

# The safety lowdown on STAND UP PADDLEBOARDS



SUPs are unstable, not very visible, and provide little protection from boat wakes, wind, and other environmental challenges. Stay close to the shore and **wear a life jacket!**

## Required Equipment:



**Sound-producing device (one per boat)**



**Waterway Access Permit on SUPs 10 feet or longer**



**USCG approved & properly sized life jacket**

## Leash recommendations:

### BODY-MOUNTED LEASH

- ▶ Use on moving and whitewater
- ▶ Wear leash around your waist
- ▶ Must be reachable by both hands and a quick-release



### COILED LEASH

- ▶ Use on flat water, some open water
- ▶ Wear leash just above the ankle or around the calf, below the knee
- ▶ Wear in bodies of water where there is no risk of entanglement in obstructions



### STRAIGHT LEASH

- ▶ Use for ocean surf zone



# 安全的事实关于 站立式桨板



SUP是不稳定、不太显眼, 并且几乎不能对船尾流、风以及其他环境挑战提供什么保护。靠近海岸并穿上救生衣!

## 所需设备:



发声装置 (每艘船一个)



10 英尺或以上  
SUP的水道通行许可证



USCG批准而且尺寸合适的救生衣

## 绳索建议:

### 绑在身上的绳索

- ▶ 用于移动和激流
- ▶ 在腰间佩带绳索
- ▶ 必须可以双手触及和快速释放



### 卷绕绳索

- ▶ 适用于平静水域, 部分开放水域
- ▶ 在脚踝上方或小腿周围, 膝盖下方佩带绳索
- ▶ 在没有被障碍物缠绕风险的水体中佩带



### 直的绳索

- ▶ 用于海洋冲浪区



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