



SAFETY SHEET

SUPdogs, Inc.

3600 N. 12th Ave.
Pensacola, FL 32503
850-324-5584 • iSUPdogs.com

Surf conditions can be deceiving. There can be dangerous currents even on calm days. Call for the latest surf advisory at **Pensacola Beach (850-932-SURF)** and the Gulf Islands National Seashore in the protected areas. The Gulf of Mexico is beautiful, warm and inviting but can sometimes be hazardous. Where lifeguards are present, please be aware of flags that alert you to conditions of currents. Rip currents and rapidly changing weather conditions can create dangerous situations if you are unprepared. It's always safest to swim where lifeguards are present. **And NEVER SWIM ALONE!**

RIP CURRENTS

Break the Grip of the Rip!

Rip currents are powerful currents of water moving away from shore. They can sweep even the strongest swimmer out to sea.

IF CAUGHT IN A RIP CURRENT

- ◆ Don't fight the current
- ◆ Swim out of the current, then to shore
- ◆ If you can't escape, float or tread water
- ◆ If you need help, call or wave for assistance

SAFETY

- ◆ Know how to swim
- ◆ Never swim alone
- ◆ If in doubt, don't go out

More information about rip currents can be found at the following web sites:

www.ripcurrents.noaa.gov
www.usla.org

BEACH WARNING FLAGS

BANDERAS DE ADVERTENCIA EN LA PLAYA

2X Red		Water Closed to Public <small>Agua Cerrada al Público</small>
Red		High Hazard High Surf and/or Strong Currents <small>Peligro Alto, Resaca Alta y/o Corrientes Fuertes</small>
Yellow		Medium Hazard Moderate Surf and/or Currents <small>Peligro Medio, Resaca Moderada y/o Corrientes Fuertes</small>
Green		Low Hazard Calm Conditions, Exercise Caution <small>Peligro Bajo, Condiciones Calmas, Tenga Cuidado</small>
Purple		Dangerous Marine Life <small>Vida Marina Peligrosa</small>

Absence of Flags Does Not Assure Safe Waters
La Ausencia de Banderas No Asegura Aguas Seguras



The number one way to get into trouble is to fall off your board and have it separated from you by wind, waves, or current. In even light breezes, the board can drift away from you faster than you can swim. Always paddle with a friend using the buddy system. If you do go out by yourself, make sure that someone on shore knows your planned route and when you expect to return. Never paddle farther from shore than you are prepared to swim. Always head upwind before you go downwind so it will be easier to get back to the launch site and **NEVER GO OUT IN OFF-SHORE WINDS (Winds that blow you out to sea!)** If you find yourself in trouble, **NEVER LEAVE YOUR BOARD!** If and when you fall off your board, always swim to the board first, then paddle the board with your hands back to pick up the paddle. Falling to the side of the board prevents injury because you avoid hitting the board. Once in the water, drop the paddle and swim to the board. Use your arms to move the board to recover your paddle.



FOOT PLACEMENT AND STANCE

The foundation of SUP is proper foot placement and stance. This allows you to control your paddleboard and adjust to changing conditions, such as waves, a boat wake or winds. While kneeling, find the center of the board. To know if you are centered on your board, the nose will rise approximately one to two inches above the water while the tail of the board remains equal to the water's surface. Place feet shoulder distance apart and parallel to each other. This positions your head and shoulders facing forward, toward the nose of the board.

BODY POSITION

Proper body position places the torso in an upright position as the knees bend slightly. With the knees bent, the hips sink down toward the board and remain centered over the heels. This position keeps the center of gravity low on the board and promotes balance when paddling.

FORWARD STROKE

During the forward stroke, the blade of the paddle is placed in the water toward the nose and approximately eight inches away from the side, or rail, of the board. Use the top hand to bury the blade of the paddle into the water up to its shaft. This motion begins the stroke as the blade moves down into the water and you push it straight back to your feet.

TURNING YOUR BOARD

The easiest technique a combination of forward or reverse sweep strokes. Start with a reverse stroke on the side in the direction you want to turn, to initiate the board turning. If needed, paddle on the opposite side to continue turning.