

# CTPC Strokes Refinement for SUP

## Thoughts

Stand Up Paddleboards can be hard to maneuver, or even, keep straight. Wind and current balance and stance affect all boards. Effective strokes and maneuvers are the answers to many problems faced by beginners and the experienced paddler



**Prerequisites:** *None. Quick-Start SUP is recommended.*

## Next Step:

*ACA Skill Assessment or ACA Essentials of Kayak or Canoe Touring*

## Topics Covered

Depending on needs and wishes of participants we will review and refine basic strokes such as forward, reverse, sweeps, draws, braces and/or introduce advanced strokes and maneuvers such as pivots, sculling, walking the board to improve trim and maneuvers, advanced recoveries, etc.

## Details and Requirements

This 2 to 4-hour course, designed for beginning through intermediate paddlers has no prerequisites, but taking ACA Quick Start can be useful. The course is planned for group participation in a suitable flat-water environment such as a lake, cove, pool, or similar protected water.

**Basic Equipment** includes a properly outfitted stand up paddleboard (SUP) with paddle and appropriate safety equipment including PFD and leash. This equipment can be provided for the beginner, although it is best to use your own equipment if available. Please advise us on your equipment needs before the class.

**Personal Equipment** recommendations include clothing suitable for immersion (synthetics, no cotton) and water shoes (no open-sided sandals). The student should come prepared for immersion while practicing advanced strokes or rescues. Other items of personal responsibility include sunglasses, sunscreen, hat with visor, bug repellent, and spare (dry) clothing. In cooler weather or on windy days a windbreaker may also offer comfort.

**NOTE:** We are not responsible for lost or damaged personal items. Plan to leave electronic keys, cell phones, etc. on shore or in a buoyant, waterproof container. Consider retention aids for prescription glasses, hats, and other items dear to you.

## Special Requirements

Please bring your desire to have fun and a spirit of adventure. In order to serve you best, please advise us of any personal issues when registering so that we can prepare in advance for special paddling equipment. Let us know in confidence of any medical issues before the start of class. We can accommodate most concerns.

## Costs and Fees

Class Fee	Boat and Gear Rental	CTPC Participation Card
Inquire	Available, inquire	Available on request