

STAND UP PADDLE USER GUIDE

ADDICTED TO

RIDE




BOARD
RIDING
SINCE
81



FANATIC





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RIDER ARTHUR ARUTKIN, AIRTON COZZOLINO, VICTOR FERNANDEZ
PHOTO MANUEL GRAFENAUER

WHAT'S SUP?

SUP is short for Stand Up Paddling. It is the fastest growing watersport worldwide with a real Hawaiian heritage. The sport is an ancient form of surfing, and re-emerged as a way for surfing instructors to manage their large groups of students, as standing on the board gave them a higher viewpoint.

Athletes of every age and ability can learn to Stand Up Paddle on any kind of water surface. Only one condition: You need to be a good swimmer, in case you fall in.

WHAT EQUIPMENT DO YOU NEED?

You will need a board, a paddle and waterproof clothing (either a wetsuit or boardshorts/lycra/bikini, depending on the water temperature). For SUP Surfing in the ocean, on river waves or in windy conditions, you should also use a leash, which connects the board to your leg so you don't lose it.

A beginners SUP Board is usually at least 10'6" long, so unless you have a van, you might need roof racks to transport it. Or alternatively many SUP brands now offer inflatable SUPs which are perfect for storage and transportation.

Plus of course you need water. Any local lake or river should do. River paddling can be tricky due to the currents, so it is advised to start on a lake, ideally on a day with no or little wind.

SAFETY CHECKS

Be honest with your swimming ability. Weak swimmers should wear a life jacket, in case you might fall in. Never leave your board! If you lose the paddle, use your hands to paddle the board and get your paddle, it's much easier than swimming. Always paddle upwind first, it's much more difficult than downwind. Inform yourself about the tides and prevailing winds at new locations. There are many waterproof accessories for telephones available, in case you are going for a longer paddle, as well as backpacks and camelbacks.

SUP BOARD TYPES



WAVE

Focused on easy turning and wave-catching ability.



ALLROUND

A classic shape with easy paddling performance for flatwater and smaller waves. Also available as inflatable.



RACE / TOURING

For flat water performance and speed, as well as downwind paddling on the ocean.

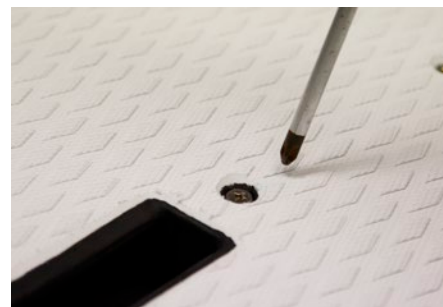
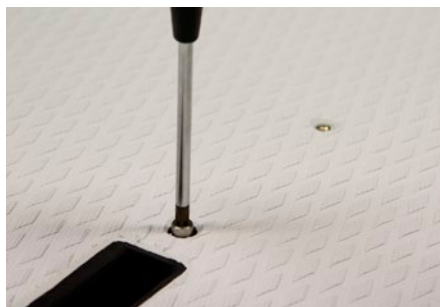
INSTALLING THE VENT SCREW AND ...

Selected Fanatic board models include an air vent screw.

Note: Do not mistake the smaller Windsurfing insert, for the larger air vent insert.

Make sure that the vent screw has a rubber ring attached and then tighten the vent screw straight in the board.

(The air vent screw is always located directly in front of the carry handle and behind the M8 WS insert)



MAST BASE

Selected Fanatic board models include a M8 insert for a mast base attachment to allow windsurfing rigs to be attached. Make sure the insert is clean and free of debris. Tighten the mast base screw into the board insert, no metal plate is required. Make sure the plastic disc on the mast base is flat, otherwise this could damage your footpad.



ATTACHING A SURF LEASH

For attaching a SUP leash, thread the string through the leash plug. Open the leash attachment and feed the flap through the leash string. Close all velcro flaps and check if the leash attachment is secure.

Note: the SUP leash is not supplied with the board, but highly recommended.

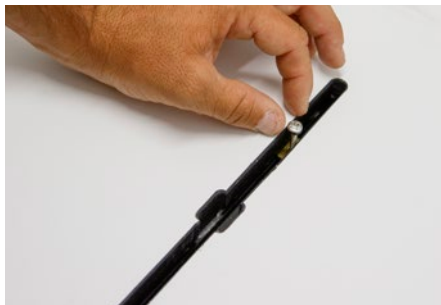
On selected models Fanatic offers 2 Leash plugs for bigger wave conditions.



INSTALLING THE CENTER FIN

Make sure the center fin box is clean and free of debris.

Using the screw, slide the metal plate all the way forward in the box, then remove the screw.. Insert the fin into the box opening and push it flush with the fin box. Line up the hole in the metal plate with the hole in the fin tap. Insert the screw into the fin tab and tighten into the underlying metal plate.

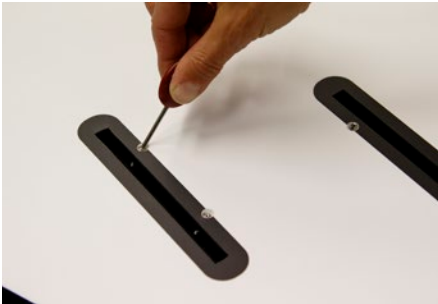


INSTALLING THE SIDE FINS

Side fins are not included with all Fanatic board models.

To install side fins, loosen the screws of the box with the fin key before you push the fin into the box.

Once the fin base is placed into the box, tighten the screws with the fin key.



SUPPLIES NEEDED

Measuring Tape

Permanent Marker Pen

Masking Tape

Hacksaw

Medium Grit Sandpaper

Sanding Block

Epoxy

(Allow drying time for epoxy
depending on the brand used.)

CUTTING PADDLE TO LENGTH

Note: Paddle length is a personal preference.

A longer length shaft is recommended for racing and flat water cruising.

A shorter length shaft is recommended for wave riding.



To measure the paddle length, stand the paddle upright next to you with the tip of the paddle touching the ground.

- 1 Check the paddle length and use a permanent marker to mark a line on the shaft where you will make a cut.
- 2 Wrap a strip of masking tape around the shaft where you put your mark before cutting.
- 3 Use the hacksaw to cut the shaft.
- 4 Use the sanding block/paper to sand the end of the shaft flat.
- 5 Coat the tube of the handle with the epoxy.
- 6 Insert the tube of the handle into the shaft.
- 7 Make sure the front (flat) side of the handle is perfectly parallel with the front side of the blade. The Fanatic Paddle handles are asymmetrical for the best ergonomic fit. Make sure you position the paddle handle correctly to line up with the blade.



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Rider Backcover: Paulina Herpel

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FOR INTERNATIONAL DISTRIBUTION CONTACTS PLEASE CHECK:

WWW.FANATIC.COM/SUP

Boards & More GmbH

Rabach 1, A-4591 Molln

Phone: +43 (0)7 584 403-0

