



Stand Up Paddleboard (SUP) Yoga

(Sample Skills Course)

Course Overview: The SUP Yoga course is designed to introduce/expose the participant to sufficient skill and knowledge so that they can enjoy yoga while on a Stand Up Paddleboard.

Essential Eligibility Criteria (EEC):

ACA courses are open to all individuals who acknowledge the ability to perform the following essential eligibility criteria.

1. Breathe independently (i.e., not require medical devices to sustain breathing)
2. Independently maintain sealed airway passages while under water
3. Independently hold head upright without neck / head support
4. Manage personal care independently or with assistance of a companion
5. Manage personal mobility independently or with a reasonable amount of assistance
6. Follow instructions and effectively communicate independently or with assistance of a companion
7. Independently turn from face-down to face-up and remain floating face up while wearing a properly fitted life jacket*
8. Get on / off or in / out of a paddlecraft independently or with a reasonable amount of assistance*
9. Independently get out and from under a capsized paddlecraft*
10. Remount or reenter the paddlecraft following deep water capsize independently or with a reasonable amount of assistance*
11. Maintain a safe body position while attempting skills, activities and rescues listed in the appropriate Course Outline, and have the ability to recognize and identify to others when such efforts would be unsafe given your personal situation*

** To participate in adaptive programs, participants must acknowledge only the first six EEC listed above. Entry-level adaptive programs will involve teaching and practicing EEC #7-11.*

Minimum Personal Equipment for the Class: Properly fitted PFD, SUP paddle, SUP Board, appropriate clothing for the weather.

Instructors: ACA SUP Instructors with the ACA SUP Yoga Endorsement

Course Prerequisites: None

Course Duration: Up to 4 hours

Course Location / Venue: Calm, flat water, protected from wind, waves and outside boat traffic,

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with no apparent current, and within swimming distance of shore.

Class Ratio - 5 students : 1 Instructor; with an additional instructor or qualified assistant the ratio can be 10 : 2

Succeeding courses:

Level 1: Introduction to SUP

Level 2: Essentials of SUP

The following is a general summary of course content for the **SUP Yoga** course.

The content covered and sequence of instruction should be adjusted to best fit the participant's needs, class location and time allowance.

Course Content

Introduction, Expectations, & Logistics:

- Welcome, introductions, paperwork
- Student & instructor course expectations and limitations
- Course itinerary & site logistics
- Review waiver, assumption of risk, challenge by choice, medical disclosure
- About the ACA
- PFD policy (see Appendix I)
- Appropriate personal behavior
- No alcohol / substance abuse
- Proper etiquette on & off the water
- Respect private property
- Practice Leave No Trace ethics

The Paddling Environment:

- Wind
- Waves
- Weather
- Water

Personal Preparation:

- Personal ability
- Swimming ability
- Water comfort & confidence
- Fitness, conditioning, and warm up
- Safe paddle and board handling
- Safety and rescue considerations
- Yoga appropriate clothing
- Personal equipment (reviewed by

Instructor)

- How to secure gear (paddle, waterbottle) on board for yoga

LAUNCHING and LANDING

- Carrying the SUP to and from the water
- Entry/exit from the shore or dock
- Sitting vs kneeling vs standing
- Board stability, "board wiggle"
- Allow student to get comfortable on the board

RESCUES

- Responsibility of the group
- Responsibility of the individual
- Responsibility of the victim
- The following are demonstrated by the Instructor
- Swim the board to shore (short distance)
- Self Rescue
- Side by Side Rescue
- How to safely fall

BASIC STROKES and MANUEVERS

- Basic forward stroke
- Reverse
- Sweeps (forward/reverse)
- Draw
- Maneuvers:
- Paddle in a reasonably straight line
- Stop in a reasonable distance

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- Do gradual, wide turns

Anchoring Techniques:

- When appropriate
- Appropriate spacing
- Types of weights used for anchors
- Individual anchor systems
- Group anchor systems
- Anchor to shore
- Anchor to bottom
- Simple to complex systems

Yoga Movements & Poses:

- Stable poses
- Lower to board
- Must have a minimum of two points of contact
- No poses with pressure on head, neck or spine
- No poses where you can compromise the head, neck or spine

- Modifications of poses from land to board
- A recommended list of movements and poses (Appendix II)

Conclusion & Wrap Up:

- Group debrief / Individual feedback
- Course limitations
- Importance of First Aid & CPR
- Importance of additional instruction, practice, experience
- Importance of appropriate level of safety & rescue training
- Demo advanced maneuver
- Life sport / Paddling options
- Local paddling groups / Clubs
- Handouts / Reference materials
- ACA Membership forms
- Course evaluation
- Participation card

APPENDIX I

PFD POLICY FOR SUP YOGA

For this course's location/venue: calm, flat water, protected from wind, waves and outside boat traffic, with no apparent current, and within swimming distance of shore.

PFDs are required to be worn when paddling from shore to the yoga venue. If anchored, an inherently buoyant PFD may be taken off and placed on the board. If not anchored, an inherently buoyant PFD must remain properly worn. If an inflatable PFD is used, it must remain worn at all times. If local, state, or federal laws mandate PFD wear, they supersede this policy.

APPENDIX II

RECOMMENDED MANEUVERS & POSES

The following maneuvers and poses are a recommended list for yoga on a stand up paddleboard. No participant should do any pose that might compromise their head, neck or spine. Appropriate modifications might be necessary to safely transition a pose from land to the board. The poses covered and sequence of instruction should be adjusted to best fit the participant's needs and abilities, class location and time allowance.



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Centering
Warm Up Sequence
Hero
Childs
Table Top
Downward Dog
Upward Facing Dog
Cat/ Cow
Plank
Sphinx
Spinal Balance
Cobra
Side Plank
Chair & Chair Twist
Mountain
Camel
Pigeon

Staff
Seated Twists
Seated Forward Folds
Standing Forward Folds
Boat
Dolphin
Happy Baby
Bridge
Reverse Plank
Reverse Table
Cow's Face/Head
Bow
Pyramid
Squats
Warrior I, Warrior II
Reclining/Seated Hip Openers
Waterfall