

# COVID-19 SUP

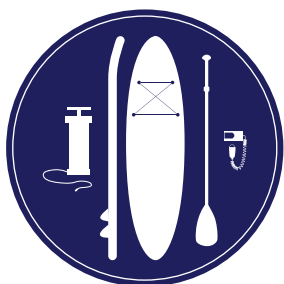
## GUIDELINES

Follow the Government guidelines **they are there for a reason.**

Breaking these rules will not help us get out of the current situation any quicker.

It may also lead to privileges like getting afloat being removed.

## KEEP YOUR DISTANCE, SAVE LIVES



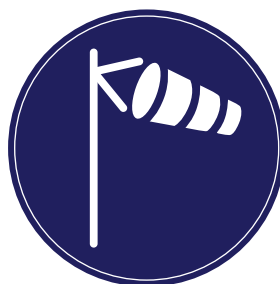
### Check Your Equipment

Is it in good condition and up to the task.  
Make sure you have a way of attracting help and attention.  
Make sure you have an appropriate leash and flotation.



### Check Your Clothing

Make sure you are ready for submersion, and for the tests of the conditions.  
Cold water shock is a big risk at this time of year.



### Check the Conditions

Get a forecast.  
Avoid poor visibility, strong winds and offshore winds.



### Check the Tides or River Flow

Stay out of areas of strong flow  
Launch from safe areas and avoid times when tides may be at their strongest.



### Check Yourself

Are you up to the conditions?  
SUP safer than usual, stay low risk, and don't push your limits.  
Remember if in doubt, don't go out.



### Stay Close to Shore & Don't Go Out Alone

Only go as far as you can comfortably self rescue back to shore.  
Make sure there are other water users present for safety but stay socially distanced.



### Keep it Snappy

Arrive as ready as possible  
Go out to help your physical and mental well being, rather than to push your physical endurance.  
Leave quickly and avoid gatherings in or around launching areas.



### Have Fun, Be Safe & Lead by Example

SUP is a safe sport practised by responsible water users.  
Be an ambassador for our sport in tough times, rather than the one to ruin it.

**SUPPORT YOUR SUP ASSOCIATION SO WE CAN SUPPORT YOU JOIN AT [WWW.BSUPA.ORG.UK](http://WWW.BSUPA.ORG.UK)**

FOR ALL OTHER ENQUIRIES CONTACT [INFO@BSUPA.ORG.UK](mailto:INFO@BSUPA.ORG.UK) OR 0330 113 6266