

Paddle Newfoundland and Labrador

Basic Stand-Up Paddle Boarding Skills Course - 2024

Location:

Rotary Sunshine Camp, June 1st (8:30 am - 5 pm) (Lectures and on the Pond)

Course Fees Includes:

Student manual and Paddle Canada certification. A SUP Board, PFD and paddle are provided for use during the course. If you have your own please bring it along but not necessary.

Certification Available:

Paddle Canada – **Basic Stand-Up Paddle Boarding Skills Course**

Prerequisites:

No previous Stand-Up Paddle Boarding experience necessary but good swimming ability/confidence is highly recommended.

Group Size:

Maximum of 10 students, with 4 to 6 students per instructor. This small group size will provide ample opportunity for one-to-one instructor/student interaction.

Course Length and Structure:

Basic Stand-Up Paddle Boarding Skills Course is a one-day course that will focus on safety and skill development. The course will utilize on-land lectures, and on-water skill development.

COURSE OBJECTIVE(S)

Basic Stand-Up Paddle Boarding Skills Course is the starting point for individuals seeking to learn the art of SUP Boarding.

There is a strong emphasis on water safety, equipment use/care, SUP Boarding fundamentals, and skill development. The candidate will learn the theory and skills necessary for paddling close to shore in a calm lake environment. The course includes demonstrated assisted rescue techniques, basic equipment care and knowledge, and basic forward and turning skill development.

Safety skills concentrate on the safety of the individual paddler while paddling near shore with uninterrupted stretches of easy landing opportunities.

Theory Items: Candidates will be introduced to the following theory items:

- ✓ Parts of a SUP Board, design, and performance
- ✓ Parts of Paddle, design, and selection
- ✓ Water/Wind/Waves/Weather (concerns, hazards, and risk)
- ✓ Hypothermia and Hyperthermia
- ✓ Transport Canada Regulations
- ✓ Basic Whistle Signals
- ✓ Personal Preparation (clothing, water, snacks, meds, float plan, etc.)

On The pond

- ✓ Falling off safely
- ✓ Remounting the board
- ✓ Use of a Leash.
- ✓ Lifting and carrying a SUP
- ✓ Choosing and holding a paddle
- ✓ Mounting and dismounting the SUP on your knees
- ✓ Paddle while in the prone position
- ✓ Paddle in a straight line on your knees
- ✓ Stand up on the Board.
- ✓ Paddle in a straight line
- ✓ Warm up to reduce Paddling Injuries.
- ✓ Shore based Throw Bag Rescue

Strokes and Maneuvers

- ❖ Forward Stroke - Paddle forward in a straight line for 100 m, switching sides as needed.
- ❖ Braking Stroke - Demonstrate the use of a braking stroke to stop the board.
- ❖ Sweep Strokes - Use a forward sweep stroke and reverse sweep stroke to turn the board.

Evaluation:

Basic Assessment Activities focus on individual safety and comfortable paddling along a calm shoreline. While there is a great deal to learn at this level, the activities should concentrate on personal progress and an awareness of the need for future learning. Paddlers should leave the course encouraged to continue their learning and aware of their individual limitations. An open book online test will be sent after the manual has been read.

WHAT TO BRING:

SUP Boarding is a water-based activity, so be prepared to get wet. Not including items for personal comfort, participants should bring the following to the pond:

Waiver:

At the registration session prior to going on the pond, candidates will be asked to complete a waiver form which is provided to Paddle Canada for insurance purposes.

Note:

The Club supplies the use of a SUP Board, paddle, and PFD (Lifejacket) for the day of the pond session so even if you own one you do not need to bring it to this session. A wet suit or a dry suit is required. If you own one or can borrow it from a friend that would be great. The Outfitters will be supplying us with a limited supply of sizes for the course at no charge to you.

Bring to the Pond Session:

1. Rain gear
2. Paddle (if you have your own or have access to one)
3. PFD (if you have your own or have access to one)
4. SUP Board (if you have your own or have access to one)
5. Snacks/Liquids – Sunglasses – Sunscreen - Brimmed Hat/Bandana
- 6. Appropriate “wet” footwear (Rubbers, Neoprene Socks, Old Sneakers)**
7. Towel.
8. Please bring your own lunch on Saturday. We do not want students leaving the facilities during lunch time. A small convenience store is located across the street from Rotary.