



SUP New Forest Paddler Guidelines

- As a paddler you are responsible for your safety and wellbeing.
- You should always be comfortable that the paddle is within your ability and experience, taking account of the route, the water types, weather conditions and how you are feeling. *Please ask prior to the event if you are unsure.*
- Appropriate leashes are mandatory for all paddles and we strongly recommend the use of personal floatation devices (PFDs e.g. buoyancy aids) on all paddles. Generally, used a coiled leash for general SUP or a quick release waist leash on flowing water where there is a risk of entanglement ([link](#)).
- PFDs are mandatory for 3 star paddles.
- While participating on a paddle make sure that you are within communication distance of the paddle leads (front and rear). Try and stay within sight and slow down if the leads are helping other paddlers.
- Paddle leads are there to guide and in case of emergency. They are not responsible for your safety.
- Make sure you attend, understand and comply with the information given at the pre-paddle briefing (just before launch). Please ask if you don't understand any information given.
Typical information given at a briefing will contain:
 - Weather conditions.
 - Paddle length, route, stops-off.
 - Hazards such as strong currents, busy water traffic areas, submerged or overhanging obstacles, & shallows.
- Be aware of your surroundings, and anticipate things you may need to avoid, such as other water users (including who/what may be behind you), or when leaving sheltered waterways to more exposed and windy areas.
- Assist other paddlers that need help if safe to do so.
- Be prepared for the paddle.
 - Make sure you have the correct clothing for the conditions that may occur on the paddle.
 - Check the weather conditions yourself prior to the paddle.
 - If applicable, carry water, food, whistle, mobile phone and sun cream onboard.
 - Consider using a drybag or phone case to keep gear dry.
- Don't be afraid to ask if you need tips on how to deal with aspects of paddling or conditions
- And lastly (and most importantly) have fun 😊

Helpful websites:

For Tides

<http://www.ukho.gov.uk/easytide/EasyTide/index.aspx>

or mobile app - 'Anytide'

For Weather.

<https://xcweather.co.uk/>

or mobile app – ‘Windy’