## Stand Up Paddleboarding

### Individual Responsibilities
- Be a competent swimmer
- Wear a life jacket with whistle
- Know when to wear a leash
- Protect your feet
- Understand the hazards of different venues: tidal, surf, moving & whitewater
- Match your abilities to the venue

### Obtain the Knowledge

**Take a Class!**

![ACA Logo](image)

![Your Boating Dollars at Work Logo](image)

### Stand Up Paddleboarding

#### Individual Responsibilities

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<thead>
<tr>
<th>Responsibility</th>
<th>Example</th>
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<tr>
<td>Be a competent swimmer</td>
<td>Use the wind to your advantage</td>
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<tr>
<td>Wear a life jacket with whistle</td>
<td>Know how to self rescue</td>
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<tr>
<td>Know when to wear a leash</td>
<td>Know how to tow another board</td>
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<tr>
<td>Protect your feet</td>
<td>File a float plan</td>
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<tr>
<td>Understand the hazards of different venues: tidal, surf, moving &amp; whitewater</td>
<td>Know local regulations</td>
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<tr>
<td>Match your abilities to the venue</td>
<td>Paddle with Aloha</td>
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## Share the Waterways

**Practice Defensive SUP**

- For the SUP, defensive paddling is preventing collisions and mishaps in spite of the actions of others and the conditions around you. Defensive SUP is simply avoiding others and where they should travel. Scan the waterway and determine where other boats, paddlers, surfers, and SUPs are, and travel accordingly.

**Wind**

- Paddle into the wind at the start of your trip. Or, paddle a 'downwinder' from point A to B and have a vehicle waiting at the take-out for shuttle.

**Tidal Waters**

- Understand the local tide conditions before starting your trip.

**Surf Zone**

- Learn appropriate etiquette for this venue. Wear a leash. Know and abide by Federal and State carriage requirements for a vessel outside of the surf zone.

**Whitewater Rivers**

- Additional paddling skills and equipment are needed to SUP in whitewater. Helmets, elbow pads, knee pads, shin guards, and specialized leashes.

**Proper Blade Angle**

- For the most efficient stroke, the 'bend' in the blade should be forward with the blade tip pointing towards the nose. For a blade with a slight 'curve' instead of an angular 'bend', the outside of the curve should be towards the nose.

**Know and follow the Navigation Rules**

- For a complete listing of the navigation rules, refer to the document "Navigation Rules of the Road" published by the U.S. Coast Guard (COMDTINST 16672.2 Series) and available on the web at www.navcen.uscg.gov. For State specific navigation requirements, refer to the state laws where you intend to paddle.

**Take a Course**

- Learn essential information and practice paddling and rescue skills by taking an on-water class from an ACA certified SUP instructor.

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**Match your abilities to the venue**

- Paddle with Aloha

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