



BOARD
RIDING
SINCE
81



HOW TO STAND UP PADDLE

USER MANUAL

FANATIC



HOW TO STAND UP PADDLE

SAFETY FIRST

+ **Be realistic about your swimming skills!**

Weak swimmers should wear a life jacket, in case they fall in the water.

+ **Wear appropriate clothing**

or a wetsuit to protect yourself against hypothermia once you get wet.

+ **Never leave your board!**

If you lose your paddle, use your hands to paddle the board and get your paddle, it's much easier than swimming.

+ **Always paddle upwind first!**

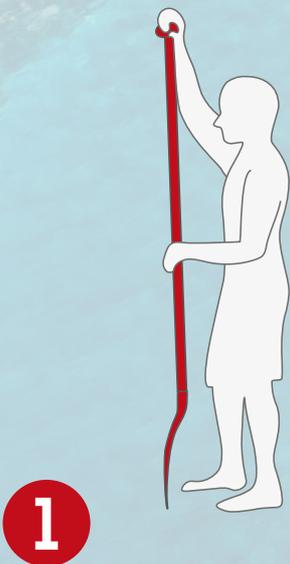
It's much more difficult than paddling downwind. Inform yourself about the tides and prevailing winds at new locations. Don't paddle too far out with the wind, you are going to need more energy for the return.

+ **Use a safety leash**

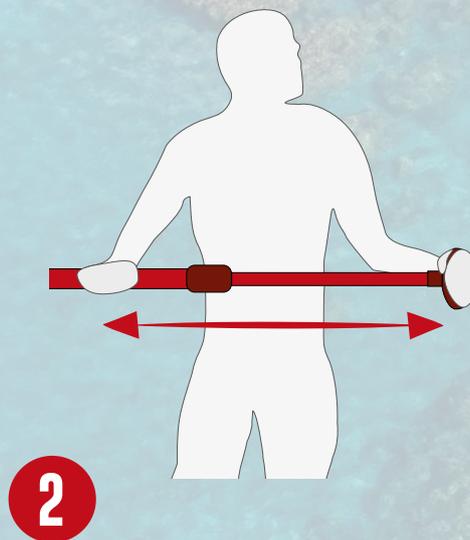
in windy conditions and in waves as strong winds and waves might move your board faster than you can possibly swim.

+ **There are many waterproof accessories**

for cell phones available, in case you're going for a longer paddle, as well as waterproof backpacks and camelbags.



There is no right or wrong in terms of paddle length. To find your suitable length, place the paddle upright in front of you and extend the shaft until you can place your wrist on top of the handle with your arm lifted up. For touring we recommend the shaft slightly longer and for manoeuvrability in waves it should be rather a bit shorter.



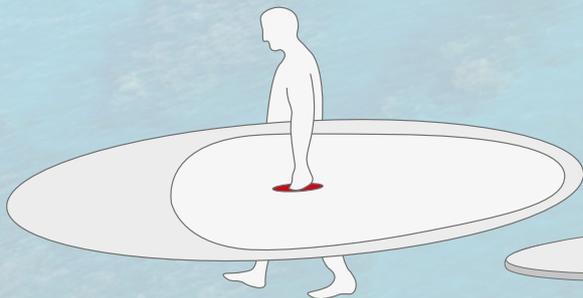
When holding your paddle, your hands should be just over a shoulder width apart. One hand holds the handle, the other hand is holding the shaft with a loose grip.



The blade of the paddle has a slight angle, which should point forward, towards the nose of the board.

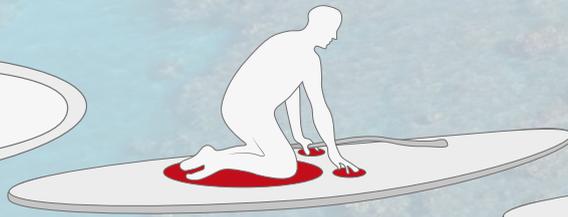


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Carry your board to the water holding the paddle in one hand and the handle of the board in the other hand.



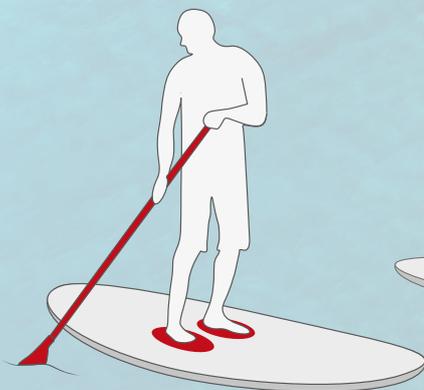
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Get on the board with your knees left and right of the handle to get a feeling for the balance of the board on the water.



6

Once you feel more comfortable, take the paddle and make your **first stroke on your knees** to feel the reaction.



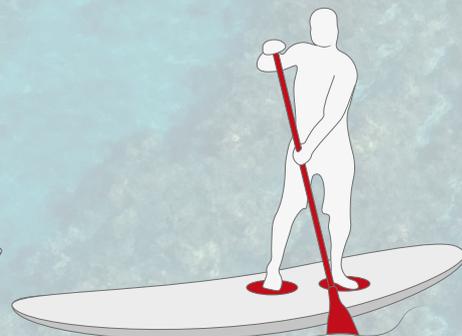
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To **stand up**, place your paddle sideways over the board and push yourself up with the paddle in both hands. Place your feet left and right of the handle with about a shoulder wide spread. Having the blade in the water will help with stability and stops the board from moving.



8

Take your **first stroke** with one hand on the shaft and the other hand in the handle. Note the blade should be tilted forward, towards the nose of the board. Change sides every 3-5 strokes to paddle in a straight direction.



9

To **change direction**, take long extended strokes just on one side to steer the nose of the board in a new direction. If you're more advanced, take a step towards the tail of the board to reduce the turning radius for a quicker direction change.



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