



Surf Alaska

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Rental Instructions

AND SAFETY

1. Wetsuits zip in the back and the logos are on the outside. You can leave it inside out when you take it off.
2. Your booties go underneath the leg of your wetsuit.
3. Paddle height should be about as high as you reach overhead with a fairly relaxed bend in your elbow.
4. Paddle stickers face AWAY from you while paddling (i.e. the paddle blade bends AWAY from you)
5. The board has a handle in about the center of the board.
6. The leash goes around your ankle. If you know which foot would naturally be forward skateboarding, snowboarding etc, put the leash on your BACK ankle.
7. Walk your board into the water until about knee deep (get off at about the same depth when you come into shore to save the board and fins from the rocks).
8. Basic stance: feet on either side of the handle (center of the board), facing forward with a relaxed athletic stance.
9. You can paddle from your knees in about the same position while you are getting comfortable or to rest or get out of the wind.
10. To aid in going straight, look ahead to where you want to go and keep your paddle stroke forward of your feet and close to the board.
11. HAVE FUN!

Tips for your Safe Enjoyment

1. The most important thing is to be aware of where you are, your surroundings and the weather. Even if it is a nice calm day on the water the wind can come up at any time. If it is windy remember that your body is acting like a sail and you may be moving along without paddling. When it is time to return, you may have a headwind so leave yourself enough time and energy. If you find yourself paddling into the wind you can get down to your knees, sit or even lay the paddle on the board under your chest and paddle with your arms on your belly (like a surf board). Staying relatively close to shore helps to avoid any potential challenges.
2. We encourage playing and having fun but keep awareness of your paddle and board in relation to your friends and your own body. Fins can be especially 'dangerous' if you are not paying attention.
3. Try not to drop the board or the paddle on the rocks or pavement. SUP boards and paddles are FRAGILE. Wait for a friend to help you carry your board if you are not sure you can make it.
4. Be careful getting in and out of the water. Stop before the shore and get off in about knee deep water both to protect the board and also to prevent sudden stops that result in falls. This is where most injuries happen.