**NCAWPA Small Boat Usage-**

**Stand Up Paddle Boards (SUP) supplement**

**Certification-**

Everyone using the club SUPs must first be certified to use a SUP. Certified paddlers will be added to the small boat certification list, in the SUP category. Certification requires that the member completes the following regardless of your experience with SUPs.

* Viewing and comprehending the following safety video: [SUP: Falling and Getting Back On (REI YouTube video)](https://youtu.be/qr-0pZoT6U4)
* Review and agree to abide by the SUP Use rules stated below.

Links to other useful instructional videos are at the end of this supplement.

**Experienced SUP paddlers**-

Club members with prior experience paddling SUPs, and *who have fallen off of and successfully gotten back onto a SUP in deep water*, may self-certify that they are so experienced at recovering from a SUP “huli”. They must also acknowledge reading and agreeing to abide by the SUP USE rules below. To self -certify, the paddler must contact David Winter at winterd\_2000@yahoo.com and indicate the following:.

1. Completed viewing the safety video [SUP: Falling and Getting Back On (REI YouTube video)](https://youtu.be/qr-0pZoT6U4); and
2. Reviewed and signed off on the SUP Use Rules

**New SUP paddlers-**

New SUP paddlers must undergo both land and water certification- the Land certification will include the general small boat *land* certification (unless already accomplished) and SUP-specific certification. The water certification will include showing that the paddler can climb onto and off of the board from the dock, stand and paddle on the board, change direction, as well as a SUP-huli and be able to get back on the SUP board. New SUP paddlers must complete the following:

1. Completed viewing the safety video [SUP: Falling and Getting Back On (REI YouTube video)](https://youtu.be/qr-0pZoT6U4); and
2. Review and sign off on the SUP Use Rules; and
3. Attend and complete an OC small boat land certification or SUP-specific certification.

**SUP USE-**

The club SUPs are for use at the ACBA boathouse by current NCAWPA club members. They are not to be removed from ACBA.

**Reservations and Sign-out**

Club SUPs will be added to the iCrew list and paddlers must sign out the boards and reserve a paddling time just as for any other small boat reservation.

**On land: Proper Storage and Return of SUPs**

* The boards are stored on an outdoor rack near the oc/db dock. The manual pumps, the DC electric pump, and paddles will be stored in the locked box on the dock ramp.
* Paddles are adjustable, and come in three pieces. Lose a piece, buy the club a new paddle.
* Each SUP board should be locked onto the rack.
* Remember that these are inflatable boards, thus all users must be careful in handling them and setting them down- avoid sharp objects.
* The SUP should be taken from the rack and laid right side up on a safe, flat surface.
* The outside cap covering the valve should be removed, and the pump hose attached. Measure the air pressure and pump up to between 10-12 psi. Do not pump above 12 psi unless you weigh over 200 lbs. Heavier paddlers can pump to 13 psi. Note- Using the hand pump, it takes about 3-4 minutes to fill the board from 4 psi to 12 psi. It takes about 4-5 minutes using the electric pump.
* Note- The manual pumps are both single and double action- there is a button on the side of the pump handle base- for easier pumping, make sure that the side button is pressed out for single action pumping.
* If using the electric pump, plug it into a running vehicle’s cigarette lighter, set the psi for the desired level (10-12 psi for paddling), and hit start. Do NOT use the electric pump if you are unsure how to operate it. You can cause the SUP to explode from overfilling it.
* Remove the pump hose and re-store the pump in the box (please be sure to re-lock the box.)
* Carry SUP and paddle to dock for launch.

**Launching: Moving From the Dock onto the SUP**

* **Attach** the SUP leash to your ankle.
* Always board the SUP by crawling onto the SUP from the dock,
	+ Note: All paddlers should not attempt to step upright onto the SUP board from the dock because you may likely push the SUP into the water and risk falling directly into the water and hurting yourself
* Leave the dock in the kneeling position.
* When you are clear of the dock, at least 2 body-lengths away, only then can you stand onto the SUP board.

**On the Water: Complying with the Boat Rules and Weather Conditions**

* Observe ALL small boat rules for on the water- that includes water traffic lanes (always stay on the right side of the river), using the correct passages under bridges, and yielding right of way to rowers (who can’t see you) and sail boats (who can’t steer around you).
* Most importantly, pay attention to weather conditions and do not paddle in inclement weather- return to the dock immediately at the FIRST sign of thunder or lightning.
* Note: All paddlers should review weather conditions prior to getting on a SUP or any type of boat.Do not paddle alone if you are not experienced (at least 12 months in a small boat/SUP)
* It is highly recommended to use paddling shoes or other foot protection- you ARE going to fall in occasionally, and you do NOT want to touch the bottom of the Anacostia with your bare feet.

**Returning to land**

* Upon returning, immediately wash off the SUP as you would with other small boats- use the diluted simple green wash and then rinse with the hose.
* Before returning the SUP to the rack, lay it down on a safe, flat surface. Remove the cap covering the inflation valve, and press directly down on the valve for 1-2 seconds. (Do not twist- this will lock the valve open and you’ll have to close it and re-inflate the SUP all over). Attach the pump hose and check the air pressure. **SUPs MUST be less than 6 psi (aim for 3-5psi) but firm enough set back on the rack.** Failure to deflate the SUP to below 10 psi may result in the SUP overexpanding in the heat. Replace the cap cover before placing SUP on the rack.
* Lock the SUP to the rack, return pump, hose and paddle to the lock box.

**Training-**

**Basic Paddling workshop-**

A 2 hour workshop will entail:

1. How to properly board a SUP from the dock

2. How to recover onto a SUP if you fall

3. How to properly inflate a SUP

4. Basic strokes and turns

**Small Boat sessions-**

SUPs can join the novice small boat practices. The boards are generally too slow to be used in the intermediate or advanced practices.

**SUP-specific sessions**- TBD if we can find a race coach

**Links for Useful Videos-**

**How to launch, stand, and balance on a SUP**

<https://video.search.yahoo.com/search/video?fr=yfp-t&p=REI+SUP+video#action=view&id=6&vid=dae48f786b6d49e9bae1ca20675964fe>

**Basic paddling strokes**

<https://video.search.yahoo.com/search/video?fr=yfp-t&p=REI+SUP+video#action=view&id=2&vid=81f3a3394984208fda6c46bd4f377eb1>