

Paddleboard Basics

Part 1: Paddle Adjustment

Before you begin, make sure your paddle is 8-10 inches taller than you. By pushing the pins and sliding the paddle shaft, you can adjust your paddle to the desired height.



Part 2: Mounting the Paddleboard

To mount your paddleboard, start in at least knee-deep water. Stand alongside the board and place your paddle across the deck of the paddleboard.



Hold the board by the rails and push yourself up into a kneeling position.



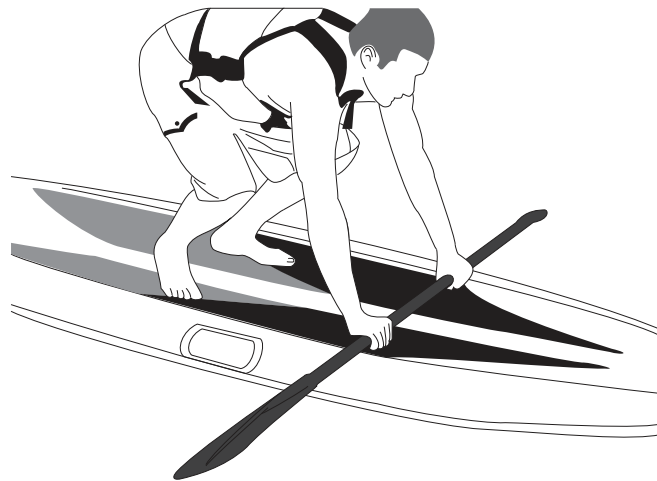
▶ SECTION 1

PART 2: MOUNTING THE PADDLEBOARD (CONTINUED)

Make sure you are kneeling just behind the center point of the board. The nose should not pop out of the water and the tail should not dig in.



Keep your hands on either side of the board until you feel stable enough to slowly stand up. Place your feet where your knees were and stand up one foot at a time.



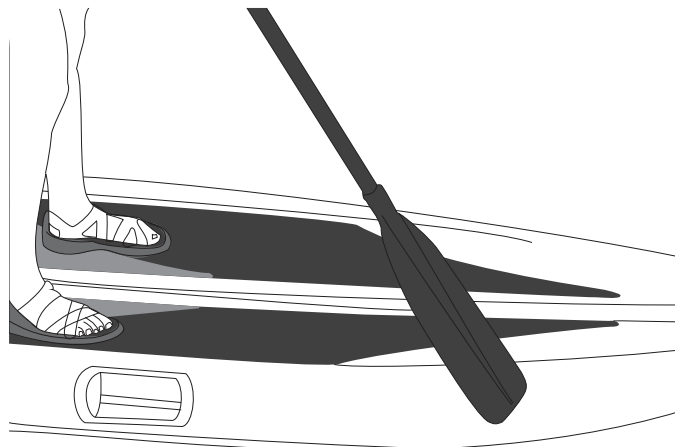
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Part 3: Proper Stance

Your feet should be parallel, centered between the rails and about hip-width distance apart. Keep your toes pointed forward with your back straight and knees slightly bent. Your head and shoulders should be steady and upright. Try to keep your eye level with the horizon, and avoid staring at your feet. You should have one hand on the top grip and the other lower on the paddle shaft.



Keep in mind that while you paddle, the angle blade should point toward the front of the board



► SECTION 1

Part 4: Paddling Basics

Push down on the top paddle grip and twist from your torso as you paddle. Push the paddle blade completely under the surface, pull it back to your ankle, then lift it out of the water. If you are a beginner, keep your strokes fairly short and close to the side of the board.



To go in a straight line, paddle about 4 or 5 strokes on one side, then switch to the other. When you switch sides, you'll need to reverse hand positions.



▶ SECTION 1

PART 4: PADDLING BASICS (CONTINUED)

If you wish to turn your board, simply paddle on one side until the nose turns in the direction you want to go. Another fast way to turn or change direction is to simply drag the paddle on one side or paddle backwards.



WARNING!



Paddle sports can be physically demanding and dangerous.

- Anyone using this water craft may be at risk of serious injury or death.
- Get certified training and know your limits before using this watercraft.
- This watercraft is intended for recreational use only.
- Never use this watercraft in white water conditions.
- Never use this watercraft in rough or stormy water conditions.
- This watercraft is not intended to be used as a lifesaving device.
- This watercraft is not intended for mechanical propulsion.
- Always wear a Coast Guard approved personal flotation vest.
- Do not allow minors to use this watercraft without adult supervision.
- Do not use in areas where dangerous or strong current flows can overcome your ability to control your direction or destination.
- Never use drugs or alcohol before or during operation of this watercraft.
- Always paddle with a buddy in case you require emergency help.
- Never use in cold water that may cause hypothermia.
- Always wear a helmet when appropriate.
- Check your equipment prior to each use for signs of wear or failure.