



Top water safety tips for Stand Up Paddleboarding - PLOT your paddle

* **P**ersonal Floatation Device - Always wear a buoyancy aid - if you fall into the water it will help you float and keep your airway clear
* **L**eash - Use an ankle leash for surf or non-flowing water and a quick release waist-belt leash for flowing water or tidal waterways
* **O**ffshore Winds - Check the weather conditions, taking note of local currents and the wind direction - DO NOT paddle in offshore winds
* **T**elephone - Take a mobile phone with you in a waterproof pouch, if you are in trouble - **call 999**. *Ask for the Coastguard.*

Further tips for your SUP session

* If you get into difficulty, stay on top of your board and signal for help
* If you fall into the water and lose you board - Stay calm, **float** on your back and call for help
* Let somebody know where you are heading and what time you're due to be back
* Paddle with somebody else, it's more fun and they can help in an emergency
* Understand your capability in the conditions, if you're unsure paddle another day
* Stay clear of swimmers and other paddlers

If you see someone in trouble

Don’t delay call 999