

## Water Safety Scotland

### Stand Up Paddleboarding 'mini' toolkit 2024

Stand Up Paddleboarding (SUP) is a monthly topic within Water Safety Scotland (WSS)'s prevention toolkit and features in May but can be used across the year, as appropriate.

#### Key message:

Scotland's seas, lochs and rivers are enjoyed by a wide range of people for exciting activities– but it's vital we know how to enjoy the water safely. It's always best to be prepared before doing the sport.

To do this, follow the [SUP water safety code](https://www.watersafetyscotland.org.uk/advice-hub/activity-safety/stand-up-paddleboarding-sup/) which contains advice specific to the activities of Stand Up Paddleboarding.




**Website link:** <https://www.watersafetyscotland.org.uk/advice-hub/activity-safety/stand-up-paddleboarding-sup/>



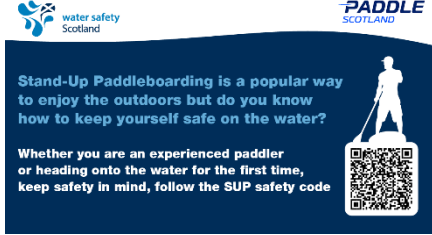
#### Assets

Specific assets have been created for this package. These include:

- Social media assets (detailed below)
- SUP safety video of key advice that can be shared across social media

#### Suggested social media posts:

<p>Be aware of offshore winds. Avoid launching on your paddleboard in windy conditions. Follow the SUP water safety code found here: <a href="https://tinyurl.com/2s3t2a4x">https://tinyurl.com/2s3t2a4x</a> #DrowningPrevention</p>	
<p>Check your kit before you launch on your paddleboard. Remain safe whilst stand up paddleboarding by following the water safety code: <a href="https://tinyurl.com/2s3t2a4x">https://tinyurl.com/2s3t2a4x</a></p>	
<p>Interested in Stand Up Paddleboarding? Get involved in this fun activity and attend an approved Paddle Scotland course #WaterSafety</p>	

<p>Offshore winds can lead to being led out further into deeper water when paddleboarding. Check the direction of the wind before heading out onto the water. Avoid launching in windy conditions.</p> <p>#DrowningPrevention</p>	 <p>water safety Scotland</p> <p>PADDLE SCOTLAND</p> <p><b>We want you to enjoy Stand-Up Paddleboarding</b> but please do not get on the water when the wind is blowing offshore.</p> <p>Follow the SUP safety code</p>
<p>Safety is the key to having fun whilst stand up paddleboarding. Follow our SUP water safety code to get the best out of your paddle: <a href="https://tinyurl.com/2s3t2a4x">https://tinyurl.com/2s3t2a4x</a></p> <p>#DrowningPrevention</p>	 <p>water safety Scotland</p> <p>PADDLE SCOTLAND</p> <p><b>Always keep safety in the forefront of your mind when undertaking watersports such as Stand-Up Paddleboarding.</b></p> <p>Follow the SUP safety code</p>
<p>Whether you are a keen paddler or a new lover of the sport, be aware of safety by following our SUP safety code: <a href="https://tinyurl.com/2s3t2a4x">https://tinyurl.com/2s3t2a4x</a></p> <p>#DrowningPrevention</p>	 <p>water safety Scotland</p> <p>PADDLE SCOTLAND</p> <p>Stand-Up Paddleboarding is a popular way to enjoy the outdoors but do you know how to keep yourself safe on the water?</p> <p>Whether you are an experienced paddler or heading onto the water for the first time, keep safety in mind, follow the SUP safety code</p>

You can check our brand-new video, starring Calum McNicol from Paddle Scotland, who discusses the key advice to help keep you safe whilst Stand-up Paddleboarding.

You can access the new video online here: <https://youtu.be/cwLUR-7Gynw>