

STAND UP PADDLEBOARD SAFETY



WEAR A LIFEJACKET

Emergencies don't wait for you to put on your life jacket. Arizona law requires all paddlers to wear a life jacket or have one on board.

USE YOUR LEASH

Your leash keeps you connected to your paddleboard. Wear one designed for your activity: coiled for whitewater or flat for calm water. Make sure to wear it as the manufacturer intended.



DRESS APPROPRIATELY

Protect yourself from the sun and other elements by wearing plenty of light layers that you can shed or soak in water if you begin to feel too warm.

STAY ALERT

Watch the weather and the people around you. Stay out of the way of powerboats and always leave the water if it seems bad weather is headed your way.



KEEP HYDRATED



Don't leave your waterbottle on shore and make sure you drink regularly. Sports drinks can be a good way to resupply the electrolytes your muscles need.

BE STRATEGIC

Aim to paddle in areas that do not have a lot of powerboat traffic. Paddlers can be difficult to see when powerboats are moving quickly.



TAKE A CLASS

If you'd like to learn more about safety with paddlesports consider taking a class with Arizona Game and Fish. Go to azgfd.com/boating for more information.

TOP 10 MISTAKES PADDLEBOARDERS MAKE

1. Not wearing a life jacket and not using a leash
2. Not having the proper gear or experience for the current conditions
3. Traveling with the wind, making the return trip very difficult
4. Not standing properly with weight centered on the paddleboard
5. Kicking legs underneath the board while trying to get back on board from the water
6. Looking down instead of keeping their eyes up (balance)
7. Falling onto the board instead of falling into the water--ouch!
8. Holding the paddle too far from the board while paddling
9. Not using the entire blade to paddle with and pulling too far back
10. Not holding the paddle properly



Arizona