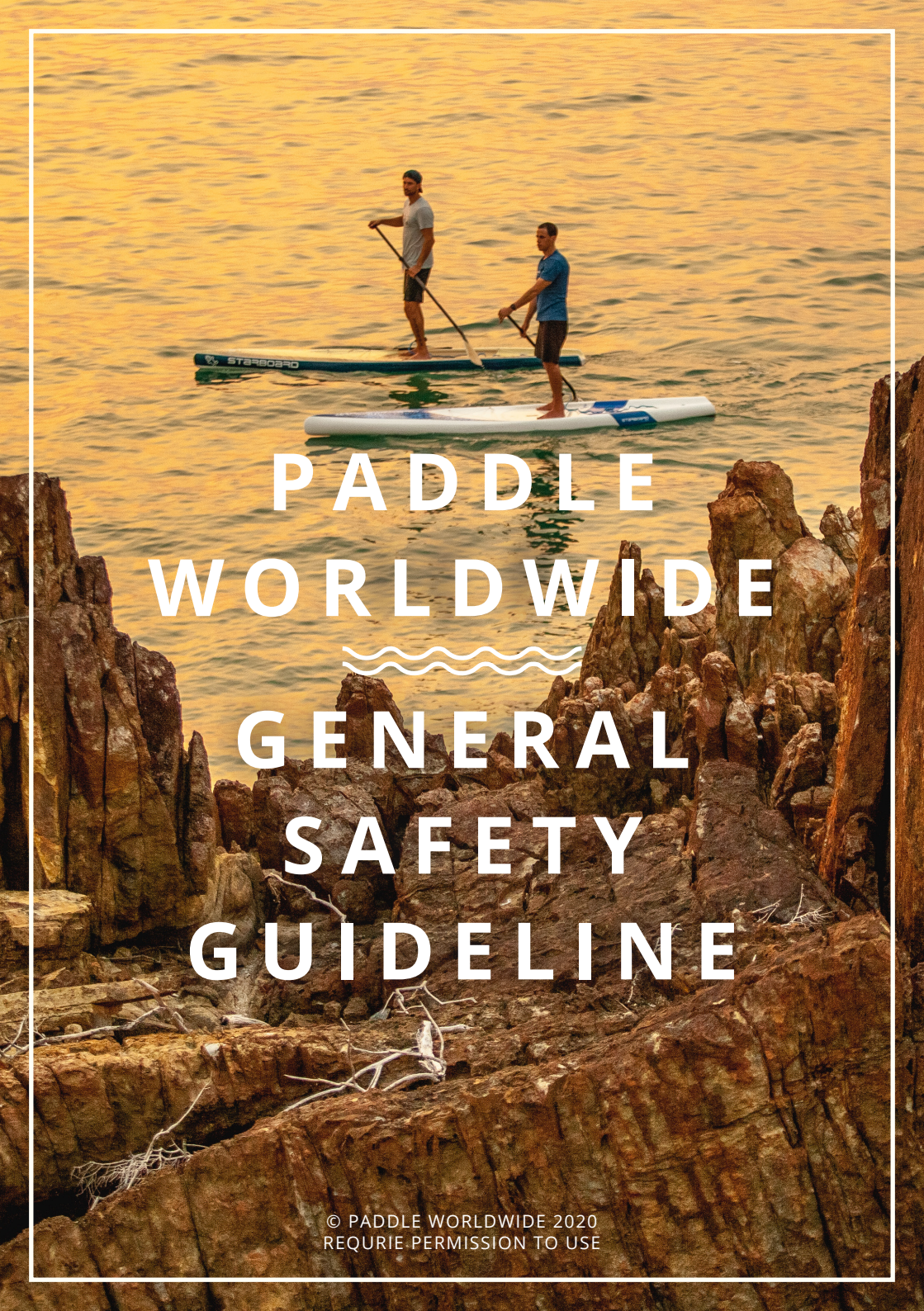


PADDLE WORLDWIDE

GENERAL SAFETY GUIDELINE

© PADDLE WORLDWIDE 2020
REQURIE PERMISSION TO USE

! If you are a beginner, attend a suitable SUP training course from a certified school or receive instruction from an experienced person before paddling for the first time.

! Wear an approved life jacket or PFD (personal floatation device) for your own safety.

! Carefully read the instructions and information on the board.

BE SMART, BE PREPARED, KNOW YOUR LIMITS

- Wear clothing suitable for the weather and water conditions.
- Protect yourself from the sun with headgear and sufficient sunscreen.
- Be informed of the weather forecast as weather can change fast.
- Observe local navigation rules as they often differ between countries.
- Use a safety leash. Keep your board close and attached as it can be used as a floating device should you get into trouble in the water. However, be cautious that your leash does not get caught or entangled to you or a foreign object.
- Bring a dry bag. Pack extra layers, sunscreen, and communication device.
- Stay sober. Do not paddle under the influence of drugs or alcohol.
- Know your limits. Paddling is fun but it can be dangerous. Stay close to the shore and within the swimming areas if you are a beginner.

BE AWARE OF YOUR SURROUNDING

- Do not paddle in flood water. Only paddle in safe conditions.
- Be aware of weather warnings or sudden changes in wind, current, tide or river water levels.
- When possible, paddle together with others, not alone.
- Notify others of your itinerary before you go paddling.
- Avoid paddling in offshore wind and current. Strong offshore wind or current will make paddling back to shore difficult.
- Watch for other people, crafts, and hazards on the water.
- Keep a safe distance from other crafts, dams, locks, weirs, and other hazards.
- Never leave your board unattended in the water.

CHECK YOUR EQUIPMENT

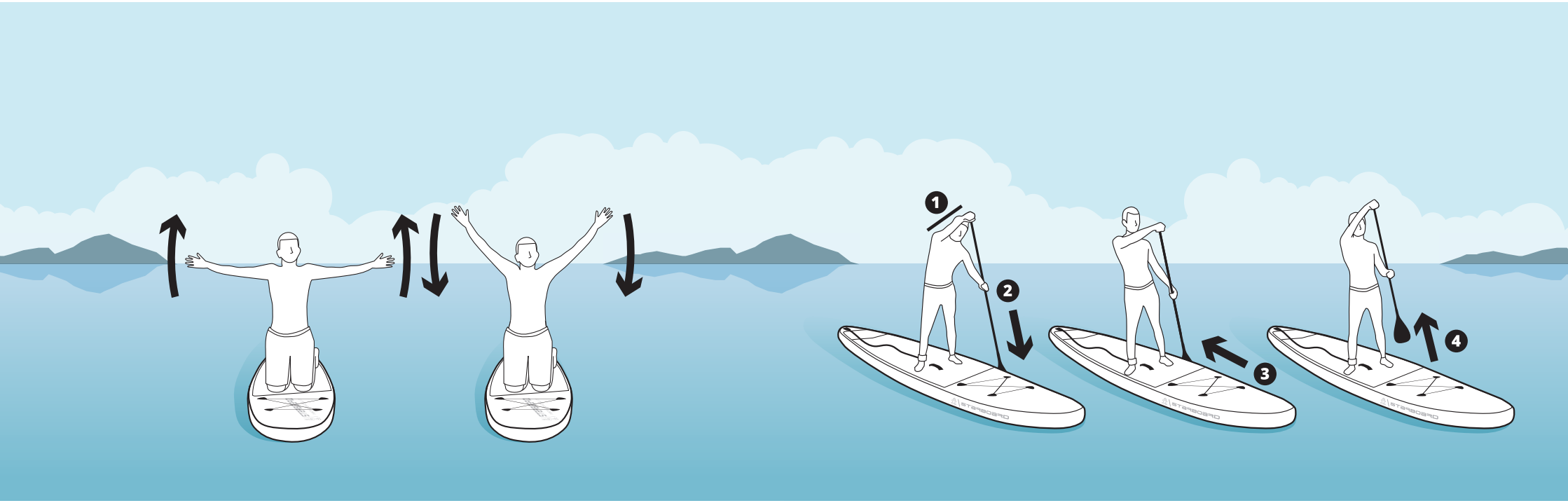
- Carefully check your board for damage such as leaks and tears.
- For inflatable boards, check the air pressure of the board to match the manufacturer's recommendation.
- Inflatable products are sensitive to low temperatures. Never fold and inflate the product in temperatures under 15 °C.
- If the air pressure inside the product rises in direct sunlight, it must be balanced out accordingly by releasing air.

RESPECT NATURE

- Leave nature at its source. Capture your unique experiences in nature only through photos. Use existing landing stages and jetties, as well as paved footbridges not to disrupt the natural habitat of plants and animals.
- Clean water should remain clean. Avoid littering and dispose garbage in a designated area. PW encourages all paddlers to pick up any garbage encountered during paddling.

BE A MODEL, HAVE FUN, BE SAFE

Be a real SUP fan and take the rules to heart. Communicate and clarify if your SUP area is being treated inappropriately. Stand up paddling is a young sport and is becoming increasingly popular. Respect and give others benefit of the doubt. Have fun but be safe!

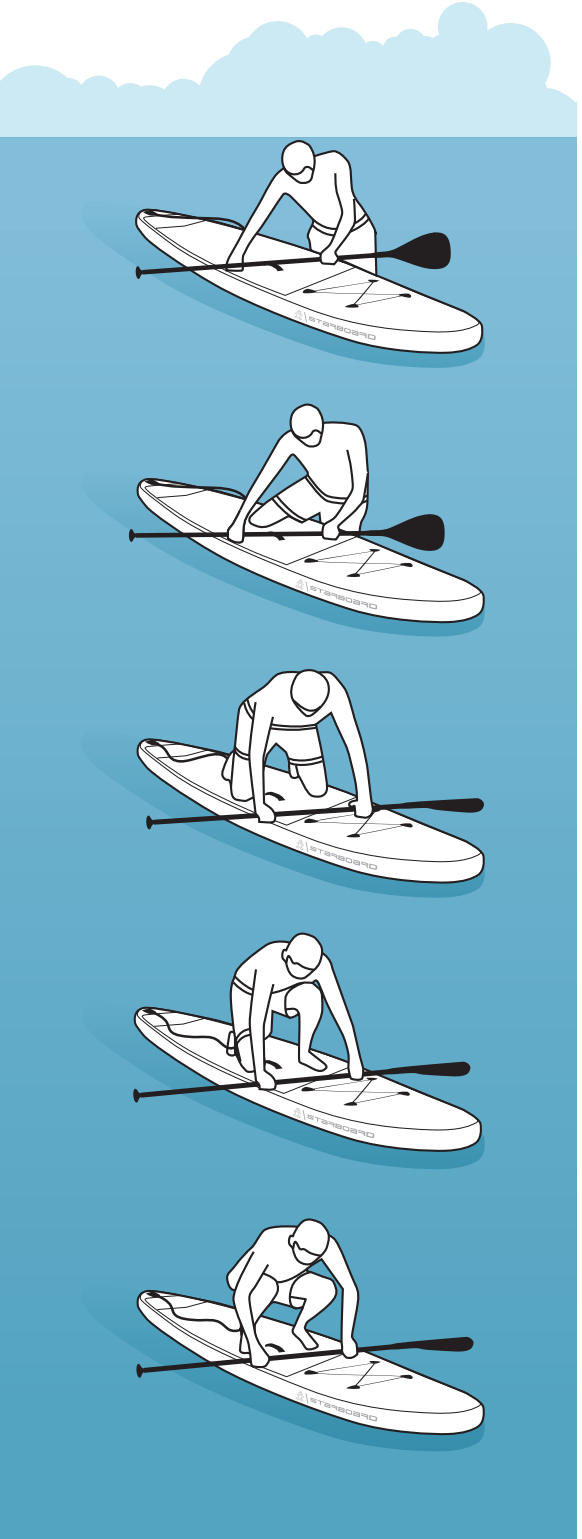


DISTRESS SIGNAL

Move your stretched arm up and down sideways at the same time

PADDLE INSTRUCTION

1. The arm on the paddle handle should always remain extended during paddling
2. Move the paddle blade far forward and dip it into the water.
3. With the upper arm extended, pull the paddle strongly in the water to about your heels.
4. Pull the paddle out of the water and repeat the process



HOW TO GET ON BOARD

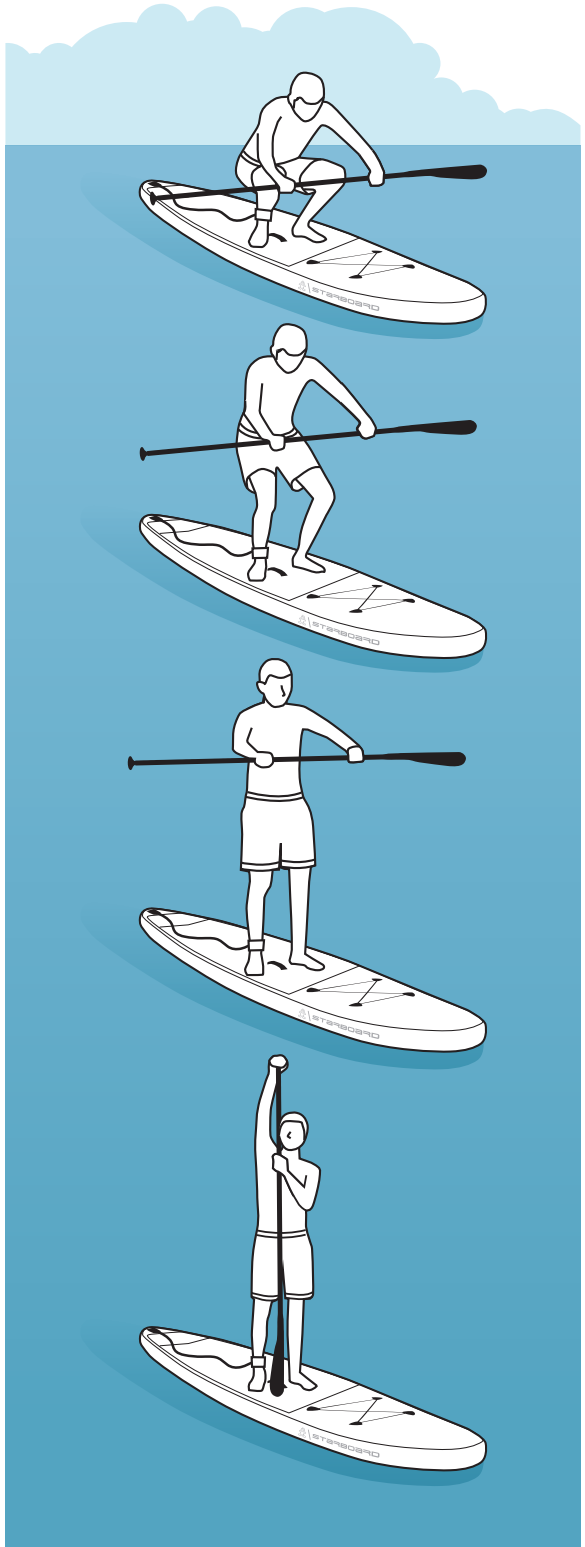
1. Stand sideways next to the board in water that is not too shallow. Place the paddle in the middle of the board at a right angle to the board's longitudinal axis.

2. Get on the board with one knee while holding on to the paddle

3. Get on the board with the other knee and hold on to the paddle as well.

4. Place one foot forward with the paddle you are holding on to resting on the board.

5. From this squat position, with your legs wide to the left and right of the handle, slowly straighten your legs while holding the paddle in front of you with your arms outstretched.



6. If you feel unsafe going up you immediately go back to the squat and try again

7. While standing up, the horizontal paddle on your outstretched arms serves as balance

8. You now stand wide-legged to the left and right of the handle, knees slightly bent, body relaxed so that you can easily compensate for minor undulations.

9. Already at the shore, in any case before you start paddling, you have to adjust the length of your paddle. Stretch your arm upwards, bend your hand, the handle of the paddle should now fit exactly under your hand.

FOR EVERY BOARD SOLD

We plant a mangrove to absorb 1 ton of CO_2 over 20 years and collect 1.1 kg of beach/ocean plastic trash.
Equivalent to the amount of plastic trash entering the ocean, per person, per year.

LEASHES + SAVE LIVES

Paddle Worldwide

STARBOARD
INNOVATION QUALITY