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SUP SAFETY

4 SIMPLE RULES OF WATER SAFETY

Always **P.L.O.T** your paddle



Personal Flotation Device

Wear a Buoyancy Aid or Waist Belt PFD. If you're in trouble in the water remember Float To Live



Leash

Use an ankle leash for surf or non-flowing water or waistbelt leash for flowing water and tidal waterways



Offshore winds

Avoid winds that are blowing away from the beach. Check the weather forecast and tide times and be prepared



Telephone

Take a phone with you in a waterproof case, and if you get in trouble call the emergency services and ask for the **Coastguard**



BRITISH
CANOEING



Dress for the water conditions
If in Doubt Don't Go Out

