

# Explore The Lakes Paddle Boarding Safety guide.



1. Check the equipment to make sure it is safe to use.
2. Familiarise yourself with the equipment and how to inflate/deflate and pack away safely in the provided bag. (Videos can be seen on our website. [www.explorethelakes.co.uk/guide-to-paddle-boarding](http://www.explorethelakes.co.uk/guide-to-paddle-boarding) or refer to How to setup your paddle board located in the board bag.
3. Make sure you are dressed appropriately for the weather. Refer to our website for information on the types of clothing to wear.
4. Always store the equipment in a safe place where it can't be stolen. For example, store the bag and pump in your car and not at the lakeshore.
5. Never stand or drag the board on land this will damage the board and the fins underneath. For any damage caused please refer to our terms and conditions for damage price.
6. Once you are near the water make sure you wear your buoyancy aid (that is provided) at all times.
7. If you are unsure about the correct way in fitting a buoyancy aid, please refer to our website <https://explorethelakes.co.uk/buoyancy-aid-fitting> or the information in the board bag.
8. Make sure the board is fully in the water before launching this will protect the fins underneath.
9. Make sure your **safety leash is attached to your ankle at all times**, this will help you get to your board if you fall in.
10. Always kneel in shallow water or in windy conditions.
11. If it's your first-time paddle boarding, try and stay near the edge of the shoreline to help gain confidence before going out further.
12. When standing up make sure the water is at least waist deep. This should prevent an injury if you were to fall off. Adjust the paddle height if needed.
13. If carrying a child on your board, always have them in front of you and never behind.
14. You are responsible for yourself, the equipment, and others around you.
15. Please act responsibly and always take your litter home. Have respect for the environment.
16. Always tell a family member where you are going in case of an emergency.