

Stand-Up Paddleboarding (SUP) messaging

WAID data (2019 – 2023) shows that of the 143 people who died in Wales as a result of accidental drowning, eight of these involved personal watercrafts/manually powered boats. Exact breakdowns of the number of incidents involving stand up paddleboards is not clear from the available data, however anecdotally the use of SUP's has increased dramatically over the last five years. The RNLI also reported in 2023 that they had 155% increase in the number of incidents involving paddleboards.

The key messages around SUP:

- Wear a buoyancy aid
- Take a phone in a waterproof pouch
- Wear the correct leash
- Avoid offshore winds.

Tweets/X/FB posts (to be shared by WSW/WSW members)

Reshare:

Welsh - x.com/Water_Wales/status/1851221642862530929

English - x.com/Water_Wales/status/1851222319638720537/photo/1

X post

Going Stand Up Paddleboarding? Make a Plan!

- Wear a buoyancy aid and the correct leash
- Check the weather
- Avoid offshore winds
- Take a phone
- Tell someone your plans

Read more:

adventuresmart.uk/paddle-boarding-kit-list/

#DrowningPrevention #BeAdventureSmart #SUP

Image

Going stand up paddleboarding? Make a plan!

- ✓ Always wear a buoyancy aid and a coiled, quick release leash, the only exception is on whitewater where it is recommended that leashes are not worn
- ✓ Check the weather forecast & check the wind strength/direction again on arrival, even a light breeze blowing away from the shore can prevent you from returning
- ✓ Tell someone your plans
- ✓ Make sure you can all cope with your plans for the paddle
- ✓ Pack a charged mobile phone in a waterproof pouch

New to SUP? Take a lesson
gopaddling.info/developing-your-paddling-skills



Going Stand Up Paddleboarding? Make a Plan!



Am badlfyrddio? Gwnewch gynllun!

- Gwisgwch gymorth hynofedd a'r tennyn cywir
- Gwiriwch y tywydd
- Osgowch wyntoedd alltraeth
- Ewch â ffôn
- Soniwch wrth rywun am eich cynlluniau

Rhagor o wybodaeth:
adventuresmart.uk/cy/padlfyrddio/

#AtalBoddi #MentronGal #SUP

Am badlfyrddio? Gwnewch gynllun!

- ✓ Gwisgwch gymorth hynofedd bob amser a thennyn coil sy'n gallu cael ei ryddhau'n gyflym. Yr unig eithriad yw pan fyddwch chi ar ddŵr gwyn, lle rydych chi'n argymhell na ddylech chi wisgo tennyn
- ✓ Gwiriwch ragolygon y tywydd a gwiriwch gryfder a chyfeiriad y gwynt eto ar l cyrraedd: gall hyd yn oed awel ysgafn sy'n chwythu oddi ar y lan eich atal rhag dod yn oi
- ✓ Soniwch wrth rywun am eich cynlluniau
- ✓ Gofalwch eich bod chi'n gallu ymdopi ach cynlluniau ar gyfer y daith
- ✓ Paciwh ffôn symudol wedi wefru mewn bag sych



Padlfyrddio yn newydd ichi? Cymerwch wers
gopaddling.info/developing-your-paddling-skills



Am badlfyrddio? Gwnewch gynllun!

