**Please read carefully: important information for your health and safety**

* If you are a beginner it is advisable to get lessons before you go on open water – we recommend searching online for a tutor, or contact us for details of local tutors
* Using the board requires a certain level of skill and balance, so practice firstly in shallow water to gain competence before progressing to open water
* It is very likely that you will fall off the board, so do practice remounting the board in shallow water before progressing to open water
* Always use a connecting line or cord, so that you stay in contact with your equipment when falling off the board
* Please check your equipment for any damage before you head out on to the water
* Be familiar with your equipment and how to operate it before usage
* Always inform a relative or friend before you go on open water alone, and let them know of your safe return; do not attempt a trip near to/at dusk or in darkness.
* If taking children on the board please make sure that they can swim and can reach the shore by themselves should there be an emergency
* Be aware that all paddle boards are constructed for usage at a recommended maximum user weight, to ensure stability and flotation of the board

* We advise using full wet suits and life jackets for all users
* If you are not a competent swimmer please stay within a safe distance of shore
* Remember accidents can happen: we therefore advise investing in a dry bag and holding essentials in the bag such as a mobile phone, first-aid kit, sun block, water and food, especially if you plan using the board for a longer duration or for touring