

## **Intro to SUP**

Looking for a fun and easy way to get on the water? Our SUP lesson is the perfect adventure! We'll start with an hour of land-based instruction, covering boards, paddles, and essential gear to build your confidence. Then, you'll hop onto your board and spend the rest of the lesson on the water, practicing strokes, improving balance, and learning how to get back on if you fall. Skills covered may vary based on your experience and interests. The meeting point and location will depend on weather and conditions, ensuring the best possible experience!

### **Course Overview**

**Course Length:** 2 hours of instruction

**Prerequisites:** None

### **Course Topics**

#### **Paddling Skills (depending on group experience)**

- How to get onto your board
- Proper stance & balance
- Paddle grip & stroke technique
- Forward stroke
- Turning techniques
- Stopping & bracing
- Getting back on the board

### **What We Provide**

Participants will be provided with the following Transport Canada-required gear:

- Kayak
- Paddle
- Lifejacket with whistle
- Throw bag
- Bailing device

If you have your own life jacket, we recommend bringing it for a better fit and increased comfort.

### **What to Wear**

- Quick-dry clothing (avoid jeans or cotton); dress similarly to what you would wear for jogging or biking.
- A wetsuit is recommended as you will likely be in the water a portion of this class. Alternatively, you may also wear a swimsuit under some quick dry clothes (no jeans or cotton). If you need to borrow a wetsuit, please scroll down to contact us—availability of sizes may be limited.
- Appropriate layers for weather conditions
- Water shoes or sandals that secure to your feet and provide traction on rocky beaches or boat ramps (flip-flops are not recommended)
- **Expect to wade up to your knees when launching & landing.**

### **What to Bring**

- A light jacket (for cooler weather)
- A hat
- Sunscreen
- A water bottle
- A change of clothes and warm hat (leave them in your car for after your course)

**Location:** Your lesson will start on the grass under the big tree at Comox Valley Kayaks; you can gather where you see a bunch of SUPs laid out on the grass for the lesson. There are washrooms available at the boat ramp area.

Please arrive **10 to 15 minutes early** to allow time for parking and to complete a liability waiver.

### **Contact Information**

For further questions, please email: [lessonstours@comoxvalleykayaks.com](mailto:lessonstours@comoxvalleykayaks.com)  
For urgent inquiries, please call or text **Viki @ (306) 230-4030** (text preferred).

We look forward to seeing you on the water!