

PADDLE SAFELY



scan me!

- Always wear a buoyancy aid or personal floatation device
- Ensure you wear the correct leash when stand up paddle boarding
- Have the right equipment & clothing for the conditions
- Plan your trip within your capabilities
- Check weather, tides, water levels and hazards. At the coast avoid paddling if there is an offshore wind.
- Carry a means of communication about your person
- Paddle together & inform others of your plans
- In an emergency call 999. If you're at the coast ask for the coastguard and if you are inland ask for the Fire & Rescue service.



We'd recommend **developing your paddling skills and knowledge** by attending a course with a British Canoeing Delivery Partner or a British Canoeing Affiliated Club.



Quality Assured: Look out for British Canoeing Delivery Partners they are nationally recognised for high quality, safe and good value experiences!

DISCOVER MORE

gopaddling.info/paddlesafe



#RESPECTTHEWATER

SUP LEASHES

Wearing a leash is highly recommended for safety. Depending on where you're paddling and the conditions you face, you might need to wear a leash in a different position for safety and security.



Coiled or straight? Leashes can be coiled/curly or straight. The type of leash is important depending on the environment you paddle.

QUICK RELEASE BELT SYSTEM

For use on any moving or flowing water where there is a risk of snag/entrapment

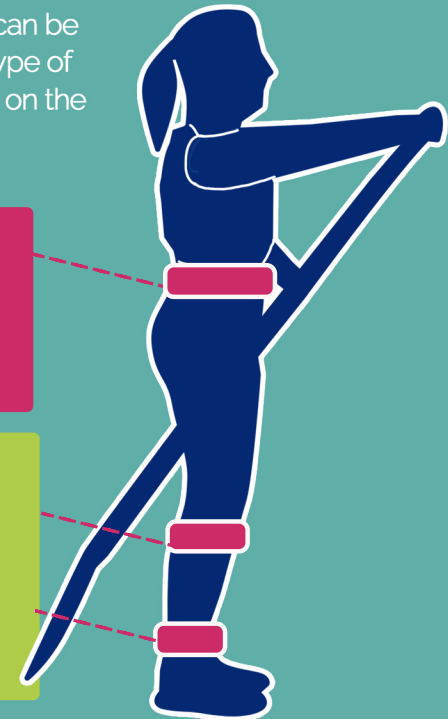
COILED

CALF/ ANKLE LEASH

For use on lakes/canals/sea/coastal bays/surf where there is **NO** risk of snag or entrapment

COILED = General SUP

STRAIGHT = Surf



PADDLE RESPONSIBLY



- Always check, clean & dry your kit after each trip
- Be friendly, welcoming and respectful of those you meet along the way
- Be kind to nature, minimise disturbance