

Priory Sailing Club's SUPs - Operating Procedures

Booking Procedures

Priory Sailing Club SUPs are available for members to use when the club is open i.e. on Wednesday evenings and at the weekend and on Bank Holidays. They should be booked on Eventbrite.

Boards can be paddled by adult members. Junior members may also use a board if they are fourteen or over and accompanied by an adult on a board. Younger members wearing a buoyancy aid can be carried as passengers by adults.

The boards are stored next to the Safety Boat store and the paddles are in the Green Container.

Wetsuits are available for members to borrow from the Green Container if needed.

Safety Protocols

Handle the boards with care, particularly on the shore and when launching, the skegs are especially vulnerable.

Ensure the board is inflated correctly before launching, it should be hard. If it is not there is a pump available.

Launch from in front of the clubhouse i.e. not from the slipway or dinghy beach.

Stand in the water when getting onto the board, i.e. don't step from the bank directly onto the board, and when getting off step back into the water and not directly onto the land.

Before standing up ensure that you are far enough away from the bank so that if you fall off you won't hit the hard edge.

The board's leash and a personal buoyancy aid must be worn at all times when on the water.

'Wet shoes' or similar should be worn.

Be aware that offshore winds may make it difficult to paddle home.

Observe the 20m exclusion zone around the lake, i.e. stay at least 20m away from the bank.

You should only launch and land inside our compound, i.e. you should not leave the lake.

Be aware of other water users and paddle considerately.

Technical Tips

Paddle length is important. Twenty centimetres above your head is a guide; your arm should be bent above your head when holding the paddle upright.

Start by kneeling down in the middle of the board. It is possible to paddle in this position, although you will need to adjust how you hold the paddle i.e. don't hold the T piece. This can also be a good way to make progress against the wind or when you are tired.

Don't hold your paddle backwards! The blade should be pointed forwards as you begin your stroke. The whole blade should be just submerged when you paddle. Start your paddle stroke well forward and finish your stroke just after the paddle passes your feet.

It is easier to get to your feet once you have got the board moving. Stand with your feet side by side and a comfortable hip distance apart. Having your legs slightly bent will help with your stability.

Look ahead rather than at your board or your feet!

When standing, hold the paddle with your hands a comfortable distance apart. As a guide your elbows should be at right angles when the paddle is held above your head with one hand on the T piece.

The paddle should be upright for efficient paddling and not across your body i.e. top hand above your bottom hand. This will help you paddle with the blade close to the board which in turn will help the board go straight.

Paddle in the less windy areas of the lake.

Take a look on YouTube for coaching tips to help your progress e.g.

https://www.youtube.com/watch?v=ES2mShoQ3_Q

PSC Committee

1st June 2021