

# STAND-UP PADDLE BOARDS



## Water Safety:

- [Float Plan Tips](#)
- [Weather](#)
- [Hypothermia Awareness](#)
- [Paddle Canada](#)
- [Transport Canada Boating Safety](#)

## Basic Safety Tips:

- [Water Smart Tips](#)
- [Don't Drink and Paddle](#)
- [Wear a Lifejacket](#)
- [Dress for Immersion](#)
- [Paddle in Your Skill Level](#)
- [Practice Re-Entry](#)
- [Getting on the Board](#)
- [Useful Techniques](#)

## Water Hazards:

- [River Hazards](#)
- [Cold Water Paddling](#)
- [Paddling with Boat Traffic and Wake](#)

## Our SUP's:

- [Pelican Flow 94](#)



**Forward Stroke**



**Reverse Stroke**



**Sweep Stroke**



**Draw Stroke**



**Cross Bow Stroke**

[For more information on paddling and SUP basics click here.](#)

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## **Pick Up and Return:**

*Rental equipment is available to be picked up one day prior to the start of your rental period and returned before noon one day after the end of your rental period.*

If you have any further questions about your loan please contact us at 780-842-1363 Ext. 1660 or by email at [recreation.wainwright@cfmws.com](mailto:recreation.wainwright@cfmws.com)