It is important to include a question on your Student Information Form to ask students if they have any outdoor specific allergies, such as allergic reactions to insect stings, and to indicate if they are life threatening – if the reaction will cause anaphylactic shock, or if they have a history of anaphylaxis.

Students with allergies that can flare up in an outdoor environment should be asked and reminded to bring their specific allergy medications to class.

In situations in which an allergy is deadly, require the students to bring the antidote – such as their prescribed EpiPen and medication – as well as their anaphylaxis action plan from their doctor for injecting epinephrine and other emergency measures. Familiarize yourself with this prior to class so you can follow it.

CALL your emergency number immediately in any situation in which someone has an allergic reaction that would require the use of an EpiPen and medication. These cases require immediate professional medical attention. It is important that anyone who has had to use epinephrine get medical attention immediately, even if symptoms seem to have subsided.

NOTE: It is unlawful for someone to carry an EpiPen knowing they are going to use on third party, so it is important to require students with severe allergies to bring their medication to class.

Resource Recommendation

We highly recommend the book ***Surf Survival: The Surfer's Health Handbook*** by doctors Andrew Nathanson, Clayton Everline, and Mark Renneker, which is the source, where indicated, for some of the information below. This book from Skyhorse Publishing is listed in our Resources section in the members-only portion of the PSUPA website.

Insect Stings

To most people a bee or wasp sting is just an annoyance, but to those with allergies anaphylactic shock may occur, which can be deadly.

Symptoms include welts covering the entire body, respiratory wheezing, a rough sounding voice or sometimes shock. These may occur within seconds of the sting and upwards to 12 hours after.

Treatment

Remove a stinger as soon as possible, using a hard-edged object you have on-hand. A bee stinger is barbed and will remain in the body, and if not removed can continue to inject the allergen into a victim's body. The antidote is a prescription drug called epinephrine (adrenalin) and is provided with a syringe called an EpiPen or Twinject. An antihistamine, such as Benadryl, should be taken before allergic symptoms get well established, but they can also be very effective if taken after the onset of symptoms.

As noted above, it is important that instructors make sure clients with severe allergies to insect stings, which could lead to anaphylactic shock, bring their antidote to class, in addition to their doctor's anaphylaxis action plan.

Instructors need to be familiar with a student's anaphylaxis action plan **before class**, and in the event of an emergency call your emergency number immediately, and follow the anaphylaxis action plan. It is also important to get consent from a victim before taking any physical action, if required in the situation.

Sea Urchin Spine Punctures

Sea urchin punctures cause severe pain, burning, and swelling. Symptoms also include weakness, numbness, muscle cramps, nausea, and sometimes shortness of breath.

Treatment

After getting consent from the victim, remove the spines immediately – using knife, tweezers, needle – what you have on-hand. Ask student to get treatment by a physician as soon as possible. If physician assistance isn't immediate, once on shore, soak in hot water of 113F / 45 C for a half hour. Soaking in vinegar or acetic acid several times *may* dissolve spines, but physician treatment is always recommended. (Source: *Surf Survival*.)

Jellyfish Stings

Jellyfish are now more commonplace in salt water, due to the warming of the oceans from climate change. As a result, stings are on the rise as well. Not all jellyfish are problematic, but some stings can lead to death. Tentacles contact with human skin can cause a mild sting or burning, shooting, and considerable pain. Shock and drowning may occur if the victim is swimming.

If appropriate for your paddling region and the areas where you teach, provide rentals, or lead tours, know the variety of jellyfish and the effects of their sting. Be aware of their presence while holding a class or leading tours. Ask clients, who may not be able to identify more hazardous jellyfish varieties, to stay clear of their presence.

Treatment

For effects such as vomiting, lethargy, or difficulty breathing, victims need to seek medical attention immediately.

For less serious injuries, after getting consent, soak the wound in vinegar (or use 4-6% acetic acid) and wash with sea water as soon as possible.

Carefully remove some tentacles with finger tips. Avoid hot or cold water over the injury. Scrape the tentacles off with a razor or credit card. For longer lasting skin reactions, apply a topical steroid cream or topical Benadryl (diphenhydramine). (Source: *Surf Survival*.)

Coral & Barnacle Cuts

Cuts from coral reefs and barnacles can be a problem. They can develop into infected sores if material from the coral or barnacles remain in the flesh after an abrasion. After getting consent, clean the wounds from these cuts thoroughly with fresh water or saline. Apply hydrogen peroxide to push out fine particles and bacteria, and use antibiotic ointment when bandaging. If a wound isn't healing properly, encourage victim to see a physician as soon as possible. (Source: *Surf Survival*.)

Cuts in Warm Tropical Waters

Tropical water is filled with numerous bacteria. It's important to clean any cut or scrape that occurs in these waters as soon and as thoroughly as possible to minimize the possibility of infection. Instruct students who get any cuts in tropical water to thoroughly clean cuts immediately after class and apply an antibiotic ointment, such as Neosporin.

ENVIRONMENTAL CONDITIONS AND ITS EFFECTS ON THE PADDLER

The best water condition for SUP beginners and intermediate paddlers is calm flatwater with no wind or current. These conditions can be found in bays, harbors, marinas, inland waterways, lakes, or reservoirs.

However, flatwater can still be dangerous if conditions worsen due to strong wind and other factors. Always be aware of the conditions around you and be prepared for "What If" scenarios which will prevent problems from occurring on water during your class or trip and could possibly prevent a catastrophic situation.

Overall, beginning paddlers will naturally feel safer and more comfortable learning in calmer conditions, so knowing when to stop a class or move to another location as conditions change is important.

Water and weather conditions to be considered every time you paddle:

- Water Conditions
- Currents / Tidal Flow
- Weather Conditions
- Wind
- Wave and swell conditions
- Vessel Traffic

Tips for Preparing for a Successful Trip:

- Research your local conditions and the conditions where you'll be teaching.
- Using local knowledge and learn about prevailing conditions to establish guidelines and safety parameters for your students.
- Educate everyone about the location you're paddling in and point out any hazards.
- All of the above weather, water and related factors can be researched in real time online or with a VHF or weather band radio before and during your class or trip.
- Have a backup location in case your first choice isn't appropriate. Arrive early to scout each location.
- Be willing to cancel or reschedule your class if conditions aren't appropriate or safe for your students.
- You are the expert and are responsible for the safety of your clients and equipment. Avoid putting your clients at risk in potentially dangerous situations.

Weather Conditions to Avoid

- Lightning
- High wind (15 knots or more)
- Strong tidal or river current (3 knots or more)
- Shallow rivers
- Choppy water (waves above knee height) or confused waves refracted off a wall or armored shoreline
- Hazardous boating traffic. Stay out of designated boating channels and areas of heavy boating traffic. Find a quiet cove or bay.
- Coastal surf zones. Paddle on knees or prone past small (knee to waist high surf) to calm water or avoid area altogether.

Wind

Wind can have dramatic effects on paddlers and can change a calm waterway or lake to a dangerous situation very quickly. Avoid teaching in windy conditions if possible.

In some areas wind can't be avoided, and depending on the conditions a class may need to be rescheduled.

Leading up to a scheduled class, check the weather report for wind and other conditions periodically, starting the day/night before right up to before you depart for the class. You can use online sources such as National Oceanic Atmospheric Association (NOAA), SailFlow and WindAlert, all of which have mobile apps. Or tune into your local weather station for real-time wind forecasts.

Use the Beaufort Wind Scale chart to interpret the on-water wind conditions associated with the terminology used in these wind weather reports. For example, a Force of "1" means the wind is between 1-3 Knots and the on-water conditions will create scaly ripples. A Force of "12" means the wind is 64+ Knots, and is classified as a Hurricane.

See the Beaufort Wind Scale chart in Appendix E. Study this chart to learn the terminology used in weather reports, so you can determine if you need to reschedule a class or if it's safe to go out.

Tips for Teaching in Windy Conditions

- Scout the area you want to teach in to determine if it's safe for your students.
- Check with the National Oceanic Atmospheric Association (www.noaa.gov) or your local weather station for real-time wind forecasts prior to getting on the water.
- Check the barometer and wind forecast to see if the wind will increase, decrease, or remain steady.
- Once you arrive at the lesson or tour location, make a decision if the conditions are safe to teach in. Determine whether to cancel if the wind is too strong.
- Teach your students how to paddle prone, sitting, or kneeling as methods to paddle upwind if necessary. Choking up on the paddle for sitting or kneeling helps in paddling straight. Prone paddling is the most efficient method of paddling upwind, because there is less surface area for the wind to push back against.
- Start the class going upwind. Not doing so will make for a difficult paddle back (upwind) to your starting point, particularly for students who either don't have an efficient stroke or are in average or poor physical shape. Paddling a SUP the first time can be exhausting. Be aware of students' physical limitations.
- Consider running a shuttle by having students paddle from Point A to Point B downwind, and then shuttling them back to Point A.
- Students should learn how to "draft" others for an easier transit upwind, especially if a stronger paddler can assist a weaker paddler going upwind. The forward paddler reduces wind resistance for the paddler in back and creates an eddy behind their board, thus pushing the rear paddler forward. This is a common race technique in windy conditions.
- Students, and all paddlers, should pair up and remain with their paddling partner if caught in windy conditions.
- If you're unable to return to your starting location due to difficult upwind conditions or being blown too far downwind, do the following:
 - Change your course or route if that helps to get back to your starting point.
 - Use wind protected sections of water to paddle upwind. You may find calm areas behind hills, headlands, points of land, or steep cliffs.
 - Prone paddle or sit to paddle upwind. More advanced paddlers can put a foot back on the board which rotates their torso to the side thus deflecting wind, instead of standing directly facing it.
 - Use a short cadence in your paddling stroke to paddle upwind.
 - Instructors should always carry a tow rope to assist students who are fatigued, cold, or cannot otherwise reach the final destination on their own.
 - If absolutely necessary, seek an area of safe refuge and be willing to call for help. As an instructor or trip leader, you are responsible for the safety of everyone, and always need to be prepared to make the final decision that will avoid putting others at risk.

Getting Back on the Board in Wind

Climb back on the middle of the board from the upwind side.

Stand up facing the wind, much like a plane taking off from an aircraft carrier.

Tip: In wind, when sitting on the board to rest, place your paddle under your thigh to prevent it from being blown off the board.

Currents

It is important for all paddlers to be aware of tidal changes. Be aware of in-coming and out-going tidal flow in all bodies of water that could affect safety on the water.

Published tidal and current charts as well as local knowledge of conditions on the water should be considered every time a paddler is on open-water.

Current and river conditions should be checked before each paddle and time/duration on the water should always be considered for possible changes in the direction, movement and flow-rate of the waterways.

It is possible that even the slowest moving deep water could make it impossible to safely reach your destination. Safe navigation in all slow-moving deep water is crucial to the paddler's safety. Avoid paddling in swift tidal or river current if you lack experience and training in such water.

River mouths flowing into saltwater can be extremely dangerous due to strong outgoing current, especially on an ebb tide.

In this course we don't cover conditions above Class 1 rivers, which is moving water with a few riffles and small waves, and with few or no obstructions.

Understanding Tidal Current

The following terms are used to describe tidal currents.

Ebb – Outgoing tide or current.

Flood – Incoming tide or current.

Slack – Period between ebb and flood usually with no or minimal current. Lasts approx. 30 minutes.

Eddy – When current flows around a point, bend or large rock, water will recirculate upstream behind the obstruction. Eddies can be used as a rest stop from the current or even help you move upstream. Wind can also create eddies.

Tidal Table – Measure of vertical movement of water.
<http://tidesonline.nos.noaa.gov>

Current Table – Measure of horizontal flow of water.
<http://tidesandcurrents.noaa.gov/currents13/>

Note: Information from both tidal and current tables is not exact. Wind, rain, and snowmelt can increase the speed and timing of the flow of water. For example, if slack tide is listed to start at 1pm, but heavy rain was in the forecast the night before, the slack may instead start 15-30 minutes earlier.

Note: Wind that opposes current can build sizable waves. Watch both the wind and tidal/current forecasts in determining whether to paddle in a location.

Tips for Paddling in Current

- Scout the location prior to getting on the water. Is it safe for your students? If you are not as familiar with the area, inquire locally or through paddling guides about the region you're paddling in.
- Areas where tide flats occur have a minimum paddling depth. You should only paddle into these areas at high tide or incoming tide. If you don't keep track of tidal changes, you can get stuck in mud several miles from shore. In this situation, to avoid sinking in the mud, you may have to belly crawl out while dragging your gear, or wait hours for an incoming tide. There are some areas in which the mud can be waist deep, and would require an aerial rescue. One such area is Turnagain Arm in Alaska.
- River hazards include downed trees and log jams. Local info will give you important tips to avoid problems.
- Avoid paddling any river during flood stage.
- Consider running a shuttle to paddle from Point A to Point B.
- Paddle upstream first if possible.
- Avoid paddling into branches, bushes or near downed trees.
- Use hand signals to direct your class if out of voice reach.
- Instructors should always carry and know how to use a tow rope.

How to Paddle Up Current

- Use a very short cadence to avoid being pushed backwards.
- Draft the paddler in front of you. Their board will create an eddy, reducing current flow in front of your board.
- Use eddies to move upstream. This is called "eddy hopping."

How to Ferry

This is a method of paddling across river current without going downstream. To ferry, place your board in a 45 degree upstream angle and as you begin to paddle, watch an object on the opposite shore. Keeping your eyes on the object, the current will push you across the river. Looking down or up will turn your board in those directions. In rivers with busy boating traffic, let boaters pass before you cross.

Understanding River Current

For this course, we'll only cover Class 1 rivers, which are classified as easy. These are rivers with light current, a few riffles (small rapids), and few or no obstructions. They require easy self-rescue.

Class 1 rivers may include small rapids and small obstructions. However, slow moving rivers can be dangerous places to paddle without a basic understanding of that environment.

Avoid paddling in shallow fast-moving rivers if you don't have solid experience in river paddling.

CFS (cubic feet per second): The standard way to measure the volume of water in a river. Translates to the measure of water flow equivalent to one cubic foot of water passing a given point for one second. In the US, American

Whitewater is a good source of river flow information: <http://www.americanwhitewater.org>. Go to the National River Database on this website to find CFS levels for rivers by state. Know at which level your river is safest to paddle.

Gradient: The descent of a river over a period of distance. Less gradient means the river will flow slowly whereas a steeper gradient will increase water flow and will create rapids.

Safety on the River

- Always check the river level (CFS). Inquire locally or learn from guidebooks about optimum river levels learn about any hazards. There are several websites that can give real time data for river levels and hazards.
- If possible, drive the river section you'll be running prior to paddling it to look for any hazards.
- If the water is cloudy or muddy, test the depth with your paddle before dismounting your board.
- Don't jump or dive in from your board. If you fall off the board, spread your arms and legs for a belly flop landing.
- In swift current, especially in shallow areas, keep your feet on the board. Dangling feet can lead to foot entrapment.
- On rivers, leashes are optional, especially if there's a lot of wood in the river which could catch the leash. If you wear a leash, attach it to your PFD or on a quick release buckle on your waist. DO NOT attach to your ankle, which could lead to entrapment – if you are not able to reach your ankle to release an entangled leash.
- Always carry a tow rope and First Aid kit for emergencies.
- Stay within voice distance of your fellow paddlers.
- FRS Radios / Walkie Talkies are a great option for staying in touch with your students in or fellow paddlers in remote areas if you get separated or to communicate with a team member at the take out.
- Take a Swiftwater Rescue class if you plan on teaching or paddling in current.

River Hazards

Strainers or logjams. These are downed trees which may partially or fully cross the river. Current runs through the tree but people usually get caught in the tree limbs which may results in drowning.

Low head dams or weirs. They look pretty but are one of the most dangerous hydraulics on a river. These are low dams where water flows over the top. Water rushes back upstream after falling creating a viscous hydraulic which will not release a swimmer. Best to avoid these areas altogether or plan to portage. This video describes the issue: <http://krcproject.groups.et.byu.net>

Sweepers. These are overhanging trees which obstruct your view downriver and can act as strainers. Bushes along the shoreline have a similar effect.

Wind. Wind opposing downriver current can create rough water and even large waves. Always check the weather forecast before going on a river trip.

Cold water. Cold water is one of the main killers of paddlers, and even boaters, in river environments. Many rivers run swift and cold from snowmelt in late spring. Blue skies bring inexperienced and poorly equipped paddlers to the water often resulting in rescues and fatalities. In Washington State, spring annually has the most accidents. Dress for immersion and the water temperature. Wearing a PFD will keep your core warm and keep you afloat in case of being chilled and for preventing hypothermia.

Boating/Vessel Interaction and Traffic

Learn about your local boating and waterways rules and regulations. Check-in with the local Harbor Patrol/Waterway Enforcement Department or Sheriff if you are unsure of the laws and regulations governing the use of SUPs on the water.

Check out the Victoria Harbor Marine Traffic Map in Appendix E: Safety Resources for an example of a complex urban waterway.

Here is a safety bulletin from the United States Coast Guard for the San Francisco Bay area regarding stand up paddle boards: http://www.uscgboating.org/assets/1/workflow_staging/Publications/420.PDF

Crossings Busy Waterways or Boating Channels

In busy waterways or channels, wait for boats to pass before crossing. SUPs don't have the right of way over power or sailboats.

When crossing busy waterways or channels make sure the class stays in a tight group. Don't cross as a single-file line.

Respectfully instruct less experienced or less confident paddlers to sit, kneel or prone paddle to avoid falling and creating a safety issue with oncoming boaters, and to better keep up with the group.

TIP: In some situations you may want to model this to students – by knee or prone paddling across with them - so they don't lose their confidence or feel singled-out because of their skill level.

Paddling with Boats

- If you have to paddle with boats, follow behind their stern or alongside a boating channel.
- Make eye contact with the skipper.
- Don't assume a skipper will see you.
- Wear a white non-blinking light at night. Avoid boating channels or areas of heavy boating traffic in low light or night.
- Don't assume you have right of way.
- Always wait for boats to pass and never cross in front of them.
- Look both ways before crossing a boating channel. Think of it as crossing a two- or four-lane highway.
- Always watch your back. Even in if you're in the right place, some boaters may head directly towards you.
- Avoid areas of heavy recreational or commercial boating traffic. Beginners may also struggle to stay balanced with multiple boat wakes.

- Stay out of busy boating channels unless you have enough ample room to cross.
- If in a group, cross in a tight formation vs. a single line. You will have better voice contact with them and be a smaller target for boaters.

Sailboats

Sailboats with sails up will travel in a constant path of travel unless they are tacking (changing direction). It is safest to paddle to the upwind or lee side of a sailboat under wind power. The windward and lee side of the wind changes in reference to being on the water compared to being on land. Sailboats have a limited view through their mast and riggings, so don't assume they see you.

Personal Watercraft & Jet Skis (PWC)

PWCs can only create turning movements with forward thrust, therefore more speed. Avoid putting yourself in front of or in the direct path of a PWC.

Powerboats

When moving, powerboats can't see you - their bows are raised. In open water boats may be under auto pilot (cruise control) with no one at the helm to see you.

Small Craft – rowing shells, kayaks, canoes, etc.

It is safest to paddle toward or facing oncoming traffic. Make adjustments as needed as you get closer. In cases of a variety of rowing craft coming your way move aside until they have passed.

Freighters / Tankers or other Large Commercial Ships

In open water, large ships take several miles to stop. They cannot stop for you. Plan your crossing with adequate time to clear the path of any ship. Large ships may appear to be going slow but are often travelling at 20kts (2 miles in 6 minutes) and can close the distance between you and them quite quickly.

Monitor the local harbor channel on your VHF or use marine apps to watch for incoming ships. In the United States, you can use your VHF to contact the Coast Guard to inquire about boating traffic which may affect your course. A few online services provide information such as the type of ship, its destination, its speed and a photo of the ship to assist with your decision making.

Ferries

Ferries follow a specific path on every run. Learn their path and sailing schedule so you know to avoid them or when to pass by prior to the arrival of the vessel.

In the US, small craft boaters are to stay 100 yards from ferries. Do not cross the path of a ferry as they are going faster than you think and they'll have a difficult time steering out of your way.

Military Vessels

In the United States, do not approach within 100 yards of a US Naval vessel, and slow to a minimum speed within 500 yards of any US Naval vessel. Violators of the Naval Vessel Protection Zone face 6 years in prison and a \$250,000 fine. Read more on this web page: <http://www.boatsafe.com/nauticalknowhow/homelandsecurit.htm> Know the appropriate distance to maintain for military vessels in your paddling location.

Tip: Keep a straight line when approaching boating traffic. A serpentine or inconsistent path can put other craft in a navigational conflict as to which direction you are going.

Here's a website that is a good resource for boating safety – United States Coast Guard Boating Safety website: <http://www.uscgboating.org/>

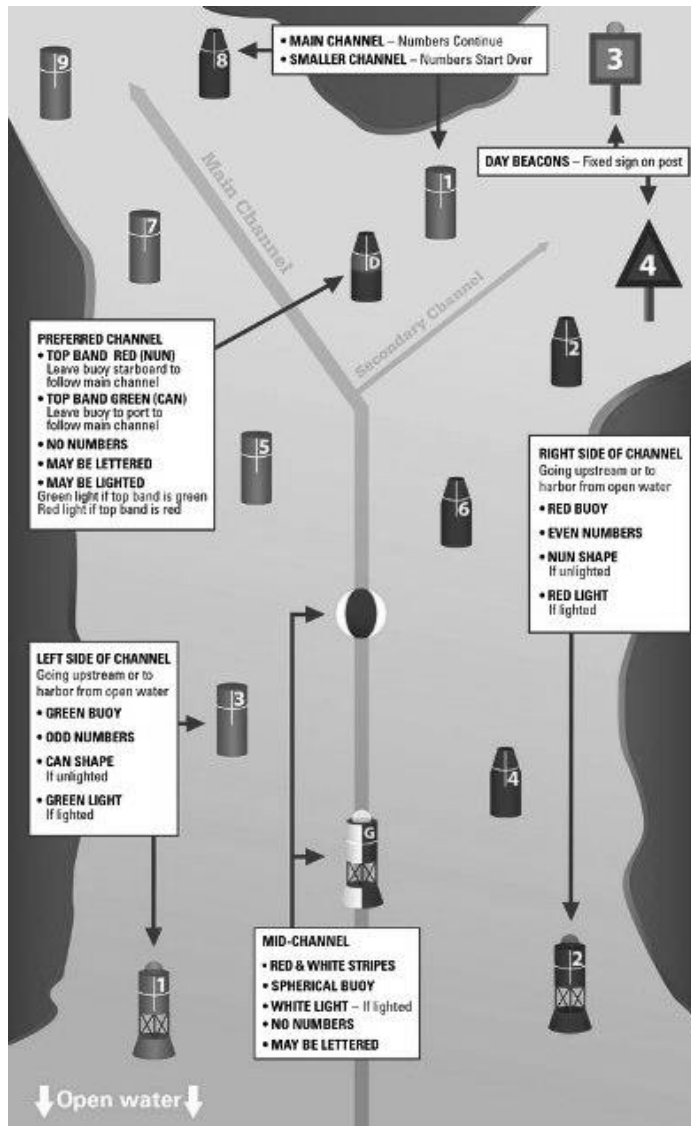
The Rules of the “Road” for Paddlers

Generally paddlers don't follow the same course as boats, but in or near harbors it's important to know how the “Rules of the Road” apply to human-powered watercraft. In many areas SUPs are rapidly gaining a poor reputation for not following these guidelines which in turn may affect legislation on how and where we paddle in the future.

Buoys

Buoys are placed for several reasons. Sometimes they mark a reef or shoal for boats to keep an eye out for. Other times they mark a boating channel for vessels to follow when departing or returning to harbor. In this case, channels create a safe passage for vessels to avoid shallow shoals or reefs on either side of the buoys.

Since boats don't have brakes they often can only swerve around obstructions, such as a paddler, in their channel. It's not uncommon for paddlers on a SUP to cross a boating channel without looking or properly judging the speed of an incoming boat thus creating a steering issue for the boater.



Boating channels are marked by red and green buoys. When vessels return to harbor they must keep the red (starboard) buoy on their right and green (port) on their left. It's the reverse for a vessel leaving the harbor – green (port) on their right and red (starboard) on their left.

Spotting Channel Buoys

Green (port) buoy: Can shape, odd numbers, white or green lights, solid color.

Red (starboard) buoy: Nun shape, even numbers, white or red lights, solid color.

Tip: Carry a marine chart to learn where boating channels and buoys are located. Charts are available online and as apps.

Basic Boating Terms

- Port – Left side
- Starboard – Right side
- Bow – Nose or front of board
- Stern – Tail or back of board
- Astern – Rear or back of a vessel

Avoiding Collisions with Boats

- **Red; Right; Return:** In a boating channel, boats returning to harbor must keep the Red buoys on their right side. If paddlers must share the boating channel to reach their destination, they must also follow this rule.
- **Yield to the Right:** When two vessels are approaching each other one must yield to the right, by slowing, changing course, or both. If you are a paddler, and a boat is coming directly at you, you must yield to the right.

- *Might Makes Right*: Simply put, yield to larger vessels. This also applies in the case of SUPs vs. a fast moving powerboat.

Overtaking Vessels

When another vessel approaches from behind another, the overtaken (forward) vessel has right of way. This doesn't apply to shipping lanes where ships always have the right of way. Use common sense as a paddler when overtaking a motorized vehicle.

Navigation Lights

Paddlers are required to show a continuous white light at night visible 360 degrees for 2 nautical miles. This doesn't always work because you'd have to wear it on your head to be effective.

The best option is to wear a light on your back shoulder, for example clipped to the back of your PFD, or your waist line, so as not to interfere with your night vision. And also carry a second hand-held light in case paddling near other boats or if there's a possibility of a collision. The second light can be a small waterproof light stored in your PFD or a pocket, ideally on a short string to prevent from dropping it in the water.

Learn to Recognize Navigation Lights for Shipping Vessels

- Tugs use 2 vertical mast lights for tow lines less than 200 meters; 3 mast lights for a tow longer than 200 meters. Often barges behind the tugs aren't lit. Beware of and give wide berth for the cable connecting the two.
- Pleasure craft show side (red and green) and stern lights.
- Commercial fishing vessels show red and green side lights, a stern light and a green light on the mast.
- United States Coast Guard, customs and Police boats use blue flashing lights.

Ship Horns & Whistles

Much like understanding shipping navigational lights at night, learning ship horns and whistles can save you from a collision especially in poor visibility conditions, like fog or at dusk.

- 1 Blast: The boat is changing its course to the starboard side (right).
- 1 Long Blast: The boat is going around a bend or going wide around you.
- 2 Blasts: The boat is changing its course to the port side (left).
- 3 Blasts: The boat is going into reverse.
- 2 Long Blasts and 1 Short Blasts: The boat is passing on your right.
- 2 Long Blasts and 2 Short Blasts: The boat is passing on your left.
- 5 Blasts: The boat doesn't understand your course or direction.
- Blasts every 2 minutes: This is used in fog to help identify the location of a boat, so you know to stay clear.

Vessel Traffic Services (VTS)

All commercial vessels communicate with and show up on the VTS system. Websites such as marinetraffic.com show real time status of shipping movement throughout the globe, which can be accessed via your phone on the water.

Alternatively, you can monitor your local harbor channel on a VHF radio for hourly broadcasts of the shipping locations in your area. In the United States, you can also contact the Coast Guard with your VHF for specific info which may affect your course.

Paddling at Night or in Fog

Avoid paddling at night or in fog with a group without previous experience. The VTS service can assist in locating nearby vessels. If you don't have cell service use your ears to listen for boat motors.

At night when there is no fog you can also watch for navigational lights. In urban areas with lots of on shore, watch the area you want to paddle to for a while to look for moving lights.

You need to be very familiar with the area where you plan to do a night paddle with a class or tour. Don't use a light on shore to mark your launch location to return to in case the light is turned off when you return. Use a permanent landmark near your launch point, or GPS of your starting location, to get back to your launch point.

Paddling with Marine Animals

Marine rules for approaching whales vary worldwide. For orca whales (killer whales) here's a sampling of expected on-water protocol when they are present.

- Within 400 meters / 437 yards of the side of a whale is considered the Slow Zone. If paddling near the side of a whale,, paddle slowly and don't approach.
- Within 400 meters / 437 yards of a whale, avoid abrupt course changes.
- The rear of a whale is considered the No Go zone. Do not approach.
- Do not follow or intentionally cut off an oncoming whale or pod. If they approach you, carefully clear their path.
- Do not paddle toward and stay at least 183 meters / 200 yards away from any whale, dolphin, or porpoise.

You can find more detailed guidelines and regulations for paddling or boating near whales and other marine mammals on the Be Whale Wise website: bewhalewise.org

RESCUES

Whether paddling with friends or as a Guide there's a good chance you'll be involved in an on-water rescue at some point. Not all rescues may be of people you know and it's possible that you may have to help someone in a kayak, powerboat, or even a swimmer. By law, all on-water vessels, which include SUPs, are required to offer assistance in the event of an emergency, provided assistance does not endanger the potential rescuer.

Even with the following information to help prepare you for this event, you may need to improvise for a successful rescue. Being prepared for anything will make the experience better for everyone.

Remember, don't perform a rescue if doing so will endanger your life or the lives of bystanders, or create another problem. Also, remember to ask for consent from the victim, if he/she is an adult of sound mind, prior to attempting a rescue.

The following methods and techniques for rescues using a SUP are covered here:

- Self-rescue - prone, sitting, or kneeling
- Leash tow
- Rescuer lying on top of prone victim on SUP, using hands to paddle to shore
- Rescuer standing over prone victim on board, paddling back to shore.
- Rafting Up – Laying boards over each other to create stable platform (ideal for CPR)
- Changing boards on water
- Flip rescue
- Rescue of other watercraft, swimmers & T-Rescue for kayaks, etc.

Self-Rescue

It's not uncommon for paddlers to get caught downwind or in rough water, conditions that may challenge their stability. The following methods of self-rescue have proved invaluable for paddlers getting back to shore on their own.

Prone Paddling

This is the most effective way to paddle upwind. Laying prone makes the paddler the most wind resistant and paddling with both hands is actually quite efficient. Prone paddling is most efficient using alternating arms to paddle with fingers closed. The technique which resembles the cobra pose in yoga can be tiring at first but placing a PFD under the paddler's chest can assist in propping up their chest and neck for a more comfortable position. If the board is too wide, move forward. Prone is also great cross training to paddling a SUP.



Paddling Sitting Down

Paddling on the knees can be uncomfortable after a while and isn't very wind resistant. Sitting reduces wind resistance and is a lower center of gravity for stability in rough seas. Sitting cross-legged, with legs straight out front, or with knees up in a kayaking position are common ways to paddle while sitting. There are two methods of paddling sitting: Kayak Style Stroke & Canoe / Outrigger Style Stroke.



Kayak Style Stroke



Canoe / Outrigger Style Stroke

Kayak Style Stroke: Holding the paddle with one hand just above the blade then align the other with your shoulders (2' apart). Hold the paddle at chest height horizontally above your lap. Place the blade in the water for a stroke then place the shaft and T-grip of the paddle in on the other side. The method uses both ends of the paddle using a kayak stroke. This method is easy and very efficient in moving the board.

Canoe / Outrigger Style Stroke: This is the most common method of paddling when not standing. Holding one hand just above the blade and the other in alignment with your other shoulder, raise the upper hand so the paddle shaft is vertical in the water on one side of the board. Lean forward driving the blade into the water and pulling back. Pull the blade out at your seat and lean forward again for another stroke. The key is to keep the paddle shaft vertical which makes you go straighter. If the shaft is angled over your lap, the board will turn drastically to one side for each stroke thus making you work harder and switch hands more often. Keeping your lower arm straight, your torso turns thus providing more power and less effort. Adjust your trim (placement) on the board depending on conditions. If you're paddling into the wind and waves, move back to let the board go over the waves vs. digging in.

Kneeling

Kneeling is the most commonly used method of paddling when not standing. The downside is paddling upwind, as the paddler's body isn't very wind resistant. The paddle should be held in middle of shaft not using handle unless an adjustable paddle has been shortened. Paddler should raise upper hand/arm so the paddle shaft is vertical in water to go straighter. If the paddle is at an angle over the board, they will turn with every stroke.



Non-Towing Methods for Getting a Board Back to Shore

Here are some methods to know and practice for rescues in situations when a tow rope isn't available or there is only one board involved, because the other has gone missing or the person who needs rescuing doesn't have a board, though some have a downside.

The safety of the rescuer and the victim should always be the top consideration when working out the best method to use for a rescue.

Prone Paddling – Victim & Rescuer on One Board

A common rescue technique used by surfers, this method involves the rescuer prone paddling while lying on top of the legs of the victim, also prone, and paddling back to shore. This technique may also be helpful in rescuing swimmers who may not have their own board.



Using the flip rescue (described below), the rescuer flips the victim onto his/her board and then lays flat on top of the victim's legs and buttocks, and prone paddles the board to shore.

There are a few downsides to this the rescue. If a SUP is rescuing another SUP or a surfer, the SUP rescuer would have to leave a board and paddle behind as they paddle to shore.

Also, larger rescuers may be too heavy to lie on top of a smaller victim, not only causing further injury but also potentially sinking or capsizing the board.

And finally, if a smaller paddler is doing the rescue, a smaller paddler's hands may not be able to reach the water on either side of a wide board or if he/she is too high above the water.

Placing Rescuer's Board Nose on Top of Victim's Board

This method involves the rescuer placing his/her board on top of the tail of the victim's board and prone paddling or stand up paddling to shore with both boards wedged together.

This option is best accomplished with the nose of the rescuer's board nearly 1/3 to half way up on top of the other board.

Use the Prone Paddle technique above to paddle to shore, or stand up paddle.



Rafting Two Boards

By placing boards on top of one another, you can create a very stable raft that can be used for rest or to perform CPR. In a rescue that requires assistance from an Emergency Medical Service (EMS) this is an ideal way to be more visible. The raft system can be seen from a longer distance than a single board.

Changing Boards On Water

If a situation requires you or a student to switch boards for any reason while on the water, position both boards parallel to each other and remove leashes. The exception to this is in rough water, when both leashes should be kept on until each paddler has switched boards to avoid losing one or both boards.

After lining up the boards, one paddler should hold both paddles across the two boards close to the center as a support, and place his/her legs on the other board offering additional support. The other paddler can then slide over to the opposite board. It's important for both paddlers to stay as low as possible for a lower center of gravity, and to reattach the leash to the new board as soon as possible.

Flip Rescue

The flip rescue originated in surfing as a method for placing unconscious or injured paddlers on top of their boards in deep water to perform CPR or tow or swim them to shore.

In SUP, the rescue has been used not only for injured or unconscious paddlers but also for fatigued and out of shape paddlers who are not able to climb back on their boards.

In an emergency situation, this rescue should be a fluid process that only takes moments. This is a rescue that should be practiced and timed with the goal of taking no more than one minute.

If you come across a fatigued or injured paddler, you will need to determine if this rescue is appropriate to the situation. For example, if the victim may have a neck or spinal injury, you would not want to perform this particular rescue.

If the victim is conscious, ask questions to determine the degree of injury and if this is the right rescue method to use.

Always use your best judgment in any rescue situation to avoid causing additional injury to a victim or injuring yourself. Make sure you get consent before proceeding with the rescue.

There are some variations to the flip rescue, depending on if the victim is conscious or unconscious, or has lost his/her board and/or paddle.

The following illustrated sequence of this rescue is an example of a flip rescue in which the victim is conscious and has not lost her board or paddle. This is a good place to start learning this rescue.



Paddle up to the victim, as close as possible. Get low on your board as you get closer, to avoid colliding with him/her and possibly falling.

Ask questions, such if he/she is staying warm, if he/she is injured and/or fatigued. Look for signs of hypothermia. Ask if you may perform the rescue.



Slip off your board while still holding your paddle, or attach your paddle to your board if it has tie-downs. Keep your leash attached so your board is nearby. Ask the victim to hold onto your board, along with his/her paddle, to prevent him/her from drifting away.

If the victim has a leash that is attached to his/her board, do not remove the leash.

If the victim is thrashing and panicking, approach carefully to avoid being pulled under. You will need to quickly take control and help him/her feel secure by helping him/her to your board to

hold onto as soon as possible to alleviate panic. Secure the victim's paddle yourself, if possible and if time allows in the given situation.



Make sure victim is secure on your board.

Flip the victim's board over so the fins are up.

If you can't easily flip it over, climb on the board partially and then fall back to flip it over.



Once you've flipped the victim's board over, instruct and, if necessary, help the victim move to the middle of the overturned board, facing the board. NOTE: This position will achieve the end result of the flip rescue with the victim face down on the board.

If you don't have a way to keep the paddles securely attached to your board in this next phase, it is important to keep them nearby to complete the rescue. In high winds or rough water, where a rescue situation is more likely to take place, they could be blown or washed off your board and quickly drift away, leaving you without an efficient way to paddle back to shore.

If you don't have outfitting to keep the paddles safely secured to your board, if the victim is capable, ask him/her to hold onto the paddles while making this move to the middle of the overturned board.

If he/she is not capable of this maneuver, quickly bring the paddles over yourself and slide them under the victim's arms to keep the corralled between the victim and the board. Ideally the paddles should be held in the water under the victim's arms between the victim and the overturned board.



Move to the middle of the opposite side of the overturned board and position yourself across from the victim, if you're not already in this position.

To start the flip, climb onto the middle of the overturned board and either grab the victim's PFD shoulder straps or cross his/her arms and grab both hands.

If the victim is in a wetsuit, you can also grab the wetsuit at the victim's sides, below the underarm, which will give you more leverage for the flip.

NOTE: This illustration shows the rescuer taking hold of the PFD shoulder straps.





While continuing to tightly hold onto the victim, stand up as much as possible on the overturned board and fall backwards away from the victim and into the water, making sure any other nearby boards are out of your way before you fall. If you find it difficult to flip the board, or if the victim is much larger than you, to create more leverage place your heels over the rail of the board and then fall back.



The momentum from your backwards fall will flip the overturned board and lift the victim out of the water and onto the right side of the board, pinning the paddles between his/her chest and board deck.



Lift the victim's legs onto the board with his/her head facing the nose/bow of the board. In rough water ask him/her to wrap his/her arms around the board so as not to fall off.

- Now you have some choices to make depending on the overall situation:
 - You can prone paddle the victim out on his/her board, towing your board, which is attached to your leash, behind you.
 - You can get back on your board and use a tow system to tow the victim to shore. In this situation you stand up paddle your board to safety, towing the victim behind you. You can knee paddle in rough water or high wind.
 - If necessary, you can perform CPR on their board – your board is still secure to you with your leash – and signal for help.
 - You may not be able to get the victim to shore, and you may need to call for help from your location – using any or all combinations of a VHF radio, cell phone, or flare. You can raft up the boards for more stability while you wait.

Here are some variations on this rescue to take into account the following: rescuing a conscious paddler who has lost his/her board and/or paddle; rescuing an unconscious victim with or without a board and/or paddle.

- **Rescuing a conscious paddler who has lost his/her paddle:** In this situation, because you will be towing out or prone paddling the victim back to shore, or getting additional help, the loss of one paddle does not affect the rescue method described above. You would only need to maneuver your own paddle, and keep it secure, throughout each step.

NOTE: If the victim's paddle is close enough to retrieve and it's not a life-threatening situation, and it's safe for you and there is time enough to do so, you could retrieve the paddle. Remember, the loss of a paddle isn't important in a situation in which the victim needs attention.

- **Rescuing a conscious paddler who has lost his/her board:** If the victim's board is not nearby, paddle over to the victim as close as possible, slip off your board and ask them to hold onto you.

Overturn your own board to start the flip rescue. Then ask them to hold onto your board in the middle, following the same steps outlined above. In this case, you will need to prone paddle both yourself and the victim to shore on your board, or, if the victim is small enough, you can stand up or kneel over them and paddle back to shore.

- **Rescuing an unconscious victim or a victim who is slipping under the water and unable to swim:** In this situation, getting the victim out of the water as soon as possible is more important than factoring in the victim's paddle and/or board.

Approach the unconscious or drowning victim as safely and quickly as possible on your board.

If you have outfitting on your board, secure your paddle to your board. Next slip off your board into the water, and as you slip off your board, grab the opposite rail with one hand to flip your board over as you slide into the water. If you do not have outfitting, you can tuck your paddle underneath your arm lengthwise after this flip.

Ideally keep continue to keep one hand on your board and grab hold of the unconscious victim.

Pull the victim over to the middle of your board, facing away from the board. If you are holding your paddle, tuck it between the victims back and the rail of the board. NOTE: It's important to have the victim face away from the board, rather than face the board, because the end result of the flip will be that the paddler is face up on your board, which will allow you to start performing CPR if that is necessary and safe to you as the rescuer in the situation.

Now, while continuing to hold onto the victim, work yourself onto the middle of the bottom of your board. NOTE: The self-rescue practice of kicking yourself up on your board will help you in this situation.

Next you'll follow the same steps as outlined above to perform the flip.

Once you've flipped the board, the victim will be face up on the board. You will be back in the water and will need to immediately determine if the victim isn't breathing, and follow the steps that you learned in your CPR, Wilderness First Aid, or Life Guard Training Class to administer CPR if the victim isn't breathing.

IMPORTANT: You will need to make quick decisions in these situations, like if you have time to shout of a flare or call for help as you quickly approach the victim, especially in a remote situation.

We – PSUPA – do not include CPR, Wilderness First Aid or Life Guard Training as part of our course, but require this training from an accredited institution prior to taking this course so you will better be able to make the best decision possible if you are in this situation.

If you are paddling or guiding with students in a remote situation, where it may take longer to get assistance for a rescue, a Wilderness First Aid or Life Guard Training course is highly recommended.

Proper training and practicing all rescues will help you be better equipped to deal with a situation in which you need to take control in an urgent rescue situation.

Tips to Make the Flip Rescue More Successful:

- It's important to be able to do this rescue as quickly as possible in life threatening situations.
- Practice often with differently sized partners to simulate real world situations. Practice in all water conditions, calm and rough water and windy conditions. If the wind or swell is at the victim's back, it'll make flipping the

board easier.

- In rough conditions or wind, try to hold on to the victim throughout the rescue to prevent them from drifting away.
- If you're rescuing someone much larger than yourself, make sure to fully stand on their board before falling back. If unsuccessful, place your toes on the edge of their board, opposite the victim, with your heels overhanging, and then fall back – you'll create more momentum to right the overturned board.
- Make sure your board isn't directly behind you as you fall. Kick it back before falling backwards. Be especially mindful when using a coiled leash, which will keep your board closer to you.
- If the victim is conscious, talk to him/her throughout the rescue talk. Inquire if he/she is staying warm, if he/she is injured and/or fatigued. Look for signs of hypothermia.
- If you need to perform CPR or are too far from shore to paddle back and need to await rescue, you can cross your board on top of the victim's board which creates a very stable raft or platform where you can perform CPR or wait for rescue.

Towing

Towing is one of the most effective ways to bring a fatigued, injured, or even seasick paddler safely to shore on his/her board. It involves using a tow rope with one end is attached to the rescuer and the other end of the line attached to the board (or directly to the paddler) that needs to be towed.

There are several methods that you can use to tow a SUP. Every rescue situation is unique and will require different solutions. If you spend enough time practicing different methods, you'll find that a rescue in an emergency situation will go easier. By having the basic skills down, you'll feel more confident and calmer and able to focus on how best to put what you know into use and make sound decisions.

The following sections cover the basics you need to know in situations that require towing, as well as the tow system options or tools you have as an Instructor or Guide, and methods you can use.

Foundations for Towing

Keep the following guidelines in mind when in a situation that requires towing.

- The victim should be sitting or lying prone (on chest) on board. This keeps his/her center of gravity low to prevent him/her from falling off.
- Regularly check in on the status of the victim. Is he/she still connected to the tow line? Is he/she still on the board? Is he/she cold?
- For rescues going upwind, the rescuer may want to stay low or paddle prone to reduce wind resistance.
- The rescuers' tow system should have a quick release to let go of his/her tow line quickly in case of a snag or other complication.
- Surf zone rescues using a tow rope are not recommended without prior training in that environment. The board or kayak being towed can collide with the rescuer in those conditions – it won't drag behind and will likely be pushed ahead by a wave – making matters worse.

Tow Systems - Tools for Towing

It is essential for a SUP instructor or guide to have tools on hand for towing an injured or fatigued paddler to safety.

A tow system is the combination of the tow line, how it's stored, and the options you have for attaching the lines to tie together two boards. The systems vary depending on the attachment options, length of tow line, and other factors.

Tow systems were originally made for kayakers, but some manufacturers are now designing them specifically for SUPs and some experienced paddlers make their own systems. Popular brands are Salamander, North Water, Kokatat and NRS. If you can't find one in your local surf shop, try a kayak store, or order online.

Here are some tools and systems to consider having for towing. Though some were made with kayakers in mind, they work fine for SUP towing:

- *Throw Bag:* These are different from a tow bag and were originally designed for whitewater paddlers to enable them to throw a line from shore to a pinned or struggling boater or swimmer in a river. The rescuer has the option to fill the bag with water to add weight for a longer throw. The bags are usually round and are stowed on the deck of the watercraft. The rope is a floating line with a carabineer on one end, for attaching to the victim, while the other is tied to the bag. Lines vary between 30 and 75 feet long. This option can work fine for a SUP in non-river situations.
- *Tow System:* Designed for sea kayakers, these slender bags are usually worn around the waist or attached to a vest-style PFD on a quick release belt system. The floating line is attached to a carabineer which is held by the paddler being rescued or attached to his/her board in a variety of methods. Lines vary between 25 and 50 feet. The bag is designed to release quickly from the rescuer if there's a snag or the rescued paddler no longer needs the rope.
- *Short Tow Lines:* Some PFDs, such as the Astral Green Jacket, have a tow rope stowed in a pouch. This allows a paddler to always have a rope system on hand. The tow line is usually about 8 feet in length. "Pigtails" are short lines available to attach to one's PFD or board/boat and allow for towing small or short watercraft, such as a recreational or whitewater kayak. The short length limits the use of the system.
- *A paddle carabineer* is an option to use to attach the tow rope to the paddle shaft of the person who needs to be towed. Most carabineers aren't wide enough to go around the diameter of the shaft. These have an extra wide binder designed to attach directly to the paddle shaft, and a tow rope can in turn be attached to this carabineer.

Methods for Towing a SUP

Instructors and Guides should carry a tow bag or have a bow system, which is a loop attachment for the bow, modified for SUPs, which allow you to attach a line to a SUP board nose. Most SUPs don't have tie-downs or a handle on or near the front of the board, so you have to get creative with how you attach a tow line to the board or paddler you need to tow.

Holding the Tow Line by Hand

If the paddler you are rescuing is not injured and is conscious, ask him/her to sit or lie prone (on chest) on the board facing the nose. In either position, ask him/her to hold the tow line with his/her hands. Paddle in the direction of shore or to safety, pulling the other paddler behind you.

Holding Paddle Horizontal Over Lap



Another option if the paddler you are rescuing is not injured and is conscious is to ask him/her to hold the paddle across the lap or the board deck horizontally and wrap the tow rope around the paddle shaft securing the carabineer on the extended line. If the tow line has a paddle carabineer, they can just attach the carabineer directly around the paddle shaft. They need to hold on tight to the paddle, or lay across the deck holding it tight under their body, as you tow.

Attaching Tow Line to T-Grip in Prone Position

If the paddler in need of towing needs to lay prone, or prefers to lay prone, ask him/her to place the power face of the blade under his/her chest with the shaft and handle sticking out over the nose of the board. Attach the tow line to the T-grip (handle) using the carabineer.

Attaching Tow Line to Nose Leash Plug or Deck Outfitting

If the paddler who needs to be towed is on a board that has deck outfitting (bungees), a handle, or other secure attachment points on the nose or forward deck of the board this is the ideal location for attachment of the tow line. In this case the paddler being towed can sit or lay as comfortably as possible on his/her board while being towed to safety.



Wrapping Tow Line Around Board Rails



If your tow line is at least 25 feet long and you don't have attachment points on the board, you can wrap the line around the board, slightly behind the widest part, and connect the carabineer to the leading line attached to the rescuer.

The rescued paddler can lay prone over the line to secure it from slipping off the board. And when the rescuer begins to tow, the line should tighten around the board. If not, adjust it so it does not slip.

This technique is also ideal for injured or unconscious paddlers who are not able to hold onto a tow line.

Using a Leash for Towing

If you don't have a throw bag or tow system, a leash can be used a last resort. The downside is that the rescuer has to give up his or her leash, which means that he/she is no longer connected to his/her board. To be effective, the

rescued paddler would have to hold the leash by hand or wrap it around their paddle shaft (horizontally), around the T-Grip, or throat of the paddle just before blade.

Tip: Towing a board backwards doesn't work well. The fin will want to turn the board in one or both directions making it a struggle to keep the board straight. Removing the fin on water is also risky, with the possibility of losing the fin or the screw and plate used to attach it back to the board.

Rescuing People on Other Watercraft

While out on the water you may come across boaters or people using other watercraft who are in distress and may need assistance. By law, all on-water vessels, including SUPs, are required to offer assistance in the event of an emergency. Always make sure to stay safe and not endanger yourself or others.

Assistance may be as simple as using your VHF radio or cell phone to call for assistance, or rescuing a swimming or drowning boater who was somehow separated from his boat.

Always use your best judgment and use your water safety knowledge in these situations. Know your own limitations, especially as a stand up paddler in relation to the situation. Make sure to get consent prior to performing a rescue.

Section 5: Further Resources

Please refer to the appendices of this manual and the PSUPA website, which is frequently updated, for additional safety resources.

Rental Tips

- Purchase durable or inflatable boards for your rental fleet.
- Have all rental customers sign a liability form – provided by your insurance company – prior to getting on the water.
- Assist in carrying your customer boards to the water or offer wheel or shoulder strap options.
- Explain boundaries to paddle within and why customers shouldn't go in off limit areas. Have a photo or map at the rental counter so you can visually reinforce what you say. Make sure all renters keep within your boundaries despite their suggested skill level, and know when to change boundaries due to varied conditions.
- Place a sealed/waterproofed map of the paddling area on each board listing hazards, paddling boundaries, and areas of interest.
- Consider stocking your rental facility with immersion garments, such as wetsuits, sun protection clothing, water bottles and sun block, depending on the seasons and regional weather conditions.
- Outfit boards to carry customer water bottles and extra paddling clothing.
- Know when to cancel rentals due to poor weather.

INSURANCE - LIABILITY AND EQUIPMENT PROTECTION COVERAGE

Liability Insurance

Instructors must have liability insurance for their business. Putting people on the water can be risky so instructors need to protect themselves in as many ways as possible. It's impossible to predict every contingency and even the most experienced instructors have war stories about people and situations they've encountered.

Recreational liability insurance rates vary for each business, depending on the type of business, location, services offered, number of employees and the risk management plan. The more services offered, the more expensive it will be. Additional instructors or employees will also increase the annual fee.

As part of the process of applying for insurance a business will need to share its risk management plan. This includes the student-to-guide ratio for classes and tours, as well as safety planning. This is covered in more detail in Section 5 – Leadership Skills.

Once insurance has been secured, business owners should request and use the insurance carrier's liability form in all classes and rentals. The forms can be adapted to identify the business, by adding the business name or logo and other information specific to the business. If the content of the form needs to be adapted, it should be reviewed by an attorney for accuracy.

Make sure every student or customer signs the liability form and keep copies of all signed forms on file for at least ten years. Ask the insurance carrier for verification of length of time to keep forms on file.

Equipment Insurance

Equipment insurance protects a business from loss due to damage, which can occur from rental use, or in case of theft. As the sport grows in popularity, so have thefts, and having contact info on gear isn't enough.

Being in business means also protecting office equipment and any other insurable items, which in the case of a loss would affect your ability to run your business.

WORKING IN PUBLIC LOCATIONS: PUBLIC ACCESS AND RESPECTING THE COMMUNITY

In some areas SUP is so popular that boards outnumber kayaks and other human-powered watercraft. This rapid growth has led to overcrowding problems both on beaches and on the water.

Since many people who want to try SUP don't think good instruction is required to paddle a board, the SUP community is gaining a reputation for unsafe paddling techniques. These problems affect the community and in turn affect public access.

Public access has already affected stand up paddlers along beaches in Southern California, and is even becoming an issue on some smaller beaches in Seattle, Washington, where SUP is still only recently starting to grow. In areas regions such as Hawaii and California, localism may prevent SUPs from using certain beaches.

Prior to conducting a tour, guides need to research potential areas, and inquire with local paddling or surf shops to make sure the areas intended for paddling are publicly accessible.

Guides need to respect every location where they lead tours and conduct their business, and how it affects others – residents or businesses - in the area. It's important to be a good SUP ambassador and to work with the community rather than against it by being considerate. This will impact how others see the guide's business, as well as the SUP community as a whole.

Proof of Insurance Requests

If you work with pools, schools, or need to secure a public park permit you'll be asked for Proof of Liability Insurance. Your client should provide you with the contact name, mailing address and contact info that you'll need to send to your insurance agent. Your agent will in turn send you the completed form to send back to your client for review and filing. Most clients will ask that you be insured for \$1-2 million in liability.

Permits

Whenever instructors teach in public, they must consider whether the location they plan to use may require a permit or have any restrictions. A class can be shut down in progress if permits or permission haven't been obtained.

In some cases, permit fees can be so expensive that an instructor will have to find another location to work. In urban areas there may be stiff competition for rental or instruction space and a particular location, especially a city park, may require submitting a bid, which requires planning ahead.

For new locations, it's important to find out who the land manager is and contact him or her for more info. Keep in mind that for some permits the application process takes several months or up to a year.

FORMS

Being prepared for each tour is a sign of a professional. The following is a list of forms that you should use, or consider using.

Liability Form

It is important to make sure every client signs a liability form before starting each tour. Anything can happen on the water or land and you should make sure you're protected.

Guides can e-mail this form, or make it downloadable from a website, and ask that a client bring the signed form. Guides should also have extra printed copies on-hand for anyone to sign who forgot the form.

Client Information Form

Another way for Guide to prepare, is to request that clients fill out an information form and return it prior to the tour. This form is a great way to gather information needed to help select the proper rental gear for each person, find out more about what the client is wanting from the tour, and to collect emergency contact information.

This form is also a good place to ask about medical conditions or limitations that are appropriate for a client to share. It is a good place to ask if a client knows how to swim, which is good to know for risk management, as well as to be prepared for a potential water phobia.

NOTE: See Appendix E for an example of a Client Information Form.

Consider including the following requests for information on this form:

- Name
- Contact info
- Emergency contact info
- Medical conditions, injuries or prescriptions which may affect class performance
- Prior paddling experience
- What a client hopes to gain from the tour
- How they found out about the tour
- To help determine board size, wetsuit and/or bootie size, include a request for height, weight and shoe size. Include the explanation that height and weight help determine the right size board, which is important to have a good first experience learning to stand and balance.

What to Bring Form

This is a list of what clients need to bring, and can be a separate form or part of the Client Information Form. This list may include the type of clothing they need to wear, and suggestions such as bottled water, energy bar, sunblock, towel, eye-glasses retainer, waterproof camera, and any other items that will help them feel prepared and more comfortable, especially items that are not supplied by or available at the rental shop.

NOTE: See Appendix E for an example of a What to Bring form incorporated with a Client Information Form.

PART 4 – APPENDICIES

APPENDIX A: PSUPA INSTRUCTOR/GUIDE CODE OF ETHICS

PSUPA certified instructors and/or Guides represent the organization as a whole. The following is our code of ethics that all members should keep in mind and follow:

- Keep her/his SUP skills, techniques and overall knowledge of the sport up to date.
- Prioritize keeping clients safe.
- Choose an appropriate location for a course/tour, know the area well, and be able to recognize any hazards in the area.
- Avoid taking clients into conditions above his/her skill level.
- Anticipate dangers and obstacles.
- Have an emergency action plan in case of accident and appropriate communication on-site.
- At the minimum have up-to-date First Aid/CPR or Wilderness First Aid skills, or the equivalent; keep a First Aid kit on-site during the course.
- Appropriately model safety requirements and paddling techniques, regardless of her/his paddling skill level.
- Everyone will wear a PFD during class while on-water.
- Everyone will wear a leash during class while on-water.
- Make sure everyone wears appropriate paddling clothing for the water and air temperature, taking into account possible immersion.
- Instructors need to know course material and always be prepared for class.
- Follow PSUPA student to teacher ratio requirements for requirements (1:6, 2:10, and 3:15).
- Effectively manage the course time.
- Maintain a positive learning environment.
- Use a Leave No Trace philosophy (<http://lnt.org>).
- Be a coach as well as a leader.
- Do not abuse role as a leader, which includes not stereotyping a student and not sexually harassing a student.
- Be a good SUP Ambassador, having passion for teaching and paddling, and respecting the community where you teach or offer your business.

APPENDIX B: OUTFITTING BOARDS

Here are some outfitting options for your boards, to help your rental clients have a place to stow extra clothing and/or water bottles. Outfitting also allows for a place to secure a paddle (useful when doing yoga or fitness on a board).

Plugs/Rings

Plugs or rings securely attached to on your board enable you to add various types of outfitting.

- **Stick on plugs**, including ones made by North Shore Inc. and EZ Plugs, have a loop to run bungee or rope through to secure gear or a deck bag to the board.
- **Leash plugs** are the most secure way to attach outfitting to your board. Some boards come with leash plugs on the nose. You can add them yourself if you have the skill, or hire a surfboard shaper to add them for you.
- **Inflatable boards** have metal rings glued to the board, to which you can attach outfitting.

Outfitting Methods

- **Cargo netting** can be found at fabric stores. This is ideal for holding down dry bags and other gear, especially in wind and waves.
- **Bungees** can work for simple items but are often too minimal for larger items. Things will get blown off in heavy wave action, so bring a carabineer to attach your item to the bungees.
- **Kayak or SUP deck bags** usually come with attachments that enable them to attach directly to the plugs. They are often waterproof and great for storing clothing, a First Aid kit, and other items.

APPENDIX C: BOARD TRANSPORT

Here are some options for transporting boards to your class site, or to share with students who want to learn more about how they could transport their own gear.



Suitcase Carry – Held by using deck handle, with the board under arm. This is difficult with heavy boards and with poorly placed handles that don't balance the board properly, and can add strain to your wrist for long hauls.



Shoulder Carry – Balance the middle of the board on shoulder and head, with one hand holding the middle of the board above the head and the other hand holding the middle of the board below, near the shoulder. This is heavy boards and in wind.

hold against
and the other
difficult with

Overhead Carry – Held on top of the head and balanced with hands on both sides of the board. Heavier boards can be uncomfortable or difficult to balance. This carry is useful in light wind, but avoid walking into heavy winds that can flip you and the board backwards.

Two-Person Carry – One person holds the nose and the other holds the tail of the board. Ideal for heavy boards, long carries, or in wind.

Wheels – Using wheels is a great option for long carries, as well as carrying heavy boards or multiple boards, or carrying boards in wind.

Shoulder Straps – Using shoulder straps, which attach around the board, is another option which makes it easier to carry heavy boards. You can find these at paddle shops and online by doing a keyword search on “paddle board shoulder straps.”

Car Topping

There are several options for carrying SUPs on your car or for your business:

- Use a soft rack or an inflatable pad on the car roof. Tie straps over the board and through car doors. Secure nose and tail in windy conditions.
- Use foam rack pads on cross bars. Attach boards to rack using one long or two shorter straps.
- Choose one of the SUP-specific racks available with locking tie-downs.
- Get extended length bars to carry two stacks of boards for your business. Bars can't extend beyond length of your side mirrors.
- Choose one of the board security options available for preventing theft.
- Consider a closed or an open trailer for large loads.

Tips for car topping safety:

- Carry a maximum of four boards on your car.
- Always test the security of your load before leaving.
- Have your rack system checked annually for safety.
- Tie extra length of the strap over the buckle as a safety against strap buckle failure.
- Use ropes for smaller loads, but be aware that boards can shift when stacked more than three high.
- Attach a nose and tail line to your bumper for large loads and in high wind conditions.
- Use pool noodles or similar foam objects to protect boards when stacked on each other.

Check your load after ten miles.

APPENDIX D: GEAR MAINTENANCE

Properly maintained gear will make your lessons safer and more comfortable, and will impact how your students see your business. If paddle handles are loose, boards are heavy from water damage or your wetsuits are leaky or have jammed zippers, you may lose business or get bad reviews.

Knowing how to care for gear and keep it in good shape is important, not only for a student who is new to water sports, but also for instructors who rent out equipment for classes. Here are some tips and reminders for maintaining your gear for customer use.

Board Care

- Keep epoxy boards out of the sun for extended periods of time. Prolonged exposure in the sun can lead to the board warping.
- Rinse boards after use to remove sand, saltwater, or lake residue – not only to help keep the boards clean and avoid residue build-up, but also to avoid cross-contamination if you teach or paddle in both fresh and salt water. Keep fin boxes clean of sand and other debris.
- Consider board bags to protect boards from the sun and debris on the road.
- Avoid storing boards on concrete.
- Avoid keeping boards on their fins while on the ground. Always leave boards fin up when on the ground.
- Board Repair: Foil or packing tape works for quick fixes. Solarez cures quickly in sunlight and can be a temporary or permanent fix. Apply packing tape over Solarez while it cures to leave a smooth surface. Find a ding repair service for larger repairs or learn how to do it yourself.
- Stock extra fin screws, as they are easily lost. Remember to have the proper screwdriver(s) on-hand.
- Repair loose or torn deck pads, and make sure other outfitting is properly attached and reliable.

Paddles & Peripheral Gear

- Rinse all gear of saltwater, lake water residue, sand, and other debris prior to reuse.
- Regularly check leash attachments, PFD straps and buckles, and paddles for damage.
- Rinse and clean adjustable paddle shafts, which can become jammed together from sand or saltwater.

Wetsuits/Dry Suits

- Repair wetsuit tears, holes, or broken zippers.
- Clean after each use to prevent odor. Use a detergent free cleaner that won't create skin irritation.
- Regularly care for and lubricate latex gaskets on dry suits, which can tear or grow brittle from poor maintenance.

APPENDIX E: SAFETY RESOURCES

Beaufort Wind Scale

Use the Beaufort Wind Scale chart to interpret the on-water wind conditions associated with the terminology used in these wind weather reports. For example, a Force of “1” means the wind is between 1-3 Knots and the on-water conditions will create scaly ripples. A Force of “12” means the wind is 64+ Knots, and is classified as a Hurricane.

BEAUFORT WIND SCALE				
Developed in 1805 by Sir Francis Beaufort of England				
Force	Wind (Knots)	WMO Classification	Appearance of Wind Effects	
			On the Water	On Land
0	Less than 1	Calm	Sea surface smooth and mirror-like	Calm, smoke rises vertically
1	1–3	Light air	Scaly ripples, no foam crests	Smoke drift indicates wind direction, still wind vanes
2	4–6	Light breeze	Small wavelets, crests glassy, no breaking	Wind felt on face, leaves rustle, vanes begin to move
3	7–10	Gentle breeze	Large wavelets, crests begin to break, scattered whitecaps	Leaves and small twigs constantly moving, light flags extended
4	11–16	Moderate breeze	Small waves 1–4 feet becoming longer, numerous whitecaps	Dust, leaves, and loose paper lifted, small tree branches move
5	17–21	Fresh breeze	Moderate waves 4–8 feet taking longer form, many whitecaps, some spray	Small trees in leaf begin to sway
6	22–27	Strong breeze	Larger waves 8–13 feet, whitecaps common, more spray	Larger tree branches moving, whistling in wires
7	28–33	Near gale	Sea heaps up, waves 13–20 feet, white foam streaks off breakers	Whole trees moving, resistance felt walking against wind
8	34–40	Gale	Moderately high (13–20 feet) waves of greater length, edges of crests begin to break into spindrift, foam blown in streaks	Whole trees in motion, resistance felt walking against wind
9	41–47	Strong gale	High waves (20 feet), sea begins to roll, dense streaks of foam, spray may reduce visibility	Slight structural damage occurs, slate blows off roofs
10	48–55	Storm	Very high waves (20–30 feet) with overhanging crests, sea white with densely blown foam, heavy rolling, lowered visibility	Seldom experienced on land, trees broken and uprooted, considerable structural damage
11	56–63	Violent storm	Exceptionally high (30–45 feet) waves, foam patches cover sea, visibility more reduced	
12	64+	Hurricane	Air filled with foam, waves over 45 feet, sea completely white with driving spray, visibility greatly reduced	

Diagram reprinted by permission of The Mountaineers Books from Rob Casey's *Stand Up Paddling: Flatwater to Surf and Rivers* ©2011.

Study this chart to learn the terminology used in weather reports, so you can determine if you need to reschedule a class or if it's safe to go out.

On-Water Tool Kit

The following is a list of items to include for on-water repairs.

- Extra fin screws
- Multi-Tool or Small Screwdriver and Stainless Steel Knife
- Ding repair materials (Solarez, EZ Epoxy cure, foil tape, Duct tape, etc.)
- Bungee for deck outfitting repairs.
- String for leash attachments to leash plug.

On-Water First Aid and Safety Kit

A kit customized to your region, class situation and size, and location will help you be prepared, so you have what you need in an emergency.

Be familiar with all the contents and how to use them, and how your kit is organized so you can quickly find things when needed.

Check contents on a regular basis to make sure you have the supplies you need. Be aware of expiration dates on over-the-counter medications.

When putting together your kit, consider the following factors: number of students in your group; duration of class or trip; environmental factors; pre-existing medical conditions (reported on Student Information Form); access to medical assistance – ability to get help.

The following is a list of items to consider including in an on-water safety / First Aid kit, depending on your paddling location and any other factors specific to your class, such as duration and size of class.

- Personal medications for pre-existing conditions – identified by student
- Neosporin (antibacterial ointment)
- Ibuprofen (pain, swelling)
- Acetaminophen (pain, headaches, fever)
- Aspirin (primarily for response to a heart attack)
- Benadryl / over-the-counter antihistamine (allergy medicine)
- Glucose gel (to quickly raise blood sugar in diabetic emergencies. Tip. You can use a tube of clear cake frosting or gel that doesn't contain fat)
- Hydrocortisone (skin inflammation)
- Antacid (heart burn)
- Imodium (Antidiarrheal)
- Monistat (Antifungal)
- White vinegar – for salt water sea creature stings
- Insect-sting relief treatment
- Antiseptic wipes or nonstick sterile pads
- Waterproof first aid tape
- Wound closure strips
- Waterproof adhesive bandages or Liquid bandage
- Water
- Electrolytes (powdered)
- Energy bars or gels
- Mylar emergency blanket, pocket size
- Chemical heat packets, for cold water regions
- Cold packs, for warmer regions
- Sunscreen
- Insect repellent
- Extra warm hat or neoprene hood – for colder environments
- Tweezers
- Waterproof flashlight or head lamp
- Paddling knife
- VHF radio, FRS, and/or cell phone in a waterproof bag – depending on location / make sure you have cell service if you do not have VHF or FRS
- Emergency list of numbers / EMS Provider numbers (stored in phone and water-proofed hard copy)
- Tow rope, tow bag, or tow system
- Signal device, such as rocket flare or orange smoke, signal mirror, whistle
- Waterproof notebook and pencil

Shop or Land-Based First Aid Kit

If you have a shop, or are holding an event, or teaching in a remote location, you can have a more extensive First Aid kit available nearby on land. If you have a shop, some of these items would be good to have on-hand for students to purchase, such as sunscreen.

Here is a list of items – **in addition** to on-water safety kit list – to consider including in a more extensive First Aid kit, or to have available for students to use or to purchase:

- Comprehensive first-aid manual
- Aloe Vera Gel (sun exposure treatment)
- Sunscreen
- Poison ivy/poison oak preventative and treatment
- Assorted fabric adhesive bandages
- Nonstick sterile pads
- Medical adhesive tape / Waterproof First Aid tape
- Rolled, stretch-to-conform bandages
- Splinter (fine-point) tweezers
- Safety pins
- Hand sanitizer (BKZ- or alcohol-based)
- Lubricating eye drops
- Electrolytes (powdered)
- Energy bars or gels
- Knife
- Nitrile (impermeable) gloves
- Headlamp / Flashlight

PSUPA SAMPLE STUDENT/CLIENT INFORMATION FORM

Please fill out and return this form to INSERT INSTRUCTOR or BIZ NAME HERE at Email@AddressHere.com at least 24 hours prior to class. This information will help us to better prepare for your class.

We ask for emergency contact information and medical information as it relates to an outdoor recreational activity so we can be prepared in the event of an emergency. Mahalo!

Name:

Phone:

Email:

Emergency Contact Name / Relationship / Number:

What Are Your Goals For This Class?

Do you have any medical conditions, including allergies, or medical history that we need to be aware of in relation to participating in an outdoor recreational activity? If you have a serious allergic condition that may result in anaphylactic shock please let us know and remember to bring your antidote, medication and anaphylaxis action plan from your doctor.

Do you have any recent injuries or physical limitations that we need to be aware of in relation to the class activity?

Can You Swim?

Do you have any water-related phobias?

Please describe your previous paddling experience:

What other outdoor activities do you enjoy?

We appreciate your business. How did you find out about us?

WHAT YOU NEED FOR CLASS/TOUR

We will supply the following gear required for your class: Stand Up Paddle Board; Paddle; Leash; Vest-style PFD; Wetsuit; Booties.

OPTIONAL ITEMS TO BRING TO CLASS/TOUR

- Signed liability form. Or be prepared to sign form prior to class.
- Towel.
- Swimsuit and/or rashguard to wear under wetsuit.
- Capeline, SmartWool, or polypro top to wear under wetsuit in cooler weather. No Cotton!
- Hydration – bottled water.
- Sunblock; UV lip balm; wide-brimmed hat or sun visor; sun glasses.
- Eye glasses retainer – for sunglasses or eye glasses.
- Energy bar.
- Waterproof camera with strap.
- Allergy medications if needed for an outdoor activity.

Cancellation Policy: *This is a good place to reiterate your cancelation policy.*

Float Plan

Float plans are important if you are guiding a longer trip, or paddling in a remote location. The plan should be left with someone responsible on land who is able to notify a rescue organization if your paddling group fails to return within a planned timeframe.

There are Float Plan apps that you can use on your phone, with features that include alerting your contacts if you're away longer than planned. If you do an online search using the key words "paddler float plans," you will find examples, including downloadable plans. United States Coast Guard Float Plan – www.floatplancentral.org – is an example of a more float plan for motor boating, but can be adapted to a paddler's trip's needs.

A float plan should include at least the following:

Paddling locations – geographical references including, launch site, waypoints and final destination

Arrival and Departure times, and any Check-in times

Group Size and List of Clients / Paddlers included on trip: Names; Age; Gender; Medical Considerations

Contact information for everyone on trip, including emergency contacts

Communications equipment included on trip (cell phones; radios)

Safety gear include on trip (Signaling devices; PFDs, etc.)

Sample Float Plan for SUP Trip

If we do not report in by _____ (Time) on _____ (Date) please call _____
(Emergency/Search Agency) at _____.

Report our group overdue/missing and be prepared to provide any/all of the following information:

Paddler Name / Age / Gender / Paddling Craft Information / Skill Level / Medical Considerations / Phone Number /
Emergency Contact

Launch Site Location / Date / Time

Vehicle Left at Launch Site: Year / Make / Model / Color / License Plate Number

Final Landing Location / Date / Time

Proposed Route / Campsites / Waypoints

Safety Gear and Resources Included on Trip includes:

Cell Phone(s) – Number(s) _____

VHF Radio – Call Sign: _____

Signaling Devices: _____

Equipment: Tents / First-Aid Kit / Fire-starters / Water for X days / Food for X days

APPENDIX F: ENVIRONMENTAL AWARENESS



“Every drop of water counts”

-Yoko Ono

Environmental Awareness/Sustainability

We have all seen the signs out there, “Reduce, Reuse, Recycle” has now expanded to also include “Renew and Restore”. Yes, that is what needs to be done, not just for us but for our future generation. Hashtags like #plasticfree #zerowaste #gogreen & #trashtag are popping up on people’s social media pages, let’s not make it a passing phase but a lifelong commitment. Together we can change things. It all starts with each of us committing to making this planet a better place. Change is possible and together we can make it happen.

Environmental Awareness is about making mindful choices that effect our natural environment, making choices that are not harmful to this planet and the inhabitants on her. Examples can be such simple things like not drinking from a single use plastic water bottle, eating vegetarian one-night week, ride your bike or walk to work, and making your own natural care body products. All of these little daily practices can have a huge impact. Let’s all start making choices that benefit this planet instead of harming it. That is environmental awareness at a global level, we are all capable of doing this.

As we all become environmentalist and promote the responsibility and necessity to respect, protect and preserve the natural state of this planet that we call home. Protect it from the damages that us human are causing her. Let’s begin to fix the problems we have created. In additions to daily self-care rituals, we can also attend seminars, read articles, start local events to share and promote awareness to our friends, families and communities. Some of the bigger challenges that we must take on as ambassadors are global warming, climate change, droughts, water shortage, deforestations, flood, forest fires and pollution. All of these bigger challenges affect not just us but the flowers and fauna, marine life and wild animals. Not saying that we must all take on these challenges however together we can make a difference and make this world a better place.

Like the quote above, every drop of water counts. From raindrops, to the creeks, to the streams, to the rivers to the sea. The water that falls from the sky, it is needed to sustain life on this planet. Please protect it.

Things to do to help the environment

Ocean

- Eat Sustainable fish and seafood, not farm raised
- Join a conservation group, start a cleanup beach day
- Use less hazardous materials, dispose of motor oils

- Buy environmentally safe soaps, shampoos, lotions etc.
- Use less plastic / carry your own water bottle / utensils
- Get in the water and kiss a fish

Land

- Pack out what you pack in
- Start a garden / compost / use rain barrels to recycle water
- Eat local / explore Farmers Markets / go meatless at least one night a week
- Use alternative energy sources like solar
- Go paperless or buy recycled paper / pay bills online
- Buy products in cardboard / glass or bring in your own containers and reuse
- Fix leaky faucets and take shorter showers
- Dry clothes on a line.
- Do a clothing swap with friends / buy second hand / donate toys / recycle books and magazines
- Use your own reusable bags
- Go outside and hug a tree

Air

- Carpool / ride mass transit / ride a bike
- Use energy wisely
- Find ways to reduce your use of fossil fuels
- Combine errands to reduce the number of trips you take
- Use alternative energy sources like wind power
- Spread awareness

Organizations to get more information from and to get involved with:

- Oceana <https://oceana.org/>
- Sea Shepherd <https://www.seashepherdglobal.org>
- Coral Reef Alliance (CORAL) <https://coral.org/>
- Changing Tides <https://www.changingtidesfoundation.org/>
- Blue Life Connections <https://power-of-presence.org/>
- Project Aware Foundation <https://www.projectaware.org/>
- Greenpeace <https://www.greenpeace.org/international/>
- Nature Conservancy <https://www.nature.org/en-us/>
- Sierra Club <https://www.sierraclub.org/home>
- WWF <https://www.worldwildlife.org/>

Remember - Little choices add up to make a big difference. Get your kids involved and make a difference. Together we can do this.

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Please check out our members-only section of the PSUPA website where resources relevant to the SUP education community are updated regularly. Please let us know what resources aren't included that would benefit you.

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