

# **Stand-Up Paddle Boarding (SUP) Introduction (Level 1)**



**JULY 18, 2009 - \$130/PERSON**

## **HERE'S WHAT TO EXPECT:**

This rapidly growing paddling/surfing hybrid adventure sport is a thrilling full body workout and a great way to explore our lakes and rivers. Spend a day on flatwater and deep river rapids with standing waves to develop your stance options, balance, stroke techniques, board trim, river maneuvers and river wave surfing skills.

## **SKILL REQUIREMENTS & GROUP SIZE:**

No experience is necessary. A basic knowledge of canoe strokes, braces, ferries, peel outs, eddy turns and self-rescue on class I-II whitewater is helpful. Maximum group size is four to provide personalized instruction.

## **WHERE:**

This class will begin at 9am at the UMD Outpost in Carlton, Minnesota and run until 4pm. This is a physically active class, please get plenty of rest and eat a healthy breakfast.

## **COURSE INFORMATION:**

Read the attached course outline to familiarize yourself with the skills that you will be learning.

## **EQUIPMENT:**

Please bring layers of clothing to stay warm on and off the water. Refer to the attached equipment list for details on the items to bring.

## **FOLLOW UP:**

Staff will be at the Outpost by 8:30am. Please call the Outpost if you will be late, need directions, or are not able to attend the course (cancellation policy applies). Outpost phone # (218) 590-6667.

## **CUSTOMIZED COURSES:**

Additional stand-up paddle board instruction is offered along the Lake Superior Shoreline on calm and big surf days using a customized course format. Call for availability. \$140/person/day (2-3 people); \$130/person/day (4-6 people). All participants must complete the UMD Health Form and Liability Waiver.

## **Explore more with the Outdoor Program:**

- Lake Superior SUP & Kayak Adventure Tour on the Split Rock Shoreline, August 2
- Custom course in WW Open Canoe, call Randy at (218) 726-6177
- Thirteenth Annual St. Louis River Whitewater Rendezvous July 24-26
- Swift Water Rescue May 23-25

## **GENERAL INFO:**

Phone: (218)726-6533

Fax: (218) 726-6767

Email: rsop@d.umn.edu

www.umdropsop.org

For more whitewater paddling information call Randy Carlson at (218) 726-6177.

# **Stand-Up Paddle Boarding Introduction (Level 1) Course Outline**

## **Day 1**

- Introductions and expectations
- Equipment distribution
- Board & paddle design
- Discuss river, lakeshore touring, and surf zone exploration
- Day trip planning for the river
- Depart for put-in
- Stretching
- Board transport and fin management in shallow water
- Stance, balance and board trim
- Stroke development and maneuvering
- Group communication
- River hazards and safety discussion
- Lunch on the river
- Maneuvering in current
- Safety practices during and after a river wipe-out (flat falls & feet up)
- Self and assisted rescues
- Introduction to standing wave surfing
- Proper footwork to adjust board trim and rail pressure while surfing a wave
- Cutback skills and use of the paddle when surfing
- Load trailer
- Return to Outpost
- Course evaluations and closure

## **SUP Introduction Course Objectives:** Participants will learn how to:

- Identify the SUP board and paddle design that best suits your personal interests.
- Maneuver a SUP board on flat water, moving water and whitewater
- Communicate effectively with others on the river.
- Manage self-rescue and understand how to help others.
- Catch a wave, adjust trim and rail pressure to maintain the ride.

## **Follow-Up Skill Development:**

Lake Superior Stand-Up Paddle Boarding available through private instruction features:

- Exploring touring and surf zone dynamics
- Wetsuit & safety accessories used to manage risks on Lake Superior
- Distance paddling in variable weather conditions
- Reading the surf zone
- Swimming in the surf zone with and without your equipment
- Paddling through the surf zone
- Catching waves and surfing down the line
- Surfing etiquette and safety considerations

# **Stand-Up Paddle Boarding Introduction (Level 1)**

## **Equipment List**

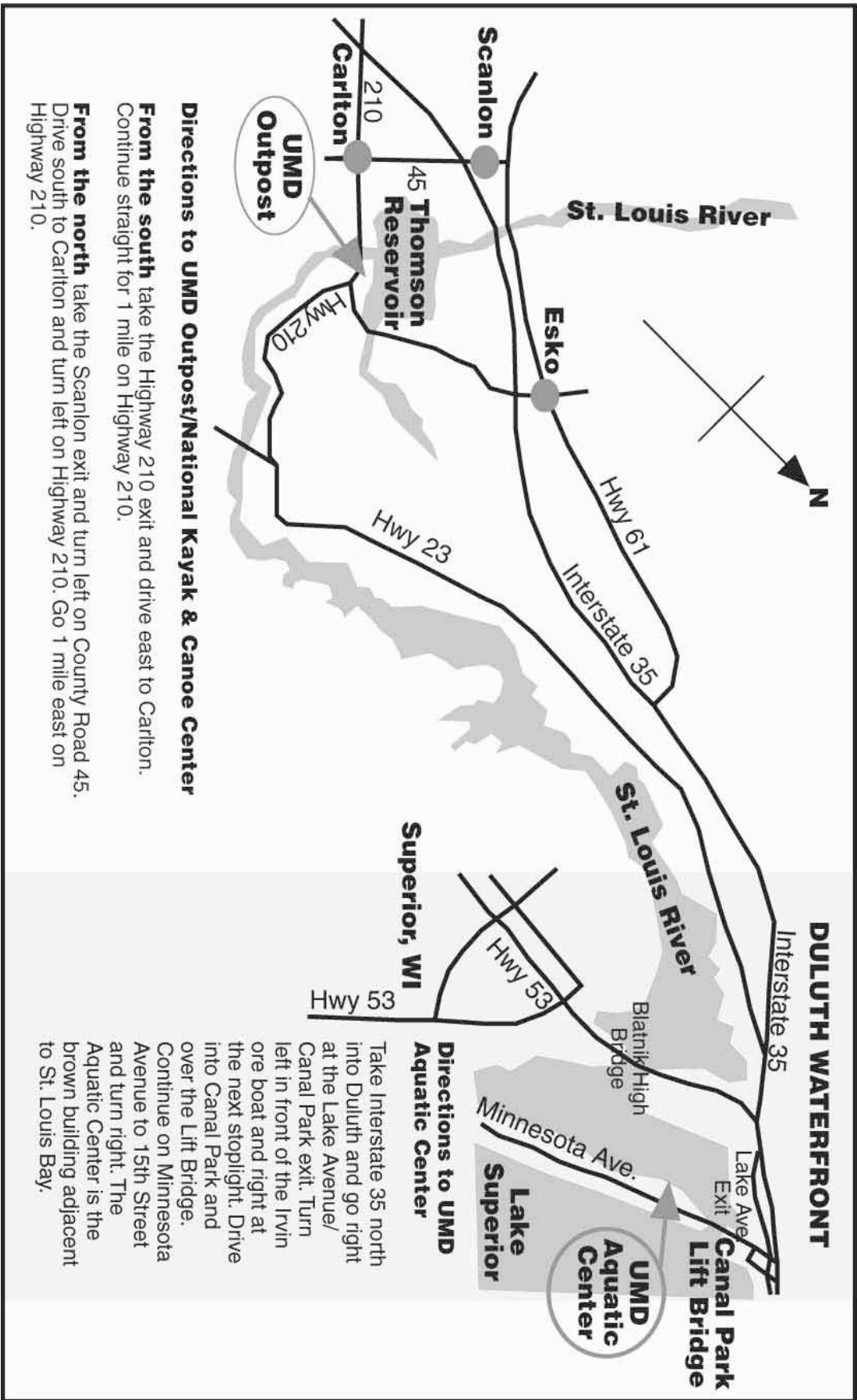
Please bring layers of clothing to stay warm on and off the water. We will be in and out of the water frequently so please bring warm clothing and plenty of food. We will be getting wet during this course.

### ITEMS WE FURNISH

- stand-up paddle board
- life jacket
- helmet
- paddle
- wet suit & paddling jacket
- dry bags
- first aid and repair kit
- whitewater rescue equipment

### YOU BRING

- swimsuit & towel
- filled water bottle
- sunglasses
- eye glasses strap
- sunscreen
- warm hat that covers ears
- lunch
- nylon wind breaker
- nose plugs
- camera (optional)
- footwear - 1 pair of neoprene booties or thin soled sneakers that can get wet
- synthetic long underwear top and bottom / no cotton
- fleece long sleeve top or wool sweater



**DULUTH WATERFRONT**

Interstate 35  
 Lake Ave. Exit  
 Canal Park Lift Bridge  
 UMD Aquatic Center  
 Minnesota Ave.  
 Blatnik High Bridge  
 St. Louis River  
 Lake Superior

**Directions to UMD Aquatic Center**

Take Interstate 35 north into Duluth and go right at the Lake Avenue/ Canal Park exit. Turn left in front of the Irvin ore boat and right at the next stoplight. Drive into Canal Park and over the Lift Bridge. Continue on Minnesota Avenue to 15th Street and turn right. The Aquatic Center is the brown building adjacent to St. Louis Bay.

**Directions to UMD Outpost/National Kayak & Canoe Center**

**From the south** take the Highway 210 exit and drive east to Carlton. Continue straight for 1 mile on Highway 210.  
**From the north** take the Scanlon exit and turn left on County Road 45. Drive south to Carlton and turn left on Highway 210. Go 1 mile east on Highway 210.

UMD Outpost

Scanlon  
 Carlton  
 210  
 45 Thomson Reservoir

Esko

St. Louis River

Hwy 61  
 Interstate 35

Hwy 23

N

Superior, WI

Interstate 35  
 Hwy 53

Blatnik High Bridge

St. Louis River

Lake Superior