



Stand Up Paddleboard (SUP) User Instructions

- The boards are numbered 1-4. Please ensure you are using the correct parts for the board(s) you have booked. Within each kit there is:
 - *Inflatable board*
 - *Pump*
 - *Paddle*
 - *Leash*
 - *Fin*
 - *Puncture Repair Kit*
 - *Bag*
- Boards must be pre-booked through the online booking system.

Preparing the board for use

- A. **Inflation:** The board has a high-pressure valve. Inflation is done with the pin in the locked-up position and deflation is done with the pin in the open-down position. The correct pressure for the boards is; **18-20 PSI**
- B. **Paddles:** These come in three parts, which fit together and should be extended to between 8-12 inches above your head.
- C. **Fin:** Slide into the slot and push back to secure.
- D. **Leash:** These must be used for safety. They attach to the D-ring at the tail of the board and the cuff fits around the ankle.
- E. **Buoyancy Aid:** For safety we recommend that you wear an approved buoyancy aid at all times on the water.
- F. **Carrying the boards:** Carry them down by your side, hull against body and arm over board holding handle. Paddle in other hand.
- G. **Launching the boards:** Beware of sharp objects and launch tail first so as not to damage the fin.

Putting the boards away after use

- Wash board, fin, leash and paddle with fresh water.
- Remove the fin, the leash and replace in the correct bag.
- Take paddle apart and replace in correct bag.
- If deflating, lay the board on a roughly flat surface taking care there are no sharp objects beneath. Unscrew the valve cover' and gently press down the valve stem. Roll board and pack in correct bag.

Have Fun!