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SIMPLE RULES OF WATER SAFETY

STAY SAFE ON THE WATER

SUP SAFETY

STAY SAFE ON THE WATER

#RESPECTTHEWATER

Always P.L.O.T your paddle



Personal Floatation Device

Wear a Buoyancy Aid or Waist Belt PFD. If you're in trouble in the water remember Float To Live



Leash

Use an ankle leash for surf or non-flowing water or waistbelt leash for flowing water and tidal waterways



Offshore winds & obstructions

Avoid winds that are blowing away from the beach. Check the forecast & tide times, be prepared.

Check your surroundings for any dangers. Look for boats, buoys and anything you can become entangled with



Telephone

Take a phone with you in a waterproof case, and if you get in trouble call **999** and ask for the **Coastguard**

Dress for the water conditions
If in Doubt Don't Go Out