

SUPKiko

STAND UP PADDLEBOARD ADVENTURES

What to expect

You are having a lesson with a trained instructor and will always be in sight of them. You will be taught techniques to be safe and how to paddle properly. Will you fall in? It's possible but unlikely. I have taken out over 200 people and about 1% of people have had a little swim or got a bit wet. Because of this, I always suggest bringing a change of clothes of which one item can always come on the board with the instructor. If you have a dry-bag, feel free to bring along as the boards have strapping on the front where you can secure it.

SUP is Exercise!

Whilst SUP can be very relaxing it *is* a form of exercise so if you haven't done it before, you will discover muscles that may not have been used! From your feet, calves, core muscles, arms and shoulders, every part of your body gets a work out. It is however the most accessible watersport out there. It is especially good if you are a bit unfit or recovering from injury and trying to get back into fitness. If you have any ailments, please check with us or let us know so we can advise on best practice. If pregnant, you assume any risks and all responsibility but it is advisable not to paddle from week 28 onwards.

What to bring and wear

- Your signed **TICKET**. Please check that any current medical conditions and the EMERGENCY contact number (not someone with you on the trip) are on it.
- For colder days, we suggest thin layers and a windproof (or light waterproof if raining)
- On hotter days, sunscreen/hat/suitable hot weather clothing. We don't want anyone getting burnt or overheating!
- Water and snacks optional (if a very hot day water is recommended)
- A change of clothes
- Money (for a drink afterwards/during – sometimes we stop halfway)
- Sense of humour and confidence (not essential as we can help work on both!)
- Valuables can be stored in a waterproof bag on the instructor's board and extra luggage in the locked van (at your own risk) for RIVER paddling
- **NB:** If you are paddling in HACKNEY, the only secure storage is on the instructor's board and there is also not a lot of space on the Milk Float where we start from. Please keep you additional kit to a minimum and of low value. We all like to trust everyone but unfortunately SUPKiko or The Milk Float can not be responsible for possessions being lost or stolen.
- If you are joining a paddle that involves late evening/dusk or night paddling, if you have anything reflective to wear and/or any lighting, it helps make you more visible on the water. We do have some lighting for paddlers but the more lights the better!

Locations

- Richmond – Friars Lane car park (free after 6.30), 12 min walk from the station, around the back of the White Cross pub TW9 1NL
- Hackney Wick – White Post Lane, canal side by bridge over Lee Navigation. This location is based on The Milk Float, a large widebeam boat (grass on top)
- Petersham, River Lane – 20 min waterside walk form Richmond station. Free parking. TW10 7AG

Arrival time

Please arrive on time as often timings are based on the tide or there are other members of public joining the group. During the weekend there are bookings after yours so the instructor will need to time to prepare for that. There will be a 10-minute grace period when we will wait. Please **TEXT** if you are running late on 07854985007.

Contact

If you need to contact anyone with regards to your booking, please be aware that Kiko maybe busy setting up or out on the water. If it is URGENT a text message is therefore the safest way to get a message across. Otherwise email booking@supkiko.com or call 07854985007 and leave a message if there is no reply. Our cancellation policy was set put in the Terms and Conditions when booking and if you have any queries regarding a cancellation please email to discuss.

And finally.....

Everyone at SUPKiko hopes that you have a great experience from booking to the paddle itself and therefore appreciate any positive feedback/reviews or constructive criticism, to improve the overall experience. We also hope you enjoy your time and look forward to seeing you on the water.