



## PHC SUP Code of Conduct:

Stand Up Paddleboarding is becoming one of the fastest growing activities in the country with equipment readily available from supermarket shelves, easily obtainable for the most inexperienced of users. We hope you take time to read the below safety information to make your experience as safe and as enjoyable as possible.

### STAY AFLOAT:

Wear a Personal Floatation Device when on the water or have an additional means of floatation.

### STAY IN TOUCH:

Tell someone ashore where you are going and when you will be back. Carry a waterproof means of calling for help and make sure you know how to use it.

### STAY CONNECTED:

- A leash is an essential part of your paddle boarding gear, but with so many types of SUP leashes on the market, it's hard to know which one is right for you.
- Understand the environment you are in and choose the correct leash for your activity.
- Attach the leash securely to your person.
- If you fall in, stay with your equipment, you will be easier to find.

### PLAN YOUR ACTIVITY:

Check the weather and tides before you go out and contact the harbour office/launch facility for any relevant safety information.

### KNOW YOUR LIMITS:

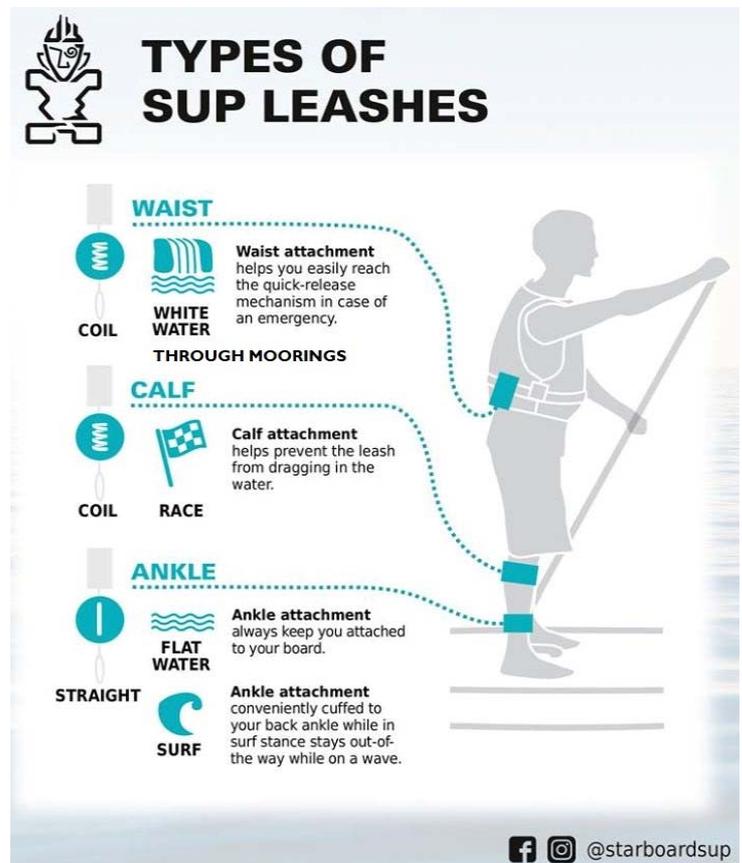
Offshore winds are dangerous and may blow you away from shore. Wind against tide will create waves in calm conditions. Paddle into the elements first to make the trip home easier.

### STAY CLEAR:

The River Camel is a busy navigable estuary. Keep clear of the navigable channels and only cross the channel when it is safe to do so and at the narrowest point. When passing through the zoned ski area, stay to the edges and pass through as quickly as possible.

### INCIDENT:

If you get into difficulty, stay with your equipment and call for help. Ask for the coastguard on 999 or VHF Channel 16. All incidents must be reported to the Padstow Harbour Office.



To further improve safety and your confidence on the water, Water Skills Academy are offering SUP courses to prepare you for your paddleboard activity:

<https://the-water-skills-academy.teachable.com/p/isup-smart>

<https://www.waterskillsacademy.com/take-a-few-minutes-to-sup-safely>

### Padstow Harbour Speed Limits and Zoned Area:

