

SUP SAFETY REMINDERS

- Always wear a leash, so your board can't get swept away from you.
- Wear a DOT Approved PFD or at least have one on the board.
- Be sure to have a whistle or other sounding device with you.
- If you're out after sunset, a waterproof, working flashlight is also required.
- If heading out for a while, remember water, a snack and sun protection.
- Be aware of wind and weather conditions. Paddling with the wind at your back on calm water can be great fun and it's easy to lose track of how far you've gone. Paddling back into the wind, on rough water can be almost impossible.

