



SwitchSUP

ANOTHER WAY TO PLAY

INSTRUCTION MANUAL



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SwitchUP

ANOTHER WAY TO PLAY

INFLATING YOUR STAND UP PADDLEBOARD

Follow the instructions below for valve operation and correct inflation and deflation procedures.

VALVE OPERATION

The board's inflation valve is located near the tail of the board. To close off the valve for inflation, make sure that the center valve pin is in the "up" position. If it is in the "down" position, press down on the valve pin and turn it counterclockwise until it pops up.

To open the valve for deflation, press down on the valve pin and turn it clockwise so it locks down. Make sure the valve area is clear of any sand or debris when deflating, as small particles could become airborne with the release of air pressure.

Always lock the valve cover over the valve stem when in use. This will prevent accidental air release and keep any particles from entering the air chamber.

BOARD INFLATION STEPS

1. Make sure that the valve is in the closed position (valve pin up)
2. Make sure the pump hose is connected to the "inflate" outlet
3. Connect the pump nozzle into the valve receptacle.
4. Start pumping air into the board by sliding the pump piston up and down.

BOARD DEFLATION STEPS

1. Clear any water or debris out of the valve area.
2. Slowly press down on the valve stem to start letting air out of the board. There will be an initial burst of air, but that will slow down very quickly. Once the air flow has slowed down, press the valve stem all the way down and turn it clockwise to lock it into the "open" position.

INFLATION TIPS AND PRECAUTIONS

The board can be inflated either with our hand pump or an electric pump. The electric pump can inflate the board to a moderate pressure and save a lot of time and energy.

- Do not use an air compressor. Damage to your board caused by over inflation from an air compressor is not covered by your warranty.
- After 2 or 3 days there may be a small decrease of pressure due to temperature change. If so, add a few pumps of air.
- Before undertaking a long paddle, inflate the board for a full 24 hours to be sure the board is airtight. If you are seeing a consistent decrease in air pressure, follow the instructions for leak detection in the board repair section on the next page.
- Do not over-inflate the board. A max pressure of 10 - 14 PSI is adequate.

Do not pump to a high pressure and let the board sit out in the sun. If the board is going to be in a warm environment, slightly under-inflate the board and allow the heat from the sun to increase the internal pressure. When paddling, the colder temperature of the water may cause a slight loss in pressure. If you will be paddling in colder water, you may want to carry a pump with you so that you can add some air, if necessary.

CENTER FIN INSTALLATION

1. Slide the fin base into the fin box
2. Slide the fin all the way to the back of the fin box
3. Insert the fin retention pin through the slot to keep it secure

STORING YOUR STAND UP PADDLEBOARD

SwitchSUP has chosen PVC to provide superior protection from ultraviolet light. However, to ensure extra years of flexibility and bright colors, avoid storing the board where it will be exposed to weather or direct sunlight. Please review the following list for storage and board care tips:

- Before storing, hose off the board and let it dry completely to prevent mildew buildup.
- Do not use harsh chemicals for cleaning. Most dirt can be removed with a mild soap and fresh water.
- You may store the board inflated or deflated. If you deflate the board, we recommend that you store it in the protective backpack that came with the board
- If storing the board outdoors, raise it up off the ground and cover it with a tarp to prevent exposure to the elements
- We do not recommend hanging the board.
- Do not store in extreme conditions (above 120F or below -10F)
- Store in a clean, dry place.

LEAK DETECTION AND REPAIR

About PVC

Your new stand up paddleboard is made from a durable PVC. If a tear or puncture does occur, PVC is easy to repair. Repairs can be done with your included patch kit. Read the following section for leak detection and repair tips.

AIR LEAK DETECTION

If you are losing air pressure, not caused by colder temperatures, check the board for leaks, starting with the valves. A leaking valve is rare, but if you do find a leak we can send you a replacement valve. To locate a leak, we recommend mixing soap and water in a spray bottle. Spray around the valve. If you see bubbles forming, check your valve seating and base and be sure the valve insert is screwed tight. If you continue to have problems, you may need to order a new valve. Replacement of the whole valve can be done with a simple tool that comes in your repair kit. If the board is losing air and all the valves are good, you probably have a small puncture. Small punctures can be repaired easily and permanently. Spray around the inside and outside of the board until air bubbles become visible and mark the position of the leak. If you do not find air bubbles, inflate the board to maximum air pressure and try to listen to find the leak. If you can narrow the area down, return with a spray bottle to identify the source of the leak. Punctures less than 1/8" in size can be repaired simply without a patch. Deflate your board, then clean and dry the area to be repaired. Apply a small drop of glue to cover the puncture, and let dry 12 hours.

SMALL REPAIRS

Your board comes with a repair kit as standard equipment. If you no longer have your repair kit, you can order a new one. Cut a piece of repair material large enough to overlap the damaged area by approximately 1/2", and round off the edges. Apply glue to the under side of the patch and around the area to be repaired. Too much glue will interfere with a proper repair. Allow adhesive to become tacky for 2-4 minutes, and then place patch on the damaged area. Use a weight to apply 3-5 lbs. of pressure for 12 hours. After patch has dried, apply glue around the edges for a complete seal (dry for 4 hours). For larger or more difficult repairs, please give our office a call and we will advise you on the best way to repair it.

SAFETY

This product is not a safety device. Use at your own risk and skill level.

Always wear a Coast Guard approved personal floatation device.

Check your local laws and regulations about proper use and safety of this product.

Water sports can be dangerous, proceed with caution. SwitchSUP, LLP assumes no responsibility for any injury caused by this product.

KAYAKSUP SEAT INSTALLATION

1. Place the kayak seat slightly behind the center carrying handle of your SUP
2. Connect the two top straps of the kayak seat to the D-rings that are nearest the center carrying handle
3. Connect the two bottom straps of the kayak seat to the D-rings that are behind the kayak seat
4. Tighten or loosen the straps, as appropriate, for a comfortable back position

FISHSUP INSTALLATION

1. Center the storage seat between the back two sets of D-rings, making sure the opening of the box faces the front of the SUP. Please note that the storage seat will be snug against the D-rings. For ease of installation, point the D-rings up before placing the storage seat on the SUP.*
2. Using the provided tie downs, secure the storage seat to the back two sets of D-rings and tighten as much as possible.*
3. Secure the PFD cushion to the top of the storage seat, using the snaps that are on the straps of the PFD.
4. Insert the bottom of the fishing rod holder into the receptor on the side of the storage seat and twist until it drops into place. You can rotate the fishing rod holder to any position after it's secured by lifting slightly and rotating.

5. Insert the pontoon extension into the receptor at the back side of the bottom of the storage seat, aligning the spring-loaded button with the pre-drilled holes. There are three pre-drilled holes to choose from, depending on the level of extra stability you want. We suggest using the first pre-drilled hole for maximum stability.
 6. Push the spring-loaded button in and slip the pontoon tubing over the extension tube until the button pops into the pre-drilled hole. Note that the curvature of the tubing dictates the side that the pontoon should be installed on.
- *Note: If you are using a SUP that is not made by SwitchSUP, please replace Steps 1 and 2 with the following positioning and securing instructions.
- Secure your FishSUP by loosening the included ratchet strap (permanently affixed inside the storage seat) and pulling the slack around the tail of your SUP.
 - To release, pull and hold release tab on top assembly to override ratcheting function.
 - Open ratchet until it is completely open and flat.
 - Grab webbing from non-fixed side and pull to release webbing.
 - Pull and hold release tab on top assembly to close ratchet.
 - Position the front of the FishSUP storage seat approximately one-and-a-half to two feet behind the center carrying handle of the SUP. Make sure the opening of the box faces the front of the SUP.
 - Move the rubberized pads over the rails of the SUP to protect the board, then ratchet it tight.
 - Pull webbing through, removing the slack.
 - Start ratcheting— raising and lowering handle until the strap is snug.
 - Continue to Step 3.

SCUBASUP INSTALLATION

1. Center the storage seat between the back two sets of D-rings. Please note that the storage seat will be snug against the D-rings. For ease of installation, point the D-rings up before placing the storage seat on the SUP.
2. Using the provided tie downs, secure the storage seat to the back two sets of D-rings and tighten as much as possible.
3. Secure the PFD cushion to the top of the storage seat, using the snaps that are on the straps of the PFD.
4. Insert the pontoon extension into the receptor at the back side of the bottom of the storage seat, aligning the spring-loaded button with the pre-drilled holes. There are three pre-drilled holes to choose from, depending on the level of extra stability you want. We suggest using the first pre-drilled hole for maximum stability.
5. Push the spring-loaded button in and slip the pontoon tubing over the extension tube until the button pops into the pre-drilled hole. Note that the curvature of the tubing dictates the side that the pontoon should be installed on.
5. Secure your SCUBA tank in the rubbers straps at the back of the storage seat by resting the tank horizontally on the lower portion of the strap and pulling the top portion of the strap through the teeth on the bottom.

HOW TO PADDLE YOUR SUP

Getting on your SUP

If you're a beginner, it's easiest to start out on calm, flat water. It may be easier to kneel on the board, at first, instead of standing right up.

- Standing next to your SUP in the water, place your paddle across the deck of the board.
- Hold the board by the rails. One hand will also be holding the paddle grip.
- Pull yourself up into a kneeling position on the board, right behind the center handle.
- From your knees, get used to the balance of the board. You want to be centered where the front of the board isn't high out of the water and the back isn't dipping in.
- Keep your hands wide to stabilize the board.
- When you feel balanced on your knees, stand up on the board, one foot at a time. Your feet should go where your knees were, right over the center handle.

Body Position

- Your feet should be parallel, about shoulder-width apart, between the rails, or edges, of the board.
- Keep feet pointed forward, knees slightly bent and your back straight.
- Keep your eyes on the horizon. When you look down at your feet or away in a different direction, it is easy to lose your balance.
- Note: When you increase forward momentum, your stability increases as well.

SUP Stroke

- When paddling on the right, your right hand will be lower on the paddle shaft and your left hand is on the top of the grip.
- Push down with your top hand to put the paddle blade under the water, pull the blade through the water until it's even with your ankle, then take it out of the water.
- To stay in a fairly straight line, you can usually paddle about 4 strokes on one side, then switch to the other.
- When you switch sides, reverse hand positions (right hand on top of the grip, left hand on the paddle shaft).

Turning Your SUP

- Sidestroke: Paddle on one side until the front turns the direction you want to go. To turn right, paddle on the left. To turn left, paddle on the right.
 - Backpaddle: Turn or reverse quickly, drag the paddle or paddle backwards on either side of the board.
- *Always use the proper personal floatation device and leash for your water type and conditions. Always be aware of the local weather and conditions and plan accordingly.

HOW TO PADDLE YOUR SUP AS A KAYAK

Position

- Attach the kayak seat to the d-rings on your SUP.
- Lean Back and rest your back comfortably on the seat — this keeps the boat stable and your back comfortable.

The Grip

- With both arms comfortably in front of you, grip the paddle with hands over and thumbs under.
- Your grip should be comfortable, not too tight.

The Stroke

- Place the paddle blade in the water near your toes. Pull the paddle blade back alongside the boat to approximately your hip.
- Lift the paddle blade and take a stroke on the other side.
- Use your torso by turning into the stroke — side to side. This allows for a more powerful stroke and saves your arm muscles.
- As you alternate sides, the paddle shaft should comfortably rotate, sweeping the water toward the end of the kayak.

Turning the KayakSUP

- To turn, simply paddle only on one side — opposite of the side you want to turn into. So, if you want to go right, paddle only on your left side until you are going in the desired direction. If you want to go left, paddle on your right side.
- You can turn quicker by placing your paddle in a vertical direction into the water on the side that you want to turn to.
- You can go backwards by slowing almost to a stop, then reversing your paddle direction.
- Once you are headed where you want to be — get back into your stroke rhythm.

TIPS

- You may want to paddle with your knees in the bent position for back comfort.
- Avoid extending your arms too far forward or over extending your waist, because it could cause back and shoulder aches.

HOW TO ROW YOUR SCULLSUP

Gripping the Oars

- Position each oar so the concave side of the blade is facing the stern (back) of the board.
- Loosely grasp each oar at the end of the grip.
- Place your thumbs on the outside of the oar and against the side of the grip.
- Keep your wrists straight.

Get Ready to Row

- From the rest position, rotate your wrists slightly and roll the oar within your grip so that the oar blades are positioned with the concave side facing up, parallel to the water.

Recovery

- Slide forward in your seat by pulling against your feet and bringing your knees to your chest while leaning forward.
- At the same time push your arms forward while keeping the oar blade slightly above the water.

Catch

- Once all the way forward and your arms are fully extended, rotate the oar within your grip so that the blade is turned from parallel to the water to perpendicular as you lower the blades into the water.

Drive

- Begin to slide back in your seat by extending your legs and starting to straighten your torso.
- Your arms, while still straight, will pull the oar against the water with the motion of the straightening of your legs.
- Once your legs are fully extended, continue to pull the oar through the water using your arms.
- Continue to straighten your upper body through the stroke and until it is slightly past vertical.

Extraction

- At the end of the stroke, push the oar handles down and rotate your wrists slightly, rolling the oars within your grip.
- This allows the blades to rotate and pull out of the water.
- The blades should now be facing upward.

Repeat

- Start linking the "recovery," "catch," "drive," and "extraction" steps together.

TIPS

- Allow the left hand to move above the right hand during the "drive" and "recovery" otherwise your hands and the oars will hit in the middle of your stroke.
- Practice sculling with your legs fully extended at first. This way you can get used to moving the oars without having to worry about the timing of sliding your seat.