

# ACA Introduction to SUP

## Thoughts

I think I have a commitment to standup paddle boarding, how do I really know? What is the best SUP for me? How do I use the safety gear I have? This class offers details for new paddlers that allow you to decide your commitment and make decisions on further development.



**Prerequisites:** *None*

**Next Step:** *ACA Level-1 SUP Skill Assessment or ACA Essentials of Stand Up Paddleboarding*

## Topics Covered

We will cover the standard ACA curriculum including broader equipment needs, and considerations of wind, waves, and weather. We provide training in basic strokes, maneuvering and stability including forward, reverse, stopping, side draws, rudders and bracing for control. Safety components include capsizing, SUP-swim, and deep-water self-recovery.

## Details and Requirements

This 4 - 6 hour course designed for the beginning SUP 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 appropriate safety equipment including PFD. This equipment can be provided for the beginner, although it is best to use your own equipment if available. Please advise us on your equipment needs 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 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 equipment. Let us know in confidence of any medical issues before the class. We can accommodate most concerns.

## Costs and Fees

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