

Paddleboarding (SUP) Manual

Paddleboarding

TRIP LEADER REQUIREMENTS

- **Assistant Trip Leader** – 2 prior paddleboard trips in the last 2 yrs; Can paddleboard sitting, standing, kneeling; Demonstrated proper paddling sizing and strokes - forward, reverse, sweep and draw; Demonstrate different ways to tow a paddleboard and person; Demonstrate ability to get onto flipped paddleboard and help others get into their flipped paddleboards; Demonstrate how to rescue conscious and unconscious persons with or without paddleboards; Understand water safety and etiquette; First Aid/CPR certified
 - Provides instruction for safety on gear, hydration, hypothermia, drowning prevention (always wear life jackets)
 - Monitors participants for signs and symptoms of hypo/hyperthermia, dehydration
 - Assists in fitting and checking gear and participants for safety
 - Carries first aid kit and administers basic first aid if needed - can be designated Medic Guide
 - Carries 2-way radio for communication
 - Wears Trip Leader handkerchief to identify as a Trip Leader
 - Wears whistle to communicate in emergencies
- **Lead Trip Leader** – Serving as main Trip Leader of the group; Has assessed body of water for conditions and hazards; Can perform and teach rescue techniques; Has spent 40 hrs on body of water instructing on; 20 hours experience leading activity; Wilderness First Responder Certified
 - Recons area for activity within 1-2 months of activity or same season
 - Completes Trip Report prior to and after activity
 - Determines routes including emergency routes, exit points
 - Aware of signs and symptoms of hypo/hyperthermia, dehydration
 - Checks weather including prevailing winds
 - Checks gear for safety prior to activity
 - Checks participants for safety and leads safety discussion
 - Provides instruction for safety on water including: what to do if you fall out of the paddleboard, how to bring someone back onto their paddleboard, how to tow the paddleboard safely, dangers to watch for on the river/body of water
 - Carries first aid kit if not designated to Assistant Trip Leader
 - Carries 2-way radio for communication

- o Wears Trip Leader handkerchief to identify as a Trip Leader
- o Wears whistle to communicate in emergencies
- o Communicates with Base Commander at the beginning, middle and end of activity via phone or In Reach Beacon
- o Completes Incident Report and/or SOAP Note if any concerning situation occurs on activity
- o Reports any damaged gear or safety concerns from trip

Paddleboarding - Activity Plan

PRIOR TO ACTIVITY

GEAR

- **Provided by Mt Mamas:**
 - First Aid Kit per activity
 - Whistle per Guide
 - 2-way radios
 - Emergency Beacon (if needed)
 - Dry bags (4 total - one for Lead and Assistant Trip Leaders)
 - Tow ropes (3 total)
 - Straps (6ft-15ft)
 - Electric pumps (if inflatable paddleboards)
- **Provided by Participants:**
 - Water Shoes/running shoes (no flip flops - must have back-strap)
 - Swimming suit
 - Shorts (not cotton)
 - Short sleeve shirt (no cotton)
 - Long sleeve shirt (not cotton)
 - Fleece or down insulating layer
 - Waterproof jacket
 - Dry bag
 - 1-2 L water in water bottles
 - 1 snack per hour on activity
 - Hat
 - Sunglasses
 - Sunscreen
 - Camera with waterproof case
 - Personal first aid kit
 - Life Jacket (if wishes to bring own - Type 1-3 - See Appendix A)
 - Paddleboards/paddles
- **Have participants watch:**
 - [Paddleboard Basics](#) REI (4 min)
 - [SUP - Basic Paddle Strokes](#) REI (3 min)

POSSIBLE ACTIVITY LOCATIONS

- Salem Ponds, Salem (Intro Clinic)
- Burraston Ponds, Mona (Intro Clinic)
- Causey Reservoir, Huntsville (Intro Clinic)

- Lost Lake, Uintahs (Intro Clinic)
- Blue Heart Springs, ID (Intro Clinic)
- Horseshoe Bend, AZ (Extreme)

INDIVIDUAL DEFINITIONS

- **Participant** – Individual participating in activity
 - Notify Mt Mamas of any health concerns or injuries prior to activity
 - Report if activity appears too strenuous or difficult
- **Assistant Trip Leader** – Assists Lead Trip Leader with activity
- **Lead Trip Leader** – Leads activity with Assistant Trip Leader (if needed due to group size)
- **Sweeper Trip Leader** - Last Trip Leader in the group (usually the Assistant Trip Leader)
 - Makes sure all participants make it through activity safely
 - Carries 2-way radio for communication with Lead Trip Leader
- **Medic Trip Leader** – Trip Leader designated per activity with first aid/CPR certification
 - Main Trip Leader in charge of minor accidents or injuries
 - Designated Trip Leader to stay with injured individual if case of evacuation
 - Last in group and will assist any in the back of the group with any concerns
 - Carries 2-way radio for communication
- **Base Commander** – Individual not participating in activity that Trip Leader Guide is to report to prior to before, during and after activity of safe completion of activity.
 - Will notify emergency contacts and/or Search and Rescue if group is late or lost

BEGINNING ACTIVITY

SAFE GEAR (GEAR CHECK)

- Check Mt Mama and rental gear for safety: first aid kit, 2-way radios, emergency Beacon (if needed), Tow Ropes, Straps, Dry bags, Paddles, Paddleboards, Pumps
- Check Participants gear for safety
 - Gear
 - PFDs (Life Jackets - MUST be Type 1-3 - See Appendix A)
 - Paddles - can extend to appropriate length
 - Paddleboards
 - Inflatable - check for holes, fins, leash
 - Solid - check for fins, cracks, leash
 - Trip Leaders are NOT required or responsible to size or fix broken gear - participants should ensure gear is safe and sized correctly prior to activity
 - Trip Leaders can refuse participation of any Participant if gear is determined to be unsafe.
- Trip Leaders can demonstrate how to adjust gear
 - PFDs (Life Jackets) - make sure all straps are secured and buckled; can adjust shoulder straps to bring PFD up or down on chest for better fit; when tight, a quick pull of shoulder straps should not let PFD go above ears of participant
 - Paddles - when standing, handle should reach to wrist when held up straight
 - Paddleboards - check fins

SAFE PARTICIPANTS

- Trip Leader to Participant Ratio 1:6
- Check Participants for safety: appropriate clothing, appropriate health, appropriate gear

NOTE: sizing should be determined by individual or rental shop - Trip Leaders are NOT required or responsible to size or fix gear

SAFETY TALK

- **Circle Up** - when participants arrive, gather them together in a circle and have them share 3 things:
 - Name

- Experience in the activity
 - Goal for the activity
- **Safety talk:** describe the activity and safety items for participants to be aware of (5 items):
 - Environment – weather, water/wind conditions, location, distance, routes/exit locations, time expected, bathrooms; cell phone service
 - Check weather - “NWS” National Weather Service app
 - Check wind - “Windy” app (red square with 2 white lines)
 - Gear – what gear we will be using and how to use it
 - PFD (life jacket - See Appendix A and B) - Fitting
 - Paddleboards
 - Parts of the Paddleboard (See Appendix C)
 - Attaching fins - make sure they are screwed in and secure
 - Attach leash
 - Paddle - Parts (handle, shaft, blade)
 - Sizing - with paddle standing on the ground and your hand raised, the handle should fit in the bend of your wrist
 - Paddle orientation - blade scoop faces AWAY from you, one hand on handle and other a few feet down on shaft, hand is on the shaft on the same side you are paddling
 - Paddle technique - keep arms straight, bring paddle towards you with a side twist and torso crunch, keep shaft straight up and down when paddling
 - Paddle Strokes - Forward, Reverse, Sweep (See Appendix D)
 - People – sunscreen/hat/sunglasses, food/water, appropriate clothing
 - Clothing - layers, PFD
 - Safety
 - ALWAYS wear PFD’s (life jackets) when on the water
 - Dangers – describe any dangers that could occur:
 - Missing your exit - be mindful of where you put in and where you will be pulling out
 - Weather - wind/cold water - watch for prevailing winds that could take you off course (DO NOT ATTEMPT PADDLEBOARDING WHEN WINDS ARE >6-12 MPH (See Appendix E))
 - Other users on the water - stay close to shore and in “no wake zones” in large bodies of water
 - Falling off/out of Paddleboard - Getting back on (See Appendix F)
 - Flipped Paddleboard - flip back over and then get back on (See Appendix F)

- Towing Paddleboards (See Appendix G)
- Safety – what you will be doing to mitigate those dangers

PADDLEBOARDING LESSON (PROGRESSION) - Trip Leaders can use their own discretion to determine which skills would best meet the goals of the Participants. A progression is a series of steps that logically build on one another, increase in difficulty, and are focused specifically on participants. There are always several ways to teach a lesson. Every Participant needs different things, some will need to spend time on a skill and others can skip ones.

- Teaching Tips
 - Trip Leader Body Language
 - Posture - relaxed, stand and face them
 - Hand Gestures - waving, thumbs up, hand shakes or high fives
 - Facial Expressions and Eye Contact - make eye contact, smile
 - Teaching Theory
 - Understand the Teaching/Learning Cycle (see Appendix I)
 - Understand Different Learning Styles (see Appendix J)
- Choose which skills would be appropriate for your group in the selections below

ON THE SHORE

- **Paddle Stroke Review** (See Appendix D)
- **Launching**
 - Carry paddleboard to knee deep water so the fin doesn't touch the bottom, get onto paddleboard with knees on either side of the carry handle (widest part), paddle out to deeper water

ON THE WATER (choose which skills would be appropriate for your group)

- **Paddle Stroke Review** (See Appendix D)
- **Watching the water and currents** – backwater, whirlpools and other water hazards can be pointed out when on the water
- **Standing** - put hands on the deck while holding paddle, move feet to take place of knees one at a time, raise chest until back is straight, stand up
- **Rescues**
 - Falling off/out of Paddleboard - Getting back in (See Appendix F)
 - Towing Paddleboards
 - Rescuing People - Flip Rescue (See Appendix H)

WRAP UP AND CLOSING

- **Review**
 - Review Lesson - how the days went, clarify any questions
 - Have participants review their trip
 - Focus on positives
 - Review skills - ask questions on new skills acquired
 - Review Goals and Progress - successes and struggles
 - Make a plan for practice at home - discuss skills to work on or upcoming trainings
- **Preview** - what they could learn next
 - Build on new learning
 - Invite them back - look up upcoming trips online

(based on the Professional Ski Instructors Association/American Association of Snowboard Instructors (PSIA/AASI) certification courses "Delivering the Beginner Experience -Alpine" and "Alpine - Level 1")

Risk Management Plan

Paddleboarding has large inherent risks. Without good Risk Management it is impossible to create the “safe and joy-filled environment” that Mt Mamas seeks to offer every Participant. Managing risk involves using good judgment to make sound decisions in a dynamic environment. This section contains a general overview of common risk factors on paddle boarding trips as well as an outline of expected practices for activities. Additionally, you will find the Emergency Action Plan detailed step by step on what to do if you are faced with some common injuries while during the activity and also for emergency situations.

Objective Risk Factors exist inherently in the activity itself

Subjective Risk Factors exist as a result of human engagement in the activity

RISK MANAGEMENT PRACTICES

- **Ratios:** Trip Leaders should maintain a **1:6 Lead Trip Leader to Participant ratio** for each paddle boarding group and groups can be increased with additional Assistant Trip Leaders to maintain the Trip Leader to Participant ratio.
- **Training:** Mt Mamas requires all Lead and Assistant Trip Leaders to be able to demonstrate proper technique and skills listed at the beginning of this manual.
- **Gear Safety:** PFD's will be brought by participants and Trip Leaders will assess generally for safety. Paddleboards, paddles can be rented and also assessed generally for safety at rental shop and again before launching.
- **Gear Inspection:** Trip Leaders will assess gear for safety prior to trip. Trip Leaders are NOT required or responsible to size or fix broken gear - Participants should ensure gear is safe and sized correctly prior to activity. Trip Leaders can refuse participation of any Participant if gear is determined to be unsafe.
- **Planning & Preparation:** Good risk management begins with good planning and preparation. Trip Leaders will select an appropriate activity site and route that takes into account (among other things) expected weather, terrain, timing, other users, group size, background, experience, physical condition, and goals for the day. Trip reports, waivers, and checklists will all be utilized online prior to the activity to ensure the group is prepared before each trip.
- **Participant Fitness Level:** Must be able to participate in athletic activity without difficulty. Individuals are responsible to notify Trip Leader PRIOR to the trip if they are not feeling their fitness level is adequate.

Emergency Action Plan

Paddleboarding

PREVENTION

- Trip Leader
 - Trained in First Aid/CPR (Assistant Trip Leaders) and Wilderness First Responder/CPR (Lead Trip Leaders)
 - Completes Trip Report prior to activity (office will update medical and emergency contact information on Participants)
 - Carry First Aid Kit at all times during activity
 - Wears Tow Rope (Assistant Trip Leaders each have tow rope)
 - Use walkie talkies (one for each Trip Leader - if needed)
 - Carry In Reach Beacon (if needed)
 - Check for safe gear, safe participants and have safety chat prior to activity
 - Notify Base Commander of group status and the beginning, middle, and end of activity by phone or beacon
- Base Commander
 - Receive notifications from Trip Leader at the beginning, middle and end of activity
 - Be available during activity to notify emergency contacts of tardiness of group or assist in emergency evacuation or contacting emergency services if needed
- Office
 - Update Trip Report with medical and emergency contact information on participants
 - Email Trip Leader and Base Commander the Trip Report and Emergency Contact and Medical Information prior to activity

LOST OR LATE RETURNING GROUPS

- Prior to activity
 - The Trip Leader will fill out a preliminary **Trip Report** complete with proposed location of activity, possible evacuation routes, and expected times for leaving and returning.
 - Every trip will have a **designated “Late Time”** the the Base Commander will notify emergency contacts of delay.

- o Every trip will have a **designated “Emergency Time”** when the Base Commander will notify Search and Rescue if the Base Commander has not been notified of the safe exit of all participants from activity.
- The Trip Leader can **notify the Base Commander during an activity if the predicted times need to be adjusted.**

INJURIES

- **Minor Injuries:** (minor scrape, sprain, etc.)
 - o The designated Medic Trip Leader (generally the Sweeper Assistant Guide or Trip Leader with most medical experience) will administer first aid while the other Trip Leader manages the rest of the group. The affected participant should be kept calm and comfortable. A Trip Leader, or volunteer with medical experience, should remain with the injured participant until they are able to return to the rest of the group. An **Incident Report** should be completed on site if possible or after and signed by both patient and Trip Leader. Take clear **photos** of any wounds or injuries when it is convenient.
- **Major Injuries:**
 - o The designated Medic Trip Leader will stay with the participant and assist while the Lead or Assistant Trip Leader manages the rest of the group. The Lead Trip Leader or designated Assistant Trip Leader will make phone calls to the appropriate emergency number below. An **Incident and SOAP Note** should be completed at the time of the event if possible. Take clear **photos** of any wounds or injuries when it is convenient.

COMMUNICATION

- In a Life/Limb Emergency or Property-threatening emergency
 - o Try the National Park/State Park/Forest Service/BLM-specific emergency numbers
 - o If no park-specific numbers exist, call 911
 - o If 911 does not work, use emergency beacon to notify Search and Rescue
- In ALL Emergency Situations, after care has been secured, **notify Base Commander**. If Base Commander is not available, call Emergency Backup Personell (Emily Hacken 801-860-4591) or Marilyn Boucher (801-803-1398). Call each number three times in succession, if no one answers the three phone calls, wait 15 minutes, and move on to the next person.

EVACUATIONS

- If a participant is injured and requires evacuation, follow these procedures based on the situation:
 - Float participant to safe exit for evacuation
 - The participant can walk - Trip Leaders will assist the participant in walking/hiking out
 - The participant can't walk – Trip leaders will assess if the participants will need to be carried out (if this can be done safely).
 - The participant can't be carried – if due to a possible head/neck injury or other injury, then notify 911 and/or search and rescue.
- Trip Leaders will assess all locations in an activity to determine easy access to vehicles and alternate escape routes prior to activity. Trip Leaders will document this in the Trip Report and discuss this with Participants at the beginning of activity.

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APPENDICES

APPENDIX A

PFD Types

- **Type I** - has the greatest required inherent buoyancy and turns most unconscious persons in the water from a face down position to a vertical and slightly backward position, therefore, greatly increasing one's chance of survival.



- **Type II** - intended to turn some unconscious persons from a face down position in the water to a position where the wearer's respiration is not impeded.



- **Type III** - intended to support a conscious person in the water in an upright position. This type of device is not required to turn an unconscious person in the water from a face-down position to a position where the wearer's respiration is not impeded.



- **Type V** - is approved for restricted uses or activities such as boardsailing, or commercial white water rafting. These devices may not be suitable for other boating activities. The label indicates whether a particular design of Type V can be used in specific application, what restrictions or limitations apply, and its performance type.



(reference: US Coast Guard
<https://uscgboating.org/recreational-boaters/life-jacket-wear-wearing-your-life-jacket.php>)

APPENDIX B

Sizing PFD's (Life Jackets)

- For adults, your **chest size**—not your weight—will determine what size PFD you need. (For children, their weight will determine the size.) To get your chest size, measure the circumference of your chest at its broadest point. Use this

number along with the PFD manufacturer's size recommendations to find the right size for you.

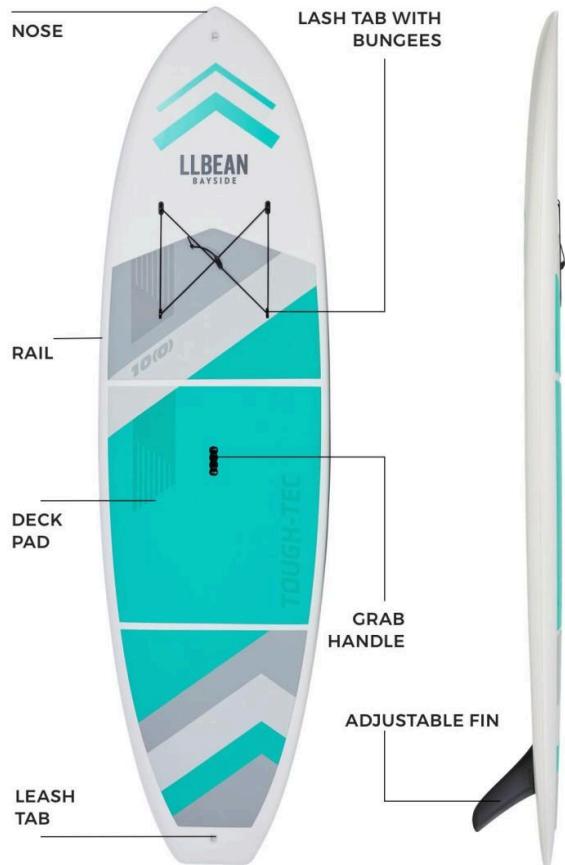
- To get the right fit for your PFD, follow these steps:
 - With a standard PFD, **loosen all the straps**, put the PFD on and **zip it up**. With an inflatable, put it on over your head (if it's a vest style) or clip it around your waist (if it's a waistpack style).
 - Start at the waist and **tighten all the straps**. If it has shoulder straps, tighten them last. It should feel snug but not uncomfortable.
 - With a standard PFD, have someone pull up on the PFD shoulders. If it moves up past your nose or head, tighten the straps. If it still moves up, the PFD is too large.
 - A properly sized PFD should be snug and fit like a glove, yet allow you to move freely and not chafe while paddling and playing.
- PFD fit tips:
 - To get the best feel and fit when trying on a PFD, wear the clothes you would while paddling.
 - Check your movements to make sure it's comfortable and won't chafe you while paddling. If you're a stand up paddle boarder, grab a paddle and mimic the motion of paddling. If you're a kayaker or canoer, do this in your own boat at home, or in a floor model. This will simulate how it feels while actually paddling.
 - If you're a kayaker, take note of how the PFD works with the seat. The PFD shouldn't ride up or feel uncomfortable. Most kayakers find that a short PFD works best.
 - If possible, test your PFD in a pool or shallow water to see how it works. It should not ride up or slip over your chin while floating.
 - The more straps a PFD has, the more adjustments can be made to customize its fit.
 - Women-specific PFDs typically offer a better fit than unisex ones for females thanks to contoured cups for bust lines and styles made for women's torso lengths.
- Children Sizing - Children's life jackets are labeled as being for an infant, child or youth.
 - Use their weight as a guide:
 - Infant PFDs: 8-30 pounds
 - Child PFDs: 30-50 pounds
 - Youth PFDs: 50-90 pounds

(Reference: REI

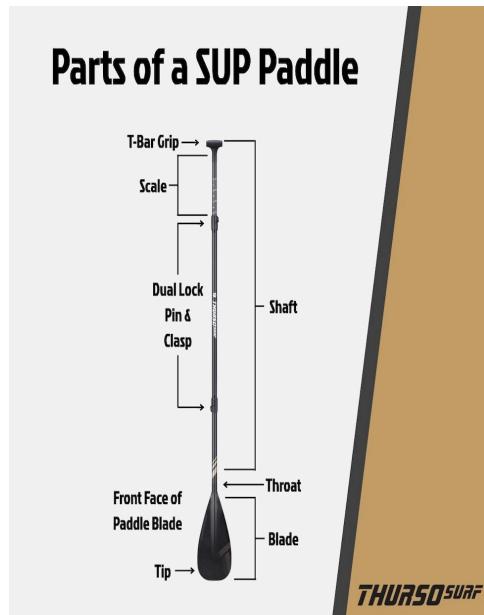
<https://www.rei.com/learn/expert-advice/personal-flootation-device.html>)

APPENDIX C

Parts of a Paddleboard



Parts of a SUP Paddle



(Reference: LL Bean

<https://www.llbean.com/lhb/shop/518249?page=sup-101-getting-to-know-your-paddleboard>; Thurso Surf <https://thursosurf.com/blog/how-to-hold-sup-paddle/>)

APPENDIX D

Paddle Strokes

- **Forward Stroke**

- Bend knees, reach forward, plant blade in water a few feet ahead of you, keep arms straight, do a side crunch to bring paddle back to your feet, roll upper wrist so your thumb points forward and slice blade out of the water
- **Tips on paddling straight**

- Keep shaft vertical
- Don't pull blade past your feet
- Switch sides every 3-4 strokes
- **Reverse Stroke** - slowing down and stopping
 - Reach back and plant the blade near the tail, keep arms straight, twist torso to bring blade forward, to completely stop - keep blade in the water
- **Sweep Stroke** - pivot turn, or change direction without losing momentum
 - Bend knees more than forward stroke, reach the blade closer to the nose of the paddleboard, plant the blade so it faces away from the paddleboard - vertical in the water, make a wide arc from the nose to the tail, rotate from your torso and leverage your hips for more power

(Reference: [SUP - Basic Paddle Strokes](#) REI (3 min)

APPENDIX E

Wind app - “Windy” - forecast and current conditions



Blue Jellyfish Wind Guide

Skill Level	Wind Type	Conditions	Wind Speed
Total Beginner	Onshore	<ul style="list-style-type: none"> ● Sheltered ● No current ● Beaufort Scale: 0 - 2 	5 knots or less
Intermediate	Onshore	<ul style="list-style-type: none"> ● Sheltered ● Little to no current ● Beaufort Scale: 0 - 3 	10 knots or less
Advanced	Onshore	<ul style="list-style-type: none"> ● Sheltered ● Moderate current ● Beaufort Scale: 0 to 5 	10 - 20 knots
Highly Experienced	Variable	<ul style="list-style-type: none"> ● Exposed coastline ● Faster currents ● Beaufort Scale: 6+ 	20 - 25 knots

Beginner - 6 mph or less
Intermediate - 12 mph or less
Advanced - 23 mph or less
Highly Experienced - 29 mph or less

APPENDIX F

Getting onto a Paddleboard from the Water (Self Rescue)

- **Falling off** - try to fall away from your paddleboard not on it, fall flat so you stay shallow in the water
- **Getting back on** - secure your paddle and set it on the paddleboard, swim along side the paddleboard and grab the handle, use elbows to push down on the near edge and reach across the paddleboard, let your legs come up to the surface, in one motion kick your legs and pull the board underneath you
(Reference: REI [SUP - Paddleboarding Basics](#) - 4 min video)

Getting onto a Paddleboard from the Water (Assisted Rescue)

- Paddle your paddleboard alongside their paddleboard. Grab their paddle and secure on your paddleboard. Hold the widest part of the paddleboard and push down as they climb on their paddleboard. Hand back their paddle.

APPENDIX G

Towing

- **Towing Paddleboards**
 - Tow Ropes (wearing tow rope around waist)
 - D-Rings on stern or bow of paddleboard
 - In-Line Tow
 - Attach tow rope clip to victim's D-ring on bow or stern of paddleboard. Tow to shore.
 - No D-Rings or attachments on paddleboard
 - Paddle Tow - has paddle
 - Have victim lay on belly on paddleboard with paddle underneath and blade off the edge of the bow. Attach tow rope clip around blade. Tow to shore.
 - Bridle Tow - no paddle (must have long rope 20+ ft on tow rope)

- Clip the end of the tow rope around to make a loop. Bring the loop from the front of the victims paddleboard to just past the widest part. Cinch tight. Have victim lay on rope on belly. Tow to shore.
- No Tow Rope
 - Nose Tow
 - Bring the nose of your paddleboard up on top of their tail and push. Victim is laying down for balance.
- **Towing a Swimmer**
 - Conscious - Have them climb up behind you and lay down on paddleboard behind you and hold onto the sides of the paddleboard.
 - Unconscious (See Flip Rescue in Appendix H)

(Reference: [6 SUP Rescue Techniques](#) Professional Stand Up Paddle Association - video 13 min)

APPENDIX H

Rescues

Flip Rescue - Conscious Victim

Paddle alongside their paddleboard. Collect paddles. Flip their paddleboard upside down. Get onto their paddleboard. Bring their arms over paddleboard with paddle under arms alongside paddleboard. Kneel or stand on edge of paddleboard holding under their armpits, pull back. The victim will end up on top of their paddleboard. Rescuer will fall back into the water. Swim back and turn victim so their face is facing the front of their paddleboard and face to the side. Straddle victim and paddle to shore. (Can bring extra paddle under victim and tow extra paddleboard via safety tether or tow rope if time permits)

Flip Rescue - Unconscious Victim

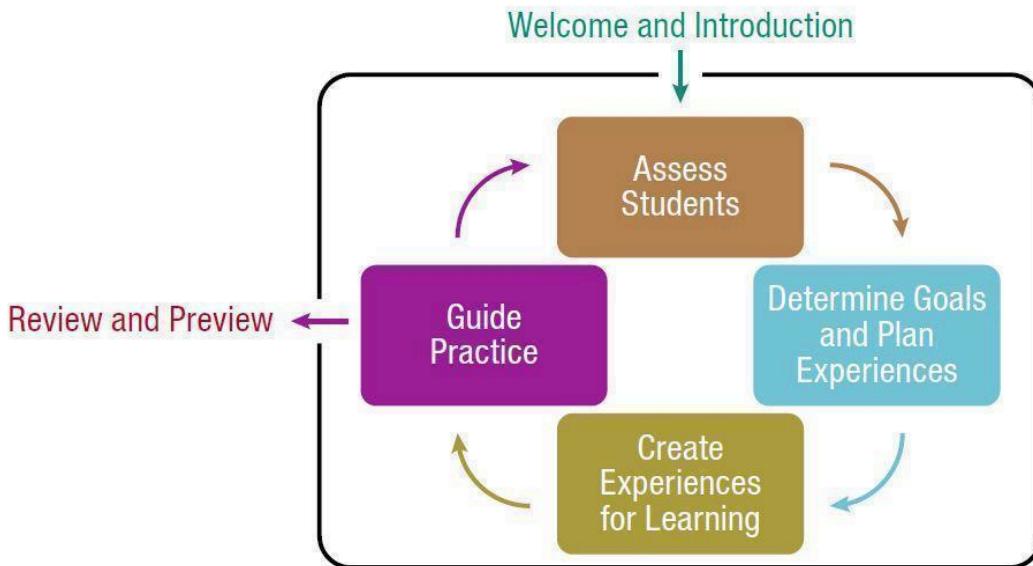
Turn victim on back. Give 5 rescue breaths. Perform Flip Rescue as above. When on the paddleboard, administer 5 rescue breaths and put face on the side. Paddle to shore. Administer CPR on shore.

(Reference: [6 SUP Rescue Techniques](#) Professional Stand Up Paddle Association - video 13 min)

APPENDIX I

Teaching/Learning Cycle

Teaching/Learning Cycle



- Assess the Student
 - Before you can build a lesson plan for the day, you need to assess your student's physical abilities and technical understanding. Warm-up activities will give you an opportunity to see how comfortable your guests are on water, while building good group rapport. Observe their movements, stance, balance, and agility.
- Determine Goals and Plan Experiences
 - Ask questions about their goals and motivations for taking a lesson.
 - As the lesson progresses, remember to make sure the group goals align with what each student wants to learn and their motivations for taking a lesson.
- Create Experiences for Learning
 - Organize students and the lesson environment by choosing appropriate terrain based on ability and water conditions. Interact with support, and encourage your students.
- Guide Practice
 - Create space to spend one-on-one time with each of your students while others practice or explore movements. Repetition of movements anchors the actual learning and sliding experience. Guided practice also lets you handle an ability split. Challenge your more advanced students with difficult tasks while you spend individualized time on guests who may be

struggling. This also gives students independence while allowing you to individualize the lesson.

- Review and Preview
 - At the end of the lesson, make sure to review the experience, preview the next lesson, and invite your students back to your school and the sport. The debrief is an opportunity for your students to discuss their progress and the goals they accomplished. This content should come from the student. It is your job to facilitate the debrief and make a link to what another day on water would do for them.
(Adapted from: "Delivering the Beginner Experience" Course, PSIA/AASI)

APPENDIX J

Different Learning Styles

VAK Model - Learning Preferences - create multisensory lessons (describe a skill, demonstrate a skill, then have them try the skill)

- V - Visual - pictures, images and demonstrations
- A - Auditory - descriptions, talking about experiences
- K - Kinesthetic - process through feelings and experiences

(Adapted from: "Delivering the Beginner Experience" Course, PSIA/AASI)

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