



# CONNECTING YOU TO THE AMAZING LOCATIONS WE PADDLE

Buccaneer Sessions is a new community app designed for action and adventure sports including Stand Up Paddleboarding, utilising the latest in mobile technology to connect locations, sports and activities with those who enjoy them.

Join our collective - find new spots to SUP, create and join SUP sessions, get messages, news and session alerts from SUP locations, pros or friends. Never miss an opportunity to get out there and do the things you love - whether that's SUP or other action sports.

- > **LOCATION GUIDE** - all the latest info about what's happening and where.
- > **SPOT FINDER** - locate difficult to find spots with GPS link.
- > **JOIN OUR COLLECTIVE** - upload your own location data, making the app so much more useful!
- > **SESSIONS PLATFORM** - record and share your adventures. Create and attend Sessions at locations.
- > **FACILITIES FINDER** - access contact details for local amenities; gear shops, refreshments, training centres and Pro clinics.
- > **PRO FOLLOW** - link to and follow your favourite Pros, instructors and schools.
- > **FAVOURITES** - bookmark the locations you want to stay connected to.
- > **NEWS** - receive automated feed of services and news from your favourite locations and service providers.
- > **EASY PAY** - Easy credit card booking and payment for classes, courses or skills clinics.



[buccaneersessions.com](http://buccaneersessions.com)



KITESURF



SURF



WINDSURF



SUP



KAYAK



WAKEBOARD



BIKE

# BASIC SUP SAFETY

Before you or anyone else gets in or on the water, make a safety assessment of your equipment, the location and the people you are with - particularly children. Use some common sense to identify potential hazards. Here's a list of things to think about:

**> CAN YOU & THE PEOPLE YOU ARE WITH SWIM?** As a minimum, everyone in your paddle party should be water confident. You will fall in at some point and more than likely out of standing depth

**> IF YOU CAN, ALWAYS GO WITH A FRIEND.** It's more fun, and they can help you if you get into difficulty.

**> AVOID OFFSHORE WINDS.** Wind will quickly blow your paddleboard far out to sea, which can make it extremely tiring and difficult to paddle back to shore.

**> BE MINDFUL OF CURRENTS.** The water may look tranquil and inviting but swiftly flowing currents can be dangerous. For river paddling currents are inevitable. Check what is immediately down stream and that if you fall in immediately, you are not going to get swept into dangerous obstacles (e.g. fast moving Boats, Weirs etc.).

**> WE RECCOMEND A MOBILE PHONE.** Keep it in a waterproof pouch. That way it won't get wet, and you can use it to call for help in an emergency too. Take some photo's of where you are and post them on the Location notice board in the App. We all love to see pics of the spots.

**> CHECK THE WEATHER FORECAST AND TIDE TIMES BEFORE YOU SET OUT.** Be aware, water conditions can change quickly. Most of the coastal locations mapped in the app have tide and weather links listed.

**> YOU SHOULD WEAR A SUITABLE PERSONAL FLOTATION DEVICE.** This can be a buoyancy aid or a life jacket. Not only will it keep you afloat, but it will also help give you time to recover should you fall in - and chances are you will!

**> WEAR SUITABLE CLOTHING FOR THE TIME OF YEAR.** In the winter, you will want to use a wet or dry suit. In the summer, you might be able to get away with a swim suit. But if you are going to be in the water for a long time, you might want to upgrade to something that keeps you warm.

**> ITS A GOOD IDEA TO USE A PADDLEBOARD WITH A LEASH.** There's nothing more frustrating than having to swim after your paddleboard if you fall off. The leash will also help you stay connected to your board if you get into trouble. If you are paddling on rivers we would advise a curly leash so it doesn't drag in the water and get caught in weeds, old posts etc.

**> IF YOU ARE LAUNCHING ON A LIFEGUARDED BEACH, MAKE SURE YOU LAUNCH AND RECOVER BETWEEN THE BLACK AND WHITE CHEQUERED FLAGS.** There should be less swimmers in this area, giving you more room to manoeuvre. Consider other water users by learning the rights of way in the surf. This can save you and others getting injured.

**> GET THE APPROPRIATE LEVEL OF TRAINING.** You might be tempted to just buy a board and head out. Having a few training sessions can teach you the right technique and enhance your enjoyment of the sport.

Here's a useful link - check out [www.bsupa.org.uk](http://www.bsupa.org.uk)



[buccaneersessions.com](http://buccaneersessions.com)



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