

The UCLA logo consists of the letters "UCLA" in white, bold, sans-serif font, centered within a solid blue rectangular background.

# Marina Aquatic Center

## Standup Paddleboard Class Information

### Getting to the Marina Aquatic Center :

We have limited parking so please allow extra time to park offsite see [www.marinaaquaticcenter.org/Directions/index.htm](http://www.marinaaquaticcenter.org/Directions/index.htm)

### What to Bring for Class

**The goal is for you to be comfortable and warm even if you get wet.**

**Be prepared to get wet – we do intentional capsizes!**

#### Shoes

**The object is to keep you from slipping and falling on the wet dock and from jamming your soggy toes on something hard (Ouch!) — wear closed-toed shoes with a light colored non-slip sole. No Sandals!** The best shoes are ones that are specially designed for watersports (like Aquasocks® or other similar brands). But you don't have to rush out and buy a new pair just for SUP class. Keds® or Converse All Stars® and other similar types of shoes can work in a pinch. Shoes to avoid are very expensive ones (they will get wet!), sandals (they don't protect your toes - Sorry Teva®!), shoes with hard soles (slippery!) or shoes like hiking boots or cross trainers (too big to fit into the boats).

#### Clothing

**The object is to be warm and comfortable on the water – or in the water - because it won't be fun if you are cold!** Keep in mind that we do re-entry practice in your class so you will be spending some time in the water. We have wetsuits at the MAC for your use or you can use your own if you want – bring a swimsuit to wear underneath. Bring a dry change of clothes to leave in the locker room to change into. **Remember that even when it is warm in land it can be 20 degrees cooler here on the water!** For the cooler days, we also recommend that everyone wear a windbreaker or spray top over their wetsuit to give them more protection from the wind-chill. Try to avoid any cotton materials. Synthetic fleeces are generally much better at keeping you warm even when wet.

#### Miscellaneous

**Protect yourself from Sun Burn.** Wear a hat, sunscreen and sun glasses. **Hold onto your Glasses:** Use a Croakie® or some other similar device to keep your glasses on your head! (an old shoelace and/or rubber bands are an inexpensive way to be retro geek-chic and hang onto your specs).

**Bring a towel with your change of clothes** and a padlock to secure your gear in the locker – we have day-use lockers for your convenience.

**Bring a bottle of water** to keep from getting thirsty – you can really get dehydrated quickly out on the water. You may also want a Power Bar or other quick snack®.

### **What Not to Bring**

**Leave anything particularly valuable like expensive jewelry on shore**, preferably home. **Flotation, is inversely proportional to value!** Leave your electronics on shore. Cellphones and pagers rarely survive on unprotected SUP.

**Remember, be prepared to get wet!**  
**Be prepared to have Fun!**



**Please note if we get a significant amount(.25 inches) of rain 48 hours before your class we will need to cancel your class due to the possibility of poor water quality. Please make sure to call the UCLA Marina Aquatic Center Main line at 310-823-0048 before coming down if it rains.**

### **Refunds or Transfers:**

Please contact [mac@recreation.ucla.edu](mailto:mac@recreation.ucla.edu) or call 310-823-0048

Refund requests received at least 3 weekdays prior to the first class meeting(Wednesday before by 12noon)are eligible for a 90% refund or 100% transfer towards another class in the same quarter. **There are no refunds or transfers after this point.**

- No refunds or deferments are honored after the request deadline.
- If a class is cancelled, you will be eligible for a full refund or deferment.
- All refunds are processed through UCLA General Accounting. Refund check processing requires 4 to 6 weeks.
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- *Swimming Proficiency*

To participate in any water-based activity, you must be "water safe," able to swim 100 yards and tread water for 5 minutes, and capable of calmly handling yourself in the water.

If you have any question as to whether you are "water safe," we encourage you to take advantage of a complimentary swim test, offered at any one of the campus pools during open swimming hours.

Coast Guard approved personal flotation devices are provided by the Center and are required to be worn during the following activities:

- sailing
- canoeing
- kayaking
- monohull sailing
- catamaran sailing
- at the instructor's or dockmaster's discretion

Lifejackets are also available upon request for rowers and windsurfers during rentals and lessons.

### ***Important Please Read***

- Injuries to participants in watercraft programs may occur from risks inherent in the sports or activities, from placing stress on the body that it has not been prepared for; from accidents in learning or practicing techniques, from failing to follow training, safety or racing rules; and from the administration of first aid.
- For example, you might slip and fall; you might be struck by a part of a boat; your boat may capsize and/or you might be thrown overboard into cold water; or you might be injured in a collision if your boat hits another boat, or runs into an obstruction or the shore.
- Boating can be fun, relaxing and enjoyable. By observing rules and boating etiquette and demonstrating care and caution for yourself and others, you will reduce your exposure to injuries and help insure that your boating experience is a pleasurable one.
- You will be asked to sign a release on the first day of your course, stating that you are watersafe (see swimming proficiency statement) and understand the risks involved in boating.