



SUP VIC – Introduction to SUP Surfing

Many stand up paddlers are keen to try their hand at SUP surfing. For those new to surfing/SUP surfing, it is important to note that surfing is a sport that has its own set of rules and customs. As there are no referees or umpires out in the waves, all surfers need to be aware of these and follow them when in the surf. Failure to do so can readily lead to injuries, damaged boards and frayed tempers.

Before moving into SUP surfing, please note the following:

- You really need a board that is designed for surfing, or at the least a hybrid board (larger board shaped like a big surfboard). Some really experienced SUP surfers will surf on racing boards, but this is for the skilled paddle surfer.
- You need to know how to read the waves and be aware of the implications that tides and winds have on surfing.
- You need to be aware that SUP surfboards are very big and very heavy relative to a normal surfboard. As such, a surf SUP can be a very dangerous missile out in the water. So you need to be aware at all times of how close you are to others. Hawaii's Golden Rule - the combined length of your board, your leg rope and your leg is the distance your board can cover when you fall in. Anyone inside that distance can get hit by your board if you have a fall. Be aware!

Surfing Etiquette Tips

1 Pick the right spots for your ability and attitude. *Always start on small waves and work up and stay out of the way of experienced surfers!*

2 Don't drop in on your fellow surfers! *The surfer who is closest to the breaking section of the wave has the right of way; others need to get off their wave!*

3 When paddling out, stay out of the way of riders on waves. *So paddle out around the surf zone!*

4 Learn to take turns catching waves. *Share the waves around!*

5 Respect the vibe in the line-up. *Be friendly and respectful of other surfers!*

6 Always aid another surfer in trouble.

7 When travelling, respect the local surfers.

8 Don't use your SUP advantages to abuse your fellow surfers. *SUPs are usually easier to catch waves on and earlier than a surfboard. Don't monopolise waves because of this advantage!*

9 Be responsible for your equipment and respectful of others. *This includes not getting too close to others out there and respecting the Golden Rule!*

10 Relax, have fun and enjoy surfing along with your fellow surfers.

SUP VIC Inc