

# ACA Essentials of SUP

## Thoughts

How do I get full knowledge of what stand up paddle-boarding has to offer? How can I feel confident on the water and keep up with more experienced paddlers? This class offers strokes, techniques, and tools for the complete paddler.



**Prerequisites:** *None*

**Next Step:** *ACA L-2 SUP Skill Assessment, Advanced (L3/L4) SUP classes in surf or river*

## Topics Covered

We will cover the standard ACA curriculum including complete equipment needs, car topping, trip planning, and risk management. We cover all basic strokes for maneuvering, stability, and recovery: forward, reverse, stopping, side-draws, rudders, and bracing. Safety components include capsizing, boat-swim, and recoveries.

## Details and Requirements

This 4 - 8 hour course designed for the committed paddler has no prerequisites. Course is planned for group participation in a suitable flat-water environment such as a lake, cove, pool, or similar protected water.

**Basic Equipment** includes a properly outfitted SUP with paddle and related safety equipment including PFD. This equipment can be provided for the beginner, although it is best to use your own equipment, if available. Please inform us of any equipment may need before the class.

**Personal Equipment** recommendations include clothing suitable for immersion (synthetics, no cotton) and water shoes (no open-sided sandals). The student should come prepared for brief periods of immersion while practicing certain skills. Some students prefer to use nose-clips, earplugs, and/or swim goggles during immersion – all are acceptable, though generally not required. Other items of personal responsibility include: sunglasses, sunscreen, hat with visor, bug repellent, and spare (dry) clothing. In cooler weather or on windy days a windbreaker may also offer comfort.

**NOTE:** We are not responsible for lost or damaged personal items. Plan to leave electronic keys, cell phones, etc. on shore or in a floating, waterproof container. Consider retention aids for prescription glasses, hats, and other items dear to you.

## Special Requirements

Please bring your desire to have fun and a spirit of adventure. In order to serve you best please advise us of any personal issues when registering so that we can prepare in advance for special needs and equipment. Let us know in confidence of any medical issues before the start of class. We can accommodate most concerns.

## Costs and Fees

Class Fee	Boat and Gear Rental	ACA Participation Card
Inquire	Available, inquire	Available on request