



STAND UP PADDLE BOARD (SUP)

SAFETY RULES

The beauty of SUP lies in its endless variety and breadth of extremity. The sport offers everything from watching ducks fly overhead on mellow river paddles to chasing overhead bumps in smoke-on-the-water conditions in the open ocean. In truth, either can be dangerous. Accidents do happen, but most can be avoided with a little foresight and preparation.

Paddle with a partner. You never know when a mishap will happen to you. You might be surfing tiny waves and take a board to your dome, your leash might snap two miles offshore or your fin could fall out five miles from your take out point. Having a partner (or partners) increases the chances of an accident being nothing more than a funny story you tell over food that night.

Wear a leash. This should go without saying but we're constantly surprised by how many people we see on the water sans leash, especially beginners. A leash is the simplest way to stay with your craft, no matter the conditions. If you've paddled for long enough, you've had a session where you headed out on the water in perfectly calm conditions only to retreat an hour later with the wrath of nature unloading upon you. Don't be a statistic. **Wear a leash no matter what!**

Wear a PFD. All Activity Shop customers **MUST wear a PFD** at all times while paddle boarding. We have many to pick from, we will help you find one that is best for you.

Be prepared. This includes the rules above. But it also means checking the weather forecast, letting someone know where and when you're going paddling, wearing the right clothing or suit and being ready for the possibility of something going wrong. Just thinking about the what could happen and what you would do should things go wrong is a great place to start. Because there are two types of people: those who've had accidents and those who are going to.

Carry a phone. Smartphones are a great resource when you're on the water. They can act as a GPS, a fitness recorder, an emergency line and, of course, a recorder of your good times. There are a lot of great waterproof cases out there. Get one and take that phone with you. It's smart.

Watch out for rocks! Many ponds on the coast of Maine are littered with rocks. Take a moment to inspect the area you will be paddling in. **DO NOT JUMP or DIVE off the board** in any area where rocks may be just below the surface.