EN

SAFETY RULES

PADDLE SURF

River SUP on the Ebro

Safety is our priority. To enjoy the activity with peace of mind, we ask all participants to read and follow these rules.

ESSENTIALS

- **Life jacket always fastened**
- **Start on your knees**
- **If you fall, fall to the side**
- **Stay with the group**

1 BEFORE THE ACTIVITY

- Arrive in good time for the meeting time given.
- The guides will give a safety briefing (paddling technique, how to get on the board, what to do if you fall). Attending it and listening carefully is compulsory.
- Tell the guides about any health problem, injury, allergy or limitation that could affect the activity, and let them know if you cannot swim or do not feel comfortable in the water.
- You may not take part under the influence of alcohol or other substances.

2 EQUIPMENT

- A life jacket is compulsory throughout the activity and must be properly fastened.
- Only use the leash if the guide tells you to, depending on the area and water conditions.
- Only use the equipment we provide and follow the guides' instructions on how to use it.
- Wear clothes and shoes that can get wet, and bring sun protection, a cap or secured sunglasses so they don't get lost, and water.
- Personal belongings (phone, wallet, keys, camera) must be kept in dry bags or can be left with us. The company is not responsible for the loss of or damage to personal belongings.

3 DURING THE ACTIVITY

- Always follow the guides' instructions. They have the final say on any safety decision.
- Stay with the group and within the area indicated: do not wander off or fall behind without telling anyone.
- Start on your knees and only stand up when you feel confident and the guide says so.
- If you lose your balance, fall to the side and away from the board so you don't hit it.
- Do not put more people on a board than the guide allows.
- Keep your distance from other boards, boats and swimmers.
- Drink water regularly and protect yourself from the sun. If you feel tired or dizzy, tell the guides.

4 WIND AND WATER CONDITIONS

- The guides assess the weather and water conditions (wind, storms, current) before and during the activity.
- If the wind or current carries you away, sit or kneel down, do not try to fight it standing up, and tell the guides.
- If conditions are not safe, the activity may be changed, interrupted, postponed or cancelled in accordance with the cancellation policy.

5 IF YOU FALL OR IN AN EMERGENCY

- Stay calm and stay with your board: it will help you float.
- Climb back on from the side, as explained, or tell the guides if you can't.
- In an emergency or if the guides give an urgent instruction, stop paddling and wait for instructions.
- If you see someone in difficulty, tell the guides immediately.

6 CHILDREN AND GROUPS

- Children under 18 must be accompanied by a responsible adult who looks after them throughout the activity.
- In groups, the group leader must make sure everyone follows the rules.

7 RESPECT FOR THE ENVIRONMENT

- Do not leave any litter in the water or on the riverbank: take everything you bring back with you.
- Respect the wildlife and plants, and do not disturb birds or other animals.

WHAT TO BRING

Clothes and shoes that can get wet · Sun protection and a cap · Secured sunglasses · Water

PHONE / WHATSAPP

633 081 737

Any issues with your booking or during the activity

RESPONSIBILITY

Following these rules is a condition of taking part in the activity. The guides may remove anyone who puts their own safety or that of others at risk, with no right to a refund.

ENJOY THE EBRO SAFELY!