



What is paddleboard?

The 'Paddleboard' is modelled on that of the rescue board used every day by beach lifeguards.

Is it the same as stand up paddleboarding?

No, the Life Saving Sport of Paddleboarding is very different to stand up paddleboarding, competitors lie on their stomach ('prone'), or kneel on their board and use both their arms to paddle their way through the water.

Does there have to be waves for me to try paddleboarding?

No, paddleboarding can be extra fun when you paddle through the waves, however unlike other sports such as surfing it is not completely reliant on waves. Paddling in flat waters has serious benefits too, you can develop your paddling technique and speed without the extra challenge of the wind and waves. Once you are ready to fight the ocean get yourself and your paddleboard down to a beach with swell and battle against the forces of nature.

What are the benefits of paddleboarding?

Paddleboarding is a great exercise to develop upper body strength and your awareness of the movement of the ocean. Build your confidence in choppy conditions when you battle the waves and develop your paddling skills to help you in other sports such as surfing and swimming. It is also a lot of fun. The board is also developed to allow you to rescue people on it, so there are additional benefits for others who need your support.

How do I get into paddleboarding?

Visit the club section on our website to find your nearest surf life saving club, why not contact them and have a go at Paddleboarding for yourself? Please visit www.sls.gb.org.uk/find-my-club.

Where can I get a paddleboard?

By joining a surf life saving club, you can learn more about paddleboarding and get the right board for you. There are a number of suppliers of paddleboards in the UK and overseas (Bennett, Icon, Dolphin, Kracka, Gaisford and many more) different people prefer different shape boards, so it's best to do some research beforehand by speaking to a range of supplier and paddlers. Bennett Surfboards sponsor the Surf Life Saving British Paddleboard Series and also sell a great range of paddleboards call Woody on 07889032939 or email woody@aquasportinternational.com to find out more about the excellent paddleboards on offer.

Paddleboarding is good fun, are there any competitions I can take part in?

Surf Life Saving GB run a number of events throughout the year, check out the events section on our website www.sls.gb.org.uk/sls.gb-calendar and don't miss:

- British Paddleboard Series
- British Long Distance Championships

I want to develop my skills, is there any more information that can help me?

Surf Life Saving GB have loads of coaching programs on offer these include:

- SLSGB Level 1 and Level 2 Coaching course
- SLSGB Development Days

Contact any member of the sports team to find out more details can be found on www.sls.gb.org.uk/sls.gb-people