



## 10 SAFETY TIPS BEFORE YOUR PADDLE

- 1 PREPARE YOURSELF.**  
Check the weather forecast, windforce and direction. Prepare your equipment so it is in excellent condition and take care that your fitness level is as good as the tour you are going to enjoy
- 2 WEAR THE RIGHT CLOTHING AND LIFE VEST.**  
Be aware of the water temperature and air temperature and wear a wetsuit or drysuit when it is cold. When it is warm, prepare for the sun and hydrate.
- 3 KNOW THE RULES ON THE WATER.**  
Please make yourself aware of the rules on the water. On very small motor boats you have right of way but on sailboats, windsurf/wing boards they have right of way. Keep on starboard (right side) all the time.
- 4 USE YOUR LEASH.**  
Always use your leash. This is the line which attach your body to the board. This prevents the board from floating away when you fall off.
- 5 LOOK AROUND AND BACKWARDS.**  
Consider your speed and that from others around you. This avoids surprises
- 6 ENJOY YOUR TIME ON THE WATER TOGETHER.**  
Good to enjoy the SUP sport together, it is safe, certainly on open water, but also more enjoyable
- 7 BRIDGE LIGHTS, WHAT DO THEY MEAN.**  
Take care of the lights of the bridge and this avoids surprises of oncoming traffic
- 8 RESPECT NATURE.**  
Stay away from animals and do not leave any garbage in water or meadows
- 9 PROPER LIGHTING.**  
When paddling in the evening please be aware that as a small vessel you are obliged to carry white light. You are not visible in the dark.
- 10 BE TRACEABLE.**  
Please let other people know where you are and where you are going. Take your cell phone with you in a waterdry bag. Notice that the clothing you leave on shore is marked and make clear you are on the water.



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