

Stand Up Paddling Boarding Courses at Sutton Sailing Club

All courses will take place on Powells Pool, Sutton Sailing Club, Monmouth Drive, Sutton Coldfield, B73 6JL. There is a car park (free) shared with the Golf Club, the entrance gate to the sailing club is in the far right corner.

Beginners

2.5 Hours and costs £17 for SSC Members and £22 for Non Members. SUP Hire is an additional £5 SUP Hire (if needed).

The Beginners Course will cover SUP safety, how to set up an inflatable SUP and adjust the paddle, safe launch and recovery, how to stand, basic forward paddling and turning and, if you haven't already fallen in by this point, we will also practise how to self-rescue!

Improvers

6 hours and costs £55 for SSC Members and £66 for Non Members. SUP Hire is an additional £10, you are of course welcome to bring your own SUP board.

The Improvers course will cover several topics including efficient forward paddling, tips for keeping going in a straight line as well as techniques for steering and turning. We will also work on self-rescue and peer rescues.

Note: the improvers course is not suitable for those who have never paddled before. You should be able to launch and land safely, and also to paddle confidently. We will be on the water for a few hours (with tea/coffee breaks) so a reasonable level of mobility and fitness is required.

For all courses

Please be prepared to get wet as we will practise self rescue techniques during all courses. A wetsuit is highly recommended. Suitable footwear (wet shoes, old trainers etc no flip flops) must be worn whilst on the paddleboard. Buoyancy aids must be worn at all times on the water, and are available to borrow from the club. Bring a change of clothes and a towel. There are changing facilities, showers and lockers for valuables. For improvers courses please bring a packed lunch.

A basic level of physical fitness is required to stand-up paddleboard, if you have any questions please get in touch before booking your place.

Please note these courses are for over 18's only. If you have under 18's that are interested in

attending please get in touch at ssc4sup@gmail.com or contact Vikki Brack on 07961 858214.

Courses will be led and instructed by Paddle UK (formerly British Canoeing) SUP Coaches and Instructors. Paddle UK Certificates for Start Award (Beginner level) and Discover Award (Improver Level) are available, please ask your Instructor.

Data Protection

Your personal details will only be used by the Sutton Sailing Club for the purposes of the SUP course administration and potential further involvement with the Club and will not be passed on to anyone outside the sailing club. All records will be securely destroyed once your involvement has ended.

Blue Green Algae

Blue Green algae occurs naturally in freshwater and is known to be present at Powells Pool. The majority of the time this presents no risk to human health, however, occasionally the algae 'blooms' - rising to the surface of the water - which can be toxic, i.e. may cause skin rashes and ill health. Further information can be found in the Environment Agency Leaflet below.

https://consult.environment-agency.gov.uk/cumbria-and-lancashire/blue-green-algae-in-cumbria-and-lancashire/user_uploads/blue-green-algae-leaflet.pdf

Weather

We do paddle in all weathers (rain and sun!) however we can only run these courses if the weather conditions are suitable, strong winds and lightning are likely to result in cancellation or postponing of courses.

Short Notice of Cancellation

In the unlikely event of poor water quality or unsuitable weather conditions we reserve the right to cancel the course at short notice. In the event of cancellation a full refund or rescheduled date will be offered. Unfavourable weather conditions include strong winds or thunderstorms.

More information about Sutton Sailing Club including location map can be found at

<https://www.suttonsc.org.uk/>