

RCABC STAND UP PADDLING PROGRAM

Basic SUP Paddler (1)

Advanced SUP Paddler (2)

| Prerequisite | None | Basic SUP Paddler (1) |
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| Theory | Equipment Knowledge – Board, Paddle & PFD Equipment Care Safety Procedures & Equipment Board Clothing and Footwear (Re: Hypothermia) Waterproofing and Stowing Gear LNT Access Concerns Government Regulations | Board Parts and Terminology Paddle-Types, Parts, Materials & Size PFD's Types, regular and inflatable, Fitting and Approvals Selection of Equipment Equipment Variations & Standards Knots and Ropes Personal and Group Safety Equipment Planning a SUP Tour Water Hazards, Wind and Waves Paddling Mechanics : Wind & Waves Paddling Positions/Trim History of Boarding SUP Resources |
| Practical On Land Skills | Transporting Boards on a Vehicle Solo hand-well, shoulder and overhead carries Launching And Landing (Shore or Dock) , | |
| Practical On Water Skills | Positions, Stance & Trim Prone and Kneeling Paddling Falling off, Remounting Use of Leash Sideways Displacement Pivots Dismounting | Forward Straight Line Paddling In waves Side Slip & Running Side Slip Downwinding Edging Inside & Outside Circles With & Without Momentum Cross Turn Paddling in Groups Surf Stance Static and Moving Pivot Turns Paddling in windy conditions |
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| | Basic SUP Paddler (1) cont. | Advanced SUP Paddler (2) cont. |
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| Strokes | Forward Sweeps (Forward/Reverse) Draw (Underwater Recovery) Bracing Stopping | Forward Draw Cross Draw Weight Turns Braces Review & Practice Basic Strokes Variation & Blending of Strokes Marathon Stroke Diagonal Draws (Forward) Stationary Draw Sculling Draw |
| Rescue and Safety | Paddleboard Safety; Use of a Leash Remounting Recovery with and without leash | Swimming Self Rescue Assisted remount (board flip) Retrieve a Board Towline Rescue Peer Rescue: Throw Bag Towing unresponsive paddler |
| Required Manoeuvre | Paddle 50 Metres in a straight line in each of 3 positions: prone, kneeling and standing. Basic Turns using sweep strokes Stopping | Paddle 100 metres into wind chop Launch into waves Pivot turns under power Travel 5 metres sideways using a draw Edging turns Cross draw turns |