



Pre-Course Information

Stand Up Paddleboard Taster

What to Expect

This hour-long session is to support you in having a safe first go at the growing sport of paddle boarding. It also serves as the induction for those wishing to hire our boards in future.

Pre-Requisites

- This course is good for anyone with an interest in being out on the water.
- Minimum age 12 (under 16s must have an adult on the course with them).

Timings

1-hour taster are normally run every other Saturday, for precise times check your booking confirmation.

What to Bring

- Something to wear under a wetsuit (swimming costumes are good for this)
- Towel
- Comfortable shoes that you are happy to get wet (must be closed toe) old trainers or wetsuit boots are ideal (no bare feet).
- Water bottle
- Sun Cream/Sun Glasses
- Hats

What we Provide

- The boards!
- Buoyancy Aids
- Wetsuits

Pre-Course Admin

- [Medical Consent Form](#) – Must be completed before you attend.

Where to find us

Sessions are run from Southampton Sailing Club. We encourage, where possible, that participants travel by public transport or cycle.

Local buses run to Foundry Court, Vosper Road which is around a 10-minute walk from the club. There is limited parking available. However, be prepared that you may have to pay for alternative parking.

[Book Here](#)

