

THE SUP SAFE CODE



ALWAYS WEAR THE CORRECT
TYPE OF LEASH FOR THE
CONDITIONS



WEAR A BUOYANCY AID



KNOW THE CONDITIONS,
NOW & FORECAST



TAKE TWO WATERPROOF
WAYS TO CALL FOR HELP



TELL SOMEONE ONSHORE
YOUR PLANS





FOLLOWING THE SUP SAFE CODE WHEN YOU GO OUT FOR A PADDLE WILL GREATLY REDUCE THE RISK OF BECOMING A STATISTIC



LEASHES SAVE LIVES!

Without a leash it's easy to become separated from your board, especially in a breeze. So it is very important to wear a leash. In certain conditions it is essential to wear the **right** type.

The only leash suitable for strong currents (i.e; rivers, harbour mouths etc): is a leash with a quick-release system that can be operated from above the waist.

Do not wear a leash attached to your ankle or calf in strong currents. If it catches on something you will not be able to undo it while it is under tension.

In surf conditions, only use a straight ankle/calf leash.



WEAR A PFD!

A Personal Flotation Device (PFD) will greatly increase your survival time should you become separated from your board. A PFD with permanent built-in flotation (as opposed to the inflatable type) is essential if you are a weak or non swimmer.

A backpack PFD is a great option for the more experienced paddler.



BEFORE YOU GO - KNOW THE CONDITIONS!

Know the weather, wind strength & direction (now & forecast!), tide height and flow if you are at the coast, and the water temperature. Is your ability, equipment and clothing right for these conditions??



CAN YOU COMMUNICATE?

Can you call for help if necessary? (Remember, it might not be you in trouble, but someone else you encounter). Take a phone or Maritime VHF in a waterproof case, along with a whistle.



TELL SOMEONE!

Even if you're paddling with others (always safest!), make sure someone onshore knows you're on the water, where you're going and how long you'll be. Tell them when you get back too.

FOR MORE ON SUP SAFETY VISIT

www.supsafe.nz



Want to learn more about SUP safety? Why not sign up for the SUP SAFE course, available all over NZ this summer. More details at www.supsafe.nz

