

discover
PADDLEBOARDING





EQUIPMENT NEEDED

1 Paddleboard

Choose a suitable paddleboard based on your skill level and intended usage (e.g., recreational, surfing, racing). You can also choose between inflatable or epoxy/hard paddleboards.

2 Paddle

Select an appropriately sized paddle that allows for comfortable paddling in the water.

3 Waist/Hip Pack

A waist or hip pack is great for holding important items such as keys or identification. There are many waterproof packs available.

4 Leash

Attach a leash to your ankle and secure it to the board to prevent it from drifting away if you fall.

STEP-BY-STEP GUIDE

Choosing the Right Location:

One of the best parts of paddleboarding is the beautiful locations you can see while on your board. Select a calm body of water, such as a lake, pond, or calm bay or harbor.

Entering the Water:

Begin by carrying your paddleboard to the water's edge. Place the board in shallow water, ensuring the fin is clear of obstructions.

Getting On (and Staying On) the Board:

Start in a kneeling position near the center of the paddleboard, with your knees hip-width apart.

Slowly stand up by placing one foot at a time where your knees were. As you lift yourself up, maintain a low center of gravity by engaging your core and keeping your knees slightly bent.

Once you're standing, position your feet shoulder-width apart and centered on the board. Keep your knees slightly bent to help you stay balanced with any movements or changes in the water. If you're feeling wobbly, use your paddle for balance by extending one arm out to the side, parallel to the water. Engage your core muscles and slightly adjust your feet to regain stability. Allow yourself time to adjust and find your center of balance before paddling again.

Remember, practice makes perfect. Enjoy the process, respect the water, and have fun!

