

INTRODUCING **STAND UP PADDLEBOARDS 2023**

CBSC SUP

EASY | SAFE | FUN | SOMETHING FOR EVERYONE



BASIC SAFETY OUTLINE

SUMMER 2023

NO EXPERIENCE NECESSARY

CBSWIMCLUB.CA

CBSC SUP

A Quick Guide to Stand Up Paddle Boarding at CBSC: It's EASY, SAFE, FUN and FOR EVERYONE!

Equipment and Preparation

The wearing of a Personal Floatation Device (PFD) will be a requirement for CBSC SUP boarding. SUP's represent no inherent risk of entrapment, swamping or suffering from the potentially disabling consequences of capsizing, making it inherently safer from these points of view than a kayak or canoe and 'unsinkable'. However, our situation at Crescent Beach, as with any ocean water SUP activities, will present unique characteristics such as changing tides, possible underwater hazards and collisions therefore necessitating the required use of a PFD.

Please use the SUP leash at all times - the leash saves your board when wind is offshore... The leash saves your LIFE if YOU are offshore.

An accessible tide chart should always be on hand. Users need to learn to read and use it to plan their paddles. If CBSC sees to extend paddle board access beyond the regular season - Winter means less people in the water, quite a few calm days but fun windy days as well. Summer is obviously warmer but more chaotic. Pros and cons of each. Winter will mean more high tides in the day, while summer has lower tides during the day.

Terms for Paddle Boarding in Saltwater:

Tide Chart: Shows the vertical change in water which affects beach, dock, and boat ramp access.

Current Chart: Shows the horizontal movement of water. We can have high current above 3-4kts.

Ebb: Outgoing tide or current.

Flood: Incoming tide or current. Slack – Period between ebb and flood, sometimes calm, and in some location current direction may seem confused.

Tidal currents, wind, and boat waves will add more challenge to your paddles - prepare for the unexpected conditions of your tour. Occurrences such as side wind can force you to paddle on one side which can be exhausting over long distances. The same can be experienced with strong tidal currents.

Self-Rescue

Self-rescue techniques taught/learnt as an initiation to SUP'ing include paddling assuming a kneeling or sitting position, paddling prone using the hands and advice as to when to use such techniques (strong offshore winds, broken paddle, strong currents etc.) A distress signal can include waving the paddle side to side above the head whilst straddling the board or waving arms above head, side to side, to attract attention

- or the use of 3 short blasts on a CBSC whistle if you have one, to alert the SUP coach.

Stay with Your Board

Stay with your board at all times, which is more visible in a rescue situation than a lone swimmer and will provide, in most cases, an adequate platform of safety.

Avoid Offshore Winds

Avoiding paddling in offshore winds (or tidal flow) and know how and when to respond if needs be (self-rescue).

CBSC Defined Boundaries

CBSC will allow only "LINE OF SIGHT" zones (1-2) from the CBSC TANK for free paddling without an additional waiver to venture beyond this. Since currents and winds can be a factor for some SUP boarders, we will have 3 zones based on the comfort of the SUP participant.

- CBSC ORIENTATION BESIDE THE TANK (ZONE1)
- INDIVIDUAL ACTIVITIES IN DESIGNATED LINE OF SIGHT ZONES (ZONE 2)
- GUIDED SESSION WITH CBSC SUP COACH (ZONE 3)
- INDIVIDUAL ACTIVITIES OUTSIDE LINE OF SIGHT ZONES (ZONE 3 - requires special waiver/parental consent)

SUP is a relatively easy and fun sport to adopt, however, don't underestimate the physicality of the sport

While the initial experience of SUP may appear 'effortless', it must be stressed this is a skillful, physical sport the demands of which significantly increase as natural forces intensify i.e. wind, wave action, tidal flow.

On-water sessions must include defined paddling areas (boundaries) understood by paddlers for their safety and others and the overall management of the learning environment. The use of markers, buoys or fixed objects can be used if necessary.

Sign Out

All boards must be signed out and signed back in by ALL PARTICIPANTS - NO EXCEPTIONS.

ANYONE under 19 must take a mandatory orientation course (\$20) We would suggest, however, that all participants take this.

Joining a SUP course will give you access to FREE SIGN OUT use of the paddle boards during non-lesson times ALL SUMMER!

CBSC SUP ZONES



ZONE 1 - ORIENTATION ZONE

ZONE 2 - FREE PADDLE ZONE

ZONE 3 - GUIDED ZONE or SPECIAL WAIVER

SUP's SHOULD TRY TO STAY CLEAR OF THE MAIN BOATING CHANNEL UNLESS CROSSING.

CBSC SUP BASIC TECHNIQUE

Here are some tips that can help you enjoy your SUP.

Standing

- Walk out to water with your board to water as deep as your knees.
- Rest your paddle across your board, just above the center.
Get up on your knees.
- Reach forward and lean on your paddle
- Slowly stand up using paddle for balance.

Paddling

- Place one hand on the grip of your paddle and the other on the shaft.
- Keep your arms straight.
- The bend in the paddle should be pointing behind you.
Spoon part to the front
- Reach forward and bury that blade until it is totally submerged. Then pull it toward the back, following the contour of your board, stopping at your feet.
- Lift and repeat or switch sides. Keep your momentum, it all works in harmony.

Turning & Going Backwards

- Paddle on the right side only, and your board will start to arc toward the left. • Paddle on the left only, and you'll start turning toward the right.
- To quickly reverse direction paddle backwards on either side of the board.

Falling In

- You're GOING to fall in. Expect that this will happen and ensure that you know how to fall in safely.
- Paddle in water that is at least shoulder height deep.
- Fall to the side of your board and not on the board.