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STAND UP PADDLEBOARD I OUTLINE

- Introduction to the gear
- Choosing the right gear (board and paddle size)
- Getting off the dock, (right of way on the water)
- Prone Paddling
- Knee Paddling
- How to stand up on the board
- Basic Turns
- How to fall, how to get back on the board
- Proper Paddling Technique
- Advanced Turns
- Go over Rental Policies and Waiver