

THINK

SUP  
Safe



# SUP safe



**THINK before you launch. Watch, Learn and be SUP safe.**

## Wind & Weather

Have you checked a recent weather forecast? Do you understand how the wind will affect your paddling? Is it meant to change whilst you're afloat?

## Location

Is your location suitable for the forecasted wind speed and direction? What specific hazards are there? e.g shipping lanes, weirs or fast flowing tide.

## Tide or River Conditions

Moving water can be dangerous. What is its speed and direction and how will it affect your paddling?

## Clothing

Always dress appropriately for the water temperature. You might not intend to fall in but you never know! Do you know the different clothing options?

## Personal Flotation

It's recommended to wear a personal flotation device (PFD). Which is the most suitable for your paddling? Buoyancy aid or waist belt PFD?

## Communication & Emergency

Always tell someone where you are going and when you'll be back. Do you have a way to call for help? e.g. a phone, VHF radio or whistle.

## Equipment

Ensure all your kit is well maintained and appropriate for the conditions. What else do you need to take? e.g Water, extra clothing, sunscreen.

## Leash

Coiled or straight, ankle or quick release? Do you know the different options and when to use each type?



**Head to the website, watch the videos and get the knowledge.**  
**[www.supboardermag.com/supsafe](http://www.supboardermag.com/supsafe)**

