

Criteria for use of Paddleboards

The Boat Files	Stand Up Paddleboards (SUPs)
3 x McConks 10'6"	Inflatable but stiff as a board

Show basic understanding of tide tables
Show basic understanding of Rules of the River
Demonstrate correct choosing and fitting of a buoyancy aid

Paddle and Steer

Demonstrate ability to launch and mount board
Paddle forwards
Steer while paddling
Stop
Paddle backwards
Turn
Dismount
Prepare board for storage
Understand the requirement for the tether
Understand setting the paddle length

Below Cobden Bridge

Demonstrate full competency of the above
Show complete understanding of local tides
Possess the physical fitness required for longer distances
Understand the hazard associated with solo excursions

Other locations

Understand inflation, deflation and packing