

Guidebook on how to organize SUP clinics for kids in Europe



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Project Partners: SUPSkool Leeuwarden, the Netherlands; Pescara SUP School, Italy; SUP Discovery, Slovenia; Wild Atlantic Travel Co, Northern Ireland.

Project name: SUPforkids

Project number: 622787-EPP-1-2020-1-NL-SPO-SSCP



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Introduction

The goal of this guidebook is to ensure that (starting) paddle schools have to opportunity to teach kids in primary school new skills by introducing them to stand up paddle boarding (SUP). In order to make this happen it is important to create a safe and professional environment for children to learn this new skill. This guidebook exists out of the necessary steps to be able to introduce children to the wonderful world of SUP.

Achieving your target group

When you have the plan to organize clinics specifically for children, you have to begin with inviting kids to paddle clinics. It is possible that there already is an existing relationship between the primary schools and the paddle school. If not, the first step is to invite different classes of children for the SUP clinics.

an example of an invitation:

“Good afternoon!

This spring we invite you at (mention your club or location) to participate in the primary school project "Clean-Up SUP" in Leeuwarden.

We have space in our agenda on “for example”: Tuesday or Thursday morning on the following dates.

- May 31 and June 1 and 2, 2022*
- 14, 15 and 16 June 2022*

Time of day: (choose your own time schedule)

- 9.15 am to 10.45 am*
- 10.30 am to 12.00 pm*

We would like to receive a response from you before March 31 with 2 preferences, in terms of date and time, so that we can make a schedule for all groups 7/8, children from 10-12 years old (mention the age of the children and school class) participating in the Clean-Up SUP project.

Other information:

- about the location where you receive the participants; If you come by bicycle, please continue a specific route and mention where you can put your bicycles or where you can park cars/busses or how to get there by public transport.*

- about wearing sports clothes*

Please come to the “location” with the children already dressed in sportswear of a wetsuit (with swimwear underneath). It is not possible to shower with us, but the changing rooms can be used and they are closed when we go out on the water. To be on the safe side, students can bring a set of dry clothes and a towel.

See you soon and we look forward to your response!”

You can invite the groups of “for example” 20-25 children between 9 AM and 11 PM (choose the amount participants that fits in your situation). In the Netherlands we choose the morning to give SUP clinics, because this is a quiet time in our business and there are less boats on the water (safety). You can choose your own time-schedule while considering the weather conditions, safety and the schedule of your sup school.

SUP Clinics

The most important components for the SUP For Kids - clinics are:

1. Safety
2. Location and materials
3. Certificated and professional SUP instructors
4. Program of the SUP clinic

ad.1 Safety

What are the risks for the children on the water in your area.
Use the checklist safety SUP For Kids (as below **).

ad. 2 Location and SUP materials

Location: is there a safe spot for the children to go out on the water. A beach, a pier etc.
Good quality of SUP inflatable boards, paddles, vins and leashes. And the boards have to be filled with enough air (like 16-20 psi, depends of the different brands of the boards). Paddles for kids, not to long and not to heavy.

ad. 3 SUP instructors (2 instructors for a group of 8-12 kids, 3 instructors 13-20 kids)

SUP instructors are ASI certificated (SUP instructor level 1 and 2; flat water and exposed water) or have a local certificate. And water rescue and the First Aid certificate.

Personal qualities: passion for the Stand Up Paddle sport, sportive and healthy, friendly for the kids, alert and shows initiation and commitment

Professional behavior and good looking with company clothes and SUP For Kids t-shirts for example.

ad. 4 Program of the SUP clinic (60-75 minutes)

This program consists of a couple of steps: introduction, instruction, going on the water and the lesson. Al these steps are explained below:

Introduce yourself and welcomes the kids

Bring the kids to the dressing rooms for changing clothes. Maybe they need a wetsuit or a lycra SUP For Kids t-shirt. Put the bags, keys, mobile phones etc. in a locker.

Preparation all the materials; SUP boards, paddles and leashes for the kids and maybe the teachers if they join us on the water.

Idea to arrange a boat for teachers and children who are not able to participate on the SUP.

Divide the different tasks for the SUP instructors; who is responsible and make the final decisions.

Who is responsible for the contact person of the guests, who is responsible for the materials, who is paddling in front and who in the back.

Instruction about Stand Up Paddle

SUP board; nose, tail, vin, handle and the most stable spot to sit and stand up on the paddleboard

Paddle; front side, how to set up the right length of the paddle and how to hold the paddle. One hand on top and the other one in the middle of the shaft.

How to make a stroke on the left side, with left hand as the lower hand and how to use the brake. Move the paddle to the other direction (forwards). Learn to turn by using the break on bow stroke.

Leash; for safety, when you fall into the water. The paddle board stays close to you.

vin; to keep the right direction

Option: Warming-up (5 minutes)

Running and jumping jacks, short game, moving shoulders and arms, squats

Go on the water

How to carry a paddle board to the water (with the handle). It is also possible to carry the board with two persons. First on the knees on the paddle board, next to the handle.

One instructor is already on the water and the other one is helping the kids to get them on the boards.

SUP Lesson

First let the children try to balance on the board with a few exercises and then learn them to stand up.

The fun part is important for the kids, so be creative on the water. With tricks on the board, small races and fun games (change boards or running on the different boards)

Making waves by changing the pressure from one leg to another is a great way to relax your body and find confidence on board.

Sometimes, throwing and catching ball is a fun thing as well – usually at the end of the lesson, where we all jump in the water as well.

**** Checklist Safety SUP For Kids**

Check location near the water: is it safe to get on your board and also to get off the board. Is it a beach or a “kade, steiger” What are the risks on your location for the kids and for your SUP boards.

Check the SUP materials: Boards enough psi (16-20), kids paddles are oké (not broken, at 2- and 3-pc; are the fixed?), leash at every board, vin is fixed

Check necessary clothes: lycra sup shirts or wetsuits, shorty

Check first aid kit, phone for the instructor, dry bag with dry clothes for a participant

Check the weather; wind direction, stream, waves

Check the route: depends on the weather and the level of the participants