

SUP Beginner's Guide

This playbook provides a guide for beginners on how to engage in stand-up paddleboarding (SUP). It includes steps to master balance, learn various paddling styles, and follow essential safety measures.

Step 1: **Gear Up**

Select an appropriate paddleboard suited for beginners, which should be wide and long to provide better stability. Select a paddle that, when stood on end, reaches your outstretched hand. Wear a suitable personal floatation device (PFD), leash, and appropriate clothing for weather conditions.

Step 2: **Launch**

Begin in shallow water where you can easily stand. Place the board in the water and climb on, starting on your knees near the center of the board where there's a carry handle.

Step 3: **Find Balance**

Once you feel stable on your knees, stand up one foot at a time, placing your feet where your knees were. Keep your knees slightly bent and your back straight. Spread your feet about shoulder-width to maintain balance.

Step 4: **Basic Paddle**

Hold the paddle with one hand on the top handle and the other hand a few feet down the shaft. Alternate strokes on either side of the board. Keep the paddle vertical for straight tracking.

Step 5: **Advanced Paddling**

- **Forward Stroke:** Rotate your torso and extend the paddle forward, then pull it back alongside the board.
- **Reverse Stroke:** Push the paddle forward through the water.
- **Sweep Stroke:** To turn the board, sweep the paddle away from the board in a wide arc.
- **Draw Stroke:** To move the board sideways, keep the paddle near the side of the board and pull toward you.

Step 6: **Practice Techniques**

Spend time practicing the various paddle strokes and balance techniques in calm, safe water before venturing out further.

Step 7: **Safety Measures**

Always be aware of your environment, including wind, current, and weather changes. Keep a safe distance from other water users and obstacles. Know how to self-rescue in case you fall off your board.

General Notes

Hydration

Make sure to bring water and stay hydrated, especially during hot and sunny days.

Sun Protection

Apply waterproof sunscreen and wear UPF-rated clothing or a hat to protect yourself from sunburn.

Local Regulations

Check local regulations regarding PFD requirements and SUP usage in your area.

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