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## **Frequently Asked Questions - SUP Paddleboard Explorer Clinic**

### **Will you provide SUPs and paddles?**

Yes, we will provide our own inflatable SUPs, paddles and buoyancy aids. We will be using Red Paddle Co's Ride 10'6" SUP 2017, which is a versatile board and an all-rounder designed to float and glide easily on flat water. For more details on this SUP and other boards in our watersports collection, please see our online [APA Outdoor Shop](#).

### **Why use inflatable SUP boards?**

Inflatable boards are an excellent choice for those just starting out with SUP compared to hard boards made out of solid fibreglass, carbon fibre or plastic. The soft board provides a more comfortable landing for beginners who may lose their balance and fall down. The width of the Red Paddle Co's Ride 10'6" also offers added stability for those learning to SUP.

### **What about other equipment?**

Other key equipment to bring are a water bottle/hydration bag, water shoes, watersports tops and shorts/pants. When you sign up for the course a detailed kit list will be emailed to you. You may bring a bag to carry a spare change of clothes and other items, which will be either supervised or locked away during the session.

### **Do I have to know how to swim to join the course?**

It would be useful to know how to swim, however, since we will provide personal flotation devices for all participants on the water, this is not a requirement.

### **Do I need to have experience with SUP?**

No, you don't need to have any prior experience with SUP. We will go through an introduction to SUP and provide you with fundamental paddling skills. The course is designed to suit all levels from beginners to intermediate paddlers.

### **I'm an experienced paddler and regularly SUP, will the course be too easy for me?**

The course is aimed at beginners and those who are trying SUP for the first time. We will be going through an introduction to SUP and fundamental paddling techniques.

### **How old do I have to be to join the course?**

The course is open to participants aged 16 and up. Those under 18 years of age must have a parent(s) or court-appointed legal guardian(s) sign a consent form on their behalf.

### **Do I need to be fit?**

You need a basic level of fitness to join the course. If you can go for a 2 hour hike you can join the course. You will practice paddling skills on the water and go on a short exploration journey.



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**Is the course in English?**

Yes, the course is given in English, however if you understand a little bit of simple English, you will have no problem understanding the teaching as demonstrations are a big part of the teaching as well. We will also usually have one Cantonese speaking instructor who will be able to assist and translate if necessary.

**What if there is bad weather?**

If weather conditions are deemed unsuitable by APA during the program, we reserve the right to modify, postpone or cancel the session for the safety of both participants and staff. If the Tropical Storm Warning Signal No. 8 (or a higher number) or the Black Rainstorm Warning Signal is hoisted, the session will be postponed. If there are any weather warnings posted by the Hong Kong Observatory, we will closely monitor local weather patterns and either suspend or resume the session based on whether it is safe to do so by our experienced on site staff. We will always attempt to reschedule any program that has been adversely affected by weather.