



Program Information Package

Advanced Flatwater Stand Up Paddleboard (SUP) Course

Program Description

Our 3 hour Advanced Flatwater Course builds on the skills covered in the introductory course. We cover paddling in chop, pivot turns, towing, efficient forward paddling, and other skills and techniques useful on a day trip in moderate conditions on the ocean. This course is designed for folks with some basic comfort and experience with SUP.



We work with small class sizes, with no more than 6 students for each instructor, and no more than 8 participants in any class. We will provide you with all the needed paddling gear such as boards, paddles, PFDs, and surfing wet suits.

Paperwork Checklist

Please use the following checklist to ensure you have received and reviewed all the required documentation prior to the program start date:

- ✓ Advanced Flatwater SUP Program Document – please review
- SKILS Waiver – please sign with your instructor at the beginning of the program
- Paddle Canada Waiver - please sign with your instructor at the beginning of the program
- SKILS Medical Form – please bring a completed copy to your program
- Policy and Procedures Document – please review

Program Logistics

Program Prerequisites

Students should have taken the Introductory SUP Course or have equivalent training and experience.

Course Content

Introductions & Paperwork

Review Basic Skills

- Launching and landing
- Kneeling and Standing
- Balance
- Basic Strokes

Safety Skills

- Towing

Paddling Skills

- Launching into waves
- Paddling in wind chop
- Foot positions

- Pivot Turns
- Efficient Forward Strokes
- Draw strokes
- Cross Draw
- Bracing
- Edging
- Downwind paddling

Knowledge

- Equipment
- Advanced board design
- Journeying
- Heritage
- Environment



Thank you for enrolling in our SUP skills training program. If you have additional questions or concerns, please contact us at info@skils.ca. We look forward to playing on the water with you!