**PART B - ON-LAND DEMO**

**The board:** Introduction to the board. Nose, tail, rails. Fins.

**Basic stance:** Feet hip/shoulder width apart, facing forward.

**Paddle:** Quick guide to the parts, explain the rake. One hand halfway up the shaft, the other on top.

**Paddling technique**

Nose to toes.

 Changing sides.

Forward half sweep turn, reverse half sweep turn.

**Safe Position**

Explain the importance of the position.

Paddling & turning while kneeling. Hands at 1/3 & 2/3

**The stand-up:** Show the sequence.

**Falling in and getting back on:** Discuss as required.

**Check understanding:** Repeat the plan, final check of signals.

Carry the board, put on leashes at water’s edge – instructor to check