Safety checklist for paddleboards

Inspect for damage

- O Regularly check for cracks, dents, or other damage
- O Repair any issues immediately to prevent further problems

Leg leash

- O Purchase a leg leash if not already included with your board
- O Check the leash regularly for wear and tear, ensuring the Velcro is secure and locking properly

Air vent

- O Ensure the vent plug is finger-tight before use and avoid removing it unnecessarily

Inflatables

- O Ensure proper inflation before each use to maintain board performance and avoid damage

Sun protection

- O Store your board in the shade or consider purchasing a board cover to protect it from UV damage and harsh weather conditions

Lifejacket

- O Wear a properly fitted lifejacket at all times; a Level 50/50s is recommended
- O Regularly inspect your lifejacket for any signs of wear or damage

Paddle

- O Ensure your paddle is the correct size and type for the water conditions to improve paddling efficiency

Torch and navigational lights

- O Carry a torch to attract attention, and ensure your navigational lights are operational, especially in low visibility conditions like fog or night

Whistle

- O Carry a whistle to assist in attracting attention if needed

Communication device

- O Carry your mobile phone in a waterproof pouch
- O Consider having a handheld VHF marine radio for added safety in case of emergencies