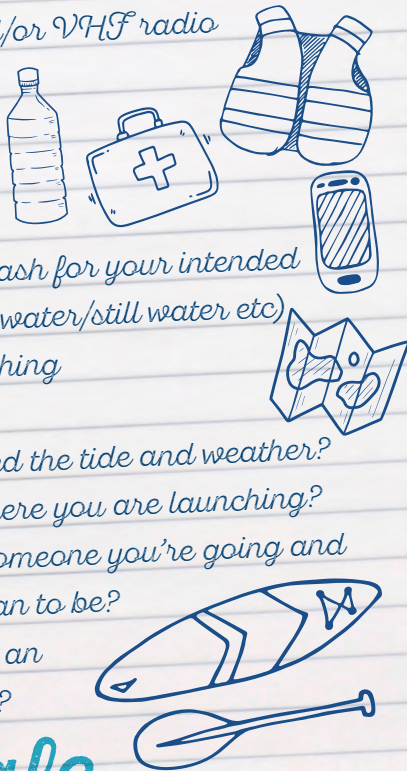


Pre-Paddle Checklist

- Personal flotation device (buoyancy aid etc)
- Mobile phone and/or VHF radio
- Water
- First aid kit
- Simple repair kit
- Suncream
- Suitable board leash for your intended location (moving water/still water etc)
- Appropriate clothing
- Snacks
- Have you checked the tide and weather?
- Do you know where you are launching?
- Have you told someone you're going and how long you plan to be?
- Have you made an emergency plan?



Stay Safe & Have Fun!



In An Emergency

 **Call 999 or 112**
and ask for the Coastguard

While you are waiting for help, remember to stay with your craft – you make a larger target for search and rescue teams.

You can also contact the Coastguard through your VHF radio on Channel 16.

 **Download Our Tide Tables & Leisure User Guide**
for the Port of Milford Haven

When navigating the Milford Haven Waterway, always check the tides.



Your Guide To

SUP Safety

Around The Milford Haven Waterway





Plan Your Paddleboarding Adventures

Stand Up Paddleboarding (SUP) has fast become the must-do activity, but with all new activities, it is important to know exactly what you're doing and how to stay safe. This is a guide to help you avoid incidents and accidents and enjoy the Milford Haven Waterway safely on a SUP.

Stand up paddleboarding is where people stand on what is usually an inflatable board (but they can be made from other materials such as fibreglass) and paddle themselves along a lake, river or canal. Although it's been around since the forties, it's only in recent years that it has become the fastest growing water sport in the world.

Every time and every place you choose to use your SUP, safety should be number one in your mind especially on rivers, estuaries and the sea where the water can be fast flowing.

The easiest way to help ensure your safety is to P.L.O.T. your day on the water.

P Personal Flotation Device

Unfortunately many still consider this vital piece of equipment unnecessary as they believe themselves to be good swimmers, but wearing a PFD with a minimum of 50N buoyancy will give you the essential support you need should you end up in the water. A PFD will also help with keeping you warm by reducing the impact of the wind while standing up. A PFD is extremely important, even for the most experienced of paddlers.



L Leash

This ensures that you don't get separated from your board if you fall off. It's important to know about the different types of leash and where they should be used. When paddling in rivers and estuaries you will need a coiled SUP leash and a quick release waist belt. If you fall off your board and go to opposite sides of an obstruction, such as a mooring buoy, then the flow will prevent you reaching your ankle to release the leash. With a quick release waist belt you will be much safer. An ankle leash will be fine for lakes and the sea where there is no river or tidal flow, but always use a quick release system on flowing water.



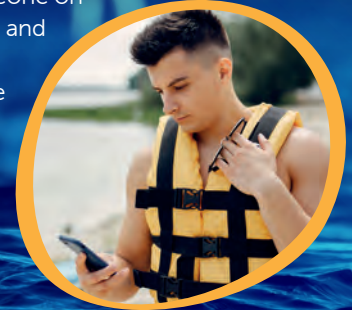
O Obstruction

A vital piece of planning your day is the consideration of any potential hazards you may encounter. When near moored vessels you should stay at least two board lengths away from them, the same for bridge pillars, navigation buoys and any other obstructions. Flowing water can affect your intended course so always monitor your position relative to your surroundings to ensure your course.



T Telephone

The last part of PLOT is always carry a means of communication. A mobile phone is great but make sure you keep it in a waterproof bag. If you are out in areas such as the Milford Haven Waterway then a waterproof hand held VHF radio could help you raise assistance should you need it. Make sure your device is fully charged and remember, before you set off tell someone on shore where you are going and when you will be back. If you get delayed, make sure to let them know or they could call the emergency services believing you are in trouble.



Scan Here to find out more information on exploring the Milford Haven Waterway, staying safe, helpful news and information.