

# Inflatable Stand Up Paddleboard (SUP) User Instructions, Guidelines, and Cautions

Thank you for purchasing our Inflatable Stand Up Paddleboard (SUP). To ensure you have an enjoyable and safe experience, please read the following instructions, guidelines, and cautions thoroughly before use.

## Unpacking, Inflation, and Deflation:

a. Unroll the SUP: Remove the SUP from its carrying bag and unroll it on a smooth, clean surface to prevent any damage.

b. Locate the valve: Find the inflation valve, usually located at the tail end of the board.

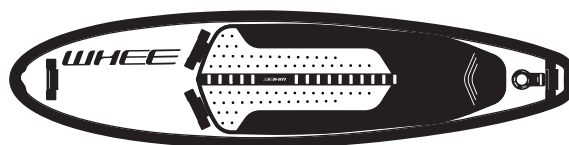
### c. Inflation:

- Before connecting the pump hose to the board, press firmly on the pressure release pin to ensure the air valve is in the CLOSED (UP) position.
- Attach the air pump hose to the air valve on the board by twisting it clockwise and the air nozzle on the pump body by screwing it in.
- Set the pump to the lowest setting (Chart #1) as demonstrated in the pump's instructions, and begin inflating.
- If the air pump becomes more difficult to operate midway through inflation, switch the pump to the next setting (Chart #2) and continue inflating.
- When nearing full inflation, set the pump to the highest setting (Chart #3) and fill the SUP to the recommended PSI, between 15-18 PSI.
- Once the board is fully inflated, disconnect the hose from the air valve by twisting it counterclockwise. It is normal to hear a small amount of air escape when removing the hose.

Note: Ensure the SUP maintains consistent rigidity. It should feel as firm as a hardboard when properly inflated. If it flexes under weight, add more air.

### d. Deflation:

- Ensure the air valve is DRY.
- Press firmly on the pressure release pin to lock it into the OPEN/DOWN position.



- Be prepared for a rush of air when opening the air valve. Allow air to escape from the board for a few minutes before folding.
- For quick deflation, attach the air pump hose to the air valve on the board and the air nozzle on the pump handle.
- Set the pump to the lowest setting (Chart #1) and begin deflation.

### Attaching the Fin:

1. Locate the fin box: At the bottom of the SUP, towards the tail end, you'll find the fin box.

2. Attach the fin:

- Ensure the fin box lock is in the OPEN/UP position.
- Insert the front of the fin into the notched section of the fin box.
- Push the fin back and down until it's in place, then set the lock lever to the CLOSED/DOWN position.
- Confirm that each fin is securely attached before paddling.



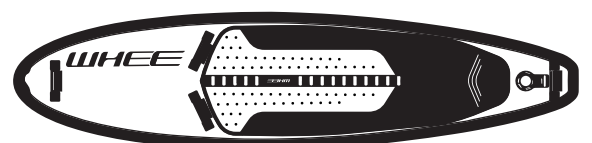
### Use and Safety:

1. Safety first: Always wear a suitable personal flotation device (PFD). Be mindful of weather conditions and water currents. Never paddle alone.

2. Leash: Attach the leash to your ankle. This is crucial for safety as it ensures the SUP won't drift away if you fall off.

3. Getting on the board: Start by kneeling on the board, just behind the center, before gradually standing up one foot at a time. Stand up while keeping your center of gravity low.

4. Paddling: Hold the paddle with one hand on the handle and the other on the shaft.



Keep your feet parallel and shoulder-width apart. Use your core to paddle for more strength and endurance.

5.Turning: To turn, paddle on one side until the nose turns in the direction you want to go. You can paddle backwards on one side to turn faster.

### **Cleaning and Storage:**

1.Cleaning: After use, rinse your SUP with fresh water and dry it thoroughly.

2.Deflation: Open the valve and roll the board from the nose end, pushing the air out.

3.Storage: Store the SUP in a dry and cool place, out of direct sunlight. Avoid sharp objects.

### **Care and Maintenance:**

1.Inspections: Regularly check your SUP for any wear or damage before and after each use.

2.Repairs: In case of any punctures or damage, use the repair kit provided. For major damage, seek professional assistance.

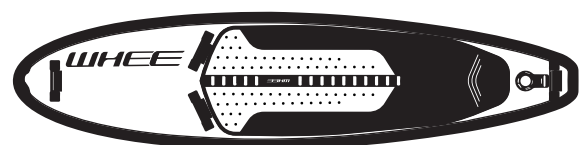
3.Avoid exposure: Do not expose the SUP to extreme temperatures or prolonged sunlight when not in use, as it can cause damage to the material.

### **Additional Cautions and Warnings:**

1.Over-Inflation: Avoid over-inflating the SUP as it can cause the board to burst. Always adhere to the recommended PSI (Pounds per Square Inch) as specified in the user manual.

2.Water Safety: Do not use the SUP in rough waters or bad weather. Always check weather and water conditions before heading out.

3.Non-Swimmers: Non-swimmers or weak swimmers should not use the SUP without professional supervision.



4.Children: Children should always be supervised by an adult while using the SUP.

5.Fitness: Ensure you are in good physical condition before using the SUP.

6.Extreme Temperatures:

Heat: Avoid storing or using your SUP in temperatures above 95°F (35°C) to prevent over-inflation or damage to the material. Seek shade and avoid hot surfaces like sand when using or storing your SUP.

Cold: Avoid using your SUP in temperatures below 32°F (0°C) as it can affect the rigidity of the board. Inflate the SUP to a slightly higher PSI to compensate for the drop in pressure when using it in cold conditions.

Please remember that using a SUP involves inherent risks and hazards. Always respect the water, know your limits, and understand your abilities before venturing out. Stay safe and enjoy your paddling adventures!

For any further queries or support, please contact our customer service.  
Enjoy your SUP experience!

