



water safety  
Scotland



**PADDLE**  
SCOTLAND



# STAND-UP PADDLEBOARDING SAFETY CODE



## Stop and Think, Spot the Dangers



Learn how to paddle safely and how to rescue yourself and other paddlers.



Wear suitable clothing for the conditions, including a personal flotation device. A wetsuit, windproof top and hat will help to keep you warm



Use an ankle or quick release waist-mounted leash for surf or non-flowing water. We recommend that you do not use a leash in the white water river environment.



Check the weather forecast, wind speed, direction and tide times before you set out. Be careful of offshore winds.



Keep your equipment well maintained and check it before every trip. Have your contact details clearly marked on your board.



Plan your trip and ensure that you can enter and leave the water safely before setting off.



Paddle within your capabilities and have a back up plan. Using familiar locations and favourable conditions will make this easier.



Avoid alcohol or drugs – they can reduce coordination and impair judgement and reaction times.



## Stay Together, Stay Close

Don't paddleboard alone. Having a paddleboard companion can make your trip safer.

Always tell someone on land where you're going and expected return time.

Always carry a means of calling for help and keep it on your person.



## In an Emergency, Call 999

Call 999 or 112.

If you get into difficulty, stay attached to your board, float until you feel calm then try and get back on top of your board.

If you can't get back on then lean back, extend your arms and legs and float until you can control your breathing.

Then call for help or paddle or swim to safety.

For further safety advice,  
please scan this QR code

