



## SUP New Forest Paddle Ratings

These paddle ratings are designed to help club members make good choices about which paddles are suitable for them.

It is expected that club members are able to paddle independently, without assistance. Club sessions are not teaching sessions and the paddle leads are there to guide the paddle and in case of emergency.

The star rating system works as follows:

- **1 star paddles:** These paddles are suitable for all club members. They are normally around an hour in duration, and at locations where wind and tide are less likely to be a problem or there are easy options for stopping and/or getting off the water. They are good paddles to build confidence, stamina and the ability to negotiate other water traffic. Good examples would be Keyhaven to Hurst Castle, River Stour at Iford Bridge or the Avon Loop.
- **2 star paddles:** These paddles are for more experienced club members. They vary in length and may be short (1-2 hours) with more challenging conditions, or longer paddles (up to 3 or 4 hours) with some shelter or exit options. 2 star paddles may be on the sea, and require the strength and stamina to cope with wind, tide and/or swell. Hauling boards in and out (for canal locks for example) may also be a factor. Good examples would include Bucklers Hard to Beaulieu and Keyhaven to Lymington.
- **3 star paddles:** These are challenging paddles and are for experienced paddlers only. They require good strength, stamina and paddling skills, including some ability to judge changing conditions. In addition to tide, wind and swell, the paddles may have limited places to haul out and may require a reasonable paddling pace. Good examples would include Lulworth cove to Durdle Dor and Old Harry Rocks.

Please note that **any paddle** can become challenging, depending on the prevailing conditions, and our sport has inherent risks that you accept when you come out on a SUP New Forest paddle.