

# ACA Quick Start Your SUP

## Thoughts

I am interested a good time and a quick paddling adventure, hopefully without the embarrassment of a rescue. I want to get on the water as quickly as possible with only the needed instruction.



**Prerequisites:** *None*

## Next Step:

*ACA Introduction or Essentials of Standup Paddle Board*

## Topics Covered

We will cover the basics needed to safely get you on the SUP, on the water, and keep up with a group of other novice paddlers. This brief lesson is designed to prepare you for a short trip on protected waters. It is a great way for beginners to see if a SUP is for you or simply to have a quick adventure.

## Details and Requirements

This short 30-60 min lesson is designed for the novice paddler and has no prerequisites. The course is designed for group participation in a suitable flat-water environment such as a pond, lake, cove, or similar protected water. Generally this is followed by a brief tour to develop a better feel for the paddleboard.

**Basic Equipment** includes a properly outfitted Stand Up Paddleboard with paddle and appropriate safety equipment including PFD. This equipment is usually provided for the beginner, although personal equipment may be used with pre-approval. Please advise us on any special issues you may have before the class.

**Personal Equipment** recommendations include clothing suitable for unexpected immersion (synthetics, no cotton) and water shoes if available. 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 best serve you please advise us of any personal issues when registering so that we can prepare in advance for special needs or equipment. Let us know in confidence of any medical issues prior to 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