



# SUP SAFETY INFO

## PFD

Check that it is at least 50n (50 Newton) and are fit for purpose you may need extra buoyancy for moving water. It's a good idea to check that they don't ride up and fit correctly.

<https://youtu.be/7rFszCN-kMQ> this is a really informative video (we are not affiliated to any brand).

## Board

Do you know where the balance point is? It may be different for each board – try moving your feet around to find the balance point. Know where your fins are because, when doing certain rescues, they come into contact with the other board.

Make sure your board is clean when launching at the reservoir – invasive species are an issue.

## Paddle

Check the height - you may have to change the height, if you have an adjustable paddle, when kneeling and paddling for an extended length of time. When on moving water you may have to shorten if going down ripples / white water. This is the self-rescue using a paddle we discussed on the course

## Leash

Curly, Straight, Ankle or Waist leash! Your leash attaches you to your board the type of leash you use depends on what water you are paddling on. A straight leash is OK for flat water and the sea. A curly leash can be used in most environments but not for surfing (it is best to have the straight leash as the board will spring back to you with a curly one). From the Pembrokeshire tragedy lessons were learnt. We always use a waist leash whilst instructing at Chelmarsh. I personally use them always. <https://youtu.be/-NJEYNWaD8Q> this is a really good video showing how a waist leash is important on moving water.

## Safety Tape

Or you can get a piece of floating rope. Can be used to tow another paddler or use as a means of getting back on the board, as used on the course.

Alternative rescue <https://youtu.be/3xza3d6qVUg>

## Throw lines

These are there for land-based rescues. This video is one of our members, James Sutherland Fire Safety Officer. You must be on land and follow the steps as we did on the course

[https://youtu.be/9Sh\\_eq4YfbM](https://youtu.be/9Sh_eq4YfbM)

If you think of anything that may be of interest to SUP member's please let us know.

Is there anything we can help with?  
Are you interested in any SUP related courses?



**Don't forget to have FUN,  
take photos and put them  
on the group**



**Chelmarsh Sailing club Postcode:  
WV16 6BL**



[What Three Words Link](#)

- When phoning for emergency services, make sure you have as much information on the situation as you can
- If you do have to summon help don't forget to have someone looking out and directing the emergency services

## Rescues

Paddle <https://youtube.com/clip/Flip Board>

<https://youtu.be/D6oUGcwWkbo>

Scoop <https://youtu.be/V-IWWs6rV9o>

Alternative <https://youtu.be/3xza3d6qVUg>

Out take! (Denyse trying to drown a delegate)

[https://youtu.be/FhhNOZB\\_X20](https://youtu.be/FhhNOZB_X20)

## Drowning rescue

<https://www.rlss.org.uk/how-to-rescue-someone-from-drowning>

## Cold water shock

<https://www.rlss.org.uk/cold-water-shock-the-facts>