

How to Setup Your Paddle board and paddle.



Inflating the board.

1. Remove the board from the bag, undoing all the straps, (remember to keep the straps safe).
2. Roll out the board flat and set up the pump with the handle as demonstrated below. Undo the valve cover and make sure the valve is sitting up.



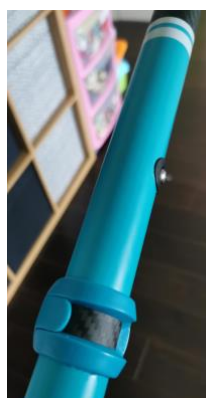
3. Insert the red hose into the board and pump by twisting clockwise until tight. Make sure you pay attention to the instructions on the side of the pump. The Lever should be in the Closed Position as demonstrated below.



4. Start pumping the board as demonstrated below, until you find it hard to pump. When this happens move the lever to the open position (down), this will make it easier to pump. Carry-on pumping until you reach 15psi **Green area** which should take around 10-12 minutes.



5. Release the red hose from the board and pump by twisting anti-clockwise and secure the valve cover.
6. Next put the paddle together by unclipping the blue clip and inserting the shaft into the hole (feed the string down the shaft to help), you will then see a metal ball, this needs to be located in its hole and the blue clip fastened. The Black clip at the top of the paddle can be opened to extend the paddle if needed. Store the pump and hose in the bag and put in a safe location, ideally in a car. Next go and Explore the Lakes.



Deflating the board.

1. If possible, please can you dry off the board with a towel.
2. Undo valve cover and push and twist down the valve until the air comes out (this can be very loud). Leave for 5mins to deflate.
3. Disassemble the paddle and dry before storing in the bag.
4. Place the pump at the front of the board (on the Red logo) and start rolling the board to the back. Replace valve cover. Use the strap to keep tight and replace board back in the bag with your paddle.