

PADDLEBOARD USER GUIDE



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WELCOME TO THE WORLD OF SUP!

Stand Up Paddleboarding at Two Bare Feet

Congratulations on your new purchase from Two Bare Feet

You are now part of the fastest growing watersport in the world today and we've included this SUP guide to help you get out on the water to make the most of your new inflatable paddle board with all the tips you need for safe, long term use.

Now you have your board we know you're keen to get going - but please have a quick read of this guide to familiarise yourself with the capabilities and features of your purchase as it's a lot easier to do on dry land than discovering something new in the middle of a lake!

We are confident that, no matter which of our boards you have chosen, you will have an amazing experience enjoying the freedom, adventure and fun that the sport of paddleboarding offers.

Get in Touch

Remember our team of friendly, knowledgeable staff are always available to help with your queries!

Email: sales@twobarefeet.co.uk

Phone: +44 (0) 1803 554695

Share your Moments

We would love to see photos of you using your gear and always welcome your feedback!



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**Make sure your paddleboarding experience is a safe one.
Regularly consult these safety points before you head out on the water.**



WARNING!

Safety Tips

Check weather conditions, forecasts and tides for your start point, route and destination.

Consult any locals for safety tips whenever you are at a new spot.

Avoid paddling in offshore winds. Try and paddle upwind/stream first.

Be aware of the effect tides and currents can have on your journey.

Avoid paddling alone. If not possible, ensure someone knows where you are going, and when you plan to be back.

Take a method of contacting someone should you need help - eg a mobile phone in a dry bag.

Do not use if you are under the influence of alcohol, drugs or medications.

Always wear a buoyancy aid, even if you are a strong swimmer. Swallow your pride and be honest with your abilities.

Dress appropriately for the weather and the water conditions. Either a wetsuit or boardshorts/bikini depending on the water temperature.

Always wear a leash. This prevents you and your board from becoming separated should you fall in.

Never exceed the weight capacity limitations of your board.

These inflatable boards are not designed to be pulled behind a boat

Inflate and deflate only with a compatible pump and never over-inflate your board

Be honest about your skills. Only paddle in conditions and locations that are suitable for your ability

Regularly inspect your kit and follow our maintenance guidelines.

YOUR WARRANTY

1 Year Warranty from the Date of Purchase

Upon receiving your board please thoroughly inspect it for defects before use. Claims for imperfections or blemishes can not be credited on used boards. Boards left inflated that loose air pressure over time are not considered a warranty issue.

Please note a warranty is only valid when the warranty registration form is completed and submitted within 30 days of the purchase date. For all warranty queries please first contact us before returning your board. Please note that we may require supporting evidence for your claim and / or for your board to be returned for inspection.

Email: sales@twobarefeet.co.uk **Phone:** +44 (0) 1803 554695

Follow the link for more information about your paddleboard warranty:
<https://www.twobarefeet.co.uk/sup-warranty-registration>

The warranty does not cover damage or defects caused by:

- Normal wear and tear
- Failure to follow the guidance set out in this user guide
- Misuse, abuse, neglect or user error
- Punctures
- Improper customer repairs, alterations, tampering or intentional breakages
- Excessive heat exposure
- Improper handling or storage
- Damage caused by anything other than defects in materials and workmanship
- Leaking air valves (Unless all efforts have been made to tighten the valve in accordance with our instructions)

Go online to register your warranty

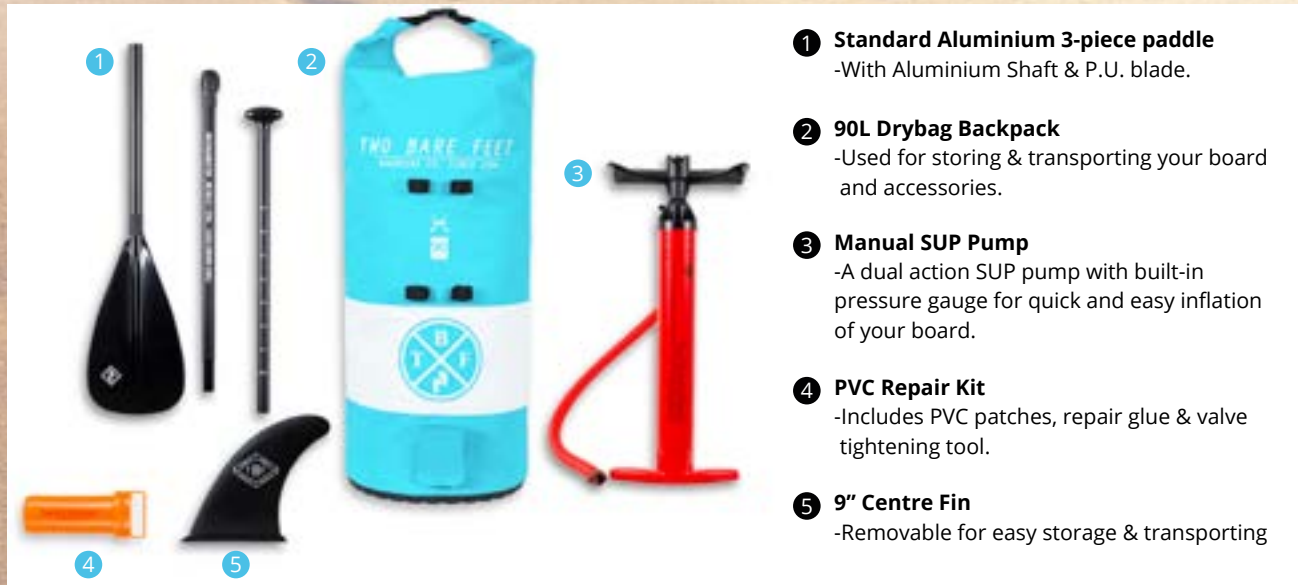
Our warranty registration form can be found on our website and must be completed for your warranty to be activated. Just follow the link below.

<https://www.twobarefeet.co.uk/sup-warranty-registration>

STARTER PACK ACCESSORIES

Starter Pack Accessories

Alongside your new board, included in the box are all the essentials you need to get paddling. All our boards are sold with a choice of accessory pack options. The Deluxe Fibreglass, Deluxe Carbon and Ultimate packs give you additional / upgraded accessories over those shown here. See **page 7** for more details.



UPGRADE ACCESSORY PACKS

Additional accessories

Besides the standard accessories included with the starter pack option, the following are available as part of our upgraded accessory pack options:

Deluxe SUP Coil Leash



Kayak Seat



Fibreglass Hybrid Paddle

Lightweight, buoyant fibreglass shaft with a stiffened Polypropylene Blade - Available in a choice of 6 colours.



Carbon Hybrid Paddle

Lightweight, buoyant and rigid carbon fibre shaft with a stiffened Polypropylene Blade.



Carbon Pro Paddle

Full carbon fibre construction for maximum weight saving and strength.



DELUXE PACK

INCLUDES ALL STANDARD ACCESSORIES, PLUS:

- Deluxe SUP Coil Leash
- Kayak Style Seat
- Fibreglass Hybrid Paddle Upgrade

DELUXE CARBON PACK

INCLUDES ALL STANDARD ACCESSORIES, PLUS:

- Deluxe SUP Coil Leash
- Kayak Style Seat
- Carbon Hybrid Paddle Upgrade

ULTIMATE PACK

INCLUDES ALL STANDARD ACCESSORIES, PLUS:

- Deluxe SUP Coil Leash
- Kayak Style Seat
- Carbon Pro Paddle Upgrade

SETTING UP YOUR PUMP

Get the Best From Your Pump

While your pump may appear very straightforward at a glance, there are a few common misconceptions that can cause confusion and result in ineffective inflation of your board. Please read this section to understand how to use your pump properly.

Connect the pump hose

First, attach the hose to the pump by screwing the fitment clockwise onto the air outlet. Make sure the hose is screwed on tightly so no air can escape. (See Figure 1)



Figure 1

Single Action / Double Action Settings

The large selector knob on the front of the pump can be used for selecting your inflation mode. Twist the knob anti clockwise for single action (See Figure 2), or clockwise for dual action (See Figure 3). Dual action is a high capacity inflation mode that works from 0 up to 15 psi and helps get the board pumped to shape quickly. Single action is a high pressure inflation mode that should be used to finish completely pressurising your board.



Figure 2

Getting Your Pressure Gauge Working

The pressure gauge on your pump will only display the pressure when air is actively being pumped into the board. Your board will not show a pressure reading until it is completely pumped up to shape and is starting to become pressurised. If at this point the gauge is still not working it is most likely because of a pressure lock in the chamber. First try to switch between single and double action function a few times and continue pumping in between. Removing the hose from the board and reattaching before continuing to pump can also help to clear the pressure. Try this a few times and eventually the pressure lock should clear and your gauge will start working.



Figure 3

BEFORE YOU INFLATE

Tightening your air valve

Due to the design of your board, the two-way air valve can work its way loose during delivery. It is important to check that your valve is completely tightened before use. This should also be done periodically to make sure that it remains tight over time. This will prevent minor losses in pressure and will ensure the optimum performance of your board.

Your valve consists of 2 main parts - The internal (bottom) section and the external (top section). If when inflated the valve leaks air around the edges, this is because there is not an airtight seal between the PVC fabric of your board and the two sections of the valve. To stop the air leaking, you will need to tighten your valve down solidly by screwing the top section into the bottom section to create an airtight seal.

Note: Your air valve can only be tightened when the board is deflated

Step 1



Remove the valve cap on the top of the board, and insert the wrench supplied with your repair kit into the valve so it fits tightly.

Step 2

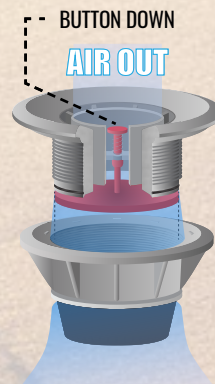
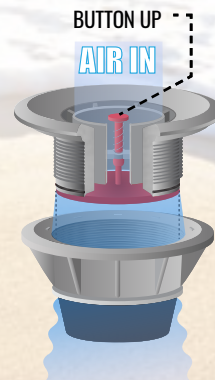


Use your free hand to apply pressure to the wrench, pressing the bottom section of the valve against the floor to hold it firmly in place.

Step 3



Maintaining downward pressure on the tool and valve, firmly twist the wrench clockwise until the valve is completely tightened.



INFLATING YOUR BOARD

Step 1



Unfold your board and remove the cap on your air valve by twisting it in an anti-clockwise direction. This will expose the inner mechanism of your valve.

Step 2



Check that the central valve button is in the 'Up' position to ensure the valve is closed. This allows air to be pumped in, but not to escape again.

Step 3



Insert the pump hose into your air valve. Push in down firmly and lock it in place with a quarter twist clockwise.

Step 4



Start pumping. Keep your back straight and bend your legs with each pump stroke to use your bodyweight. Find a slow and steady rhythm that you can maintain.

Step 5



As you inflate your board, keep an eye on the pressure gauge mounted on top of your pump. Stop pumping when you have achieved 15 - 18psi of pressure.

Step 6



Remove the pump hose and reattach the valve cap in its place to keep the inside of the valve clean and dry. Your board is now inflated and ready to ride!



When inflated you will see a small bulge on the underside of your board directly opposite the air valves. This is caused by the lack of drop-stitches in this area. It is perfectly normal and nothing to worry about.

ATTACHING FINS AND LEASH

Fin - Step 1



Slide the base of the fin firmly into the finbox with the fin tip pointing back towards the tail end of the board. This slot can be quite tight as it is designed to hold the fin firmly.

Fin - Step 2



Make sure the small hole in the base of the fin lines up evenly with the groove in the fin box. Insert the fin clip into the slot and push it through until it locks in place.

Fin - Step 3



You should hear a little click when the locking clip is firmly secured in place. Your fin is now properly attached and will not come out of place until you remove the locking clip.

Leash - Step 1



To attach your leash, insert the leash string attachment through the leash D-ring mounted at the tail end of your board.

Leash - Step 2



Thread the ankle attachment end of the leash through the middle of the leash string loop.

Leash - Step 3



Pull the whole leash through the leash string loop securely so that the string tightens down on the D-ring.

DEFLATING & FOLDING YOUR BOARD

Step 1



Remove the valve cap and firmly press in the valve button to open the air valve, allowing air to rush out. This can be loud so warn others around you before you deflate.

Step 2



Begin by pressing as much air out of the board as possible. Make sure your board is lying on a soft or smooth surface to avoid damaging the board while you do this.

Step 3



Start folding your board up from the nose end, making sure to press all the air out of the board as you go. Aim to make 1 fold roughly every 35cm.

Step 4



Stop folding when you get to where the fins are mounted. Press as much air as you can out of the tail end. Close the valve and attach the valve cap.

Step 5

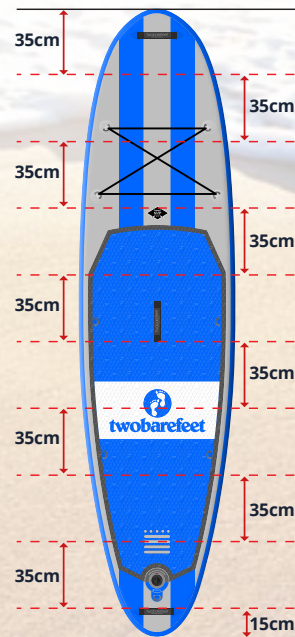


Fold up the tail end of the board in a way that the fins end up on top. Make sure to avoid putting excess strain on the valve, fins or finbox.

Step 6



Add your fin protectors and strap your board to keep it securely folded. Put your board back in its carry bag to keep it safe while not in use.



Folding your board as shown above will minimise the strain put on seams and fins etc. while still allowing it to pack down tightly.

CARE, STORAGE & TRANSPORTATION

After Use Care

After use, rinse off the board and all accessories with fresh water and let them dry completely before you pack them away. Dismantle and clean all parts of your paddle to prevent salt build up that could seize moving parts. Do not use harsh chemicals for cleaning - fresh water and mild soap is sufficient to remove most dirt. Store your board in your carry bag to protect it from scuffs, scratches and dirt.

Storage

Always store your board deflated. Leaving your board inflated can put strain on the seams and valves and cause issues due to changes in temperature and air pressure.

Do not store your board in extreme temperature conditions (eg above 35°C / 95°F or below -5°C / 23°F). Hanging the board is not recommended. Store in a cool, clean and dry place.

Do not store your board outside, exposed to weather or in direct sunlight.

Moulded fins may bend if the board is stored without fin protectors. They can be straightened using heat, such as soaking in hot water or heating with a hair dryer to return them to the correct position.

Transportation

Never transport your inflatable SUP inflated on the roof of your vehicle! Doing this can result in increased pressure on the board caused by buffeting wind and tight roofrack straps. This could increase internal air pressure in the board and could cause your board to twist, rupture and/or to come unsecured.

Other Care Guidance

Never let your board come into contact with sharp or abrasive objects, chemicals or solvents. These could cause cosmetic damage and even lead to punctures, weakened material and dissolved glue in the seams.

Never drag your board along the floor, even on the sand as this can conceal sharp object like stones and broken shells. Dragging your board can wear holes in the material that will cause leaks.

When deflating and packing your board away at the beach, avoid putting it down on any hard surface. Try to find a soft, grassy area that is free from stones and other sharp, hard objects.

REPAIRING YOUR BOARD

Avoiding and Diagnosing Damage

While our boards use premium reinforced materials and are made to be as durable as possible, they are still inflatable. This means that the nature of the product makes them susceptible to punctures when coming into contact with sharp objects, despite their solid and robust build. You should always use your board with care to avoid submerged rocks or shallow water that may allow the board to come in contact with the sand. You should also follow our **Care, Storage and Transportation Guidelines** on the previous page at all times to ensure the longevity of your board.

Most often, any punctures and leaks are very small and can even be hard to identify. If you think your board is losing air, first inflate your board and check your valve as this is the most common cause of leaks. See our guidance on **Page 8** about how to tighten your valve. It is also worth checking all of your seams to make sure that no air is escaping there. You can use a soapy solution applied to the area to see if your valve, seams or any other area of your board is leaking air.

If you find a leak, mark it with a soft pencil or crayon so you can locate the affected area when you come back to repair the board.

Note: Holes smaller than 1/8" can be repaired without a patch. Just apply a small blob or bead of glue and leave it to dry for 24 hours before inflating. Any holes larger than 1/8" must be patched.

Preparation for Repairs

Repairs must be carried out when your board is deflated so that no air is able to escape through the hole you are trying to repair.

Before you come to actually perform your patch repair, make sure the affected area is clean, dry and free from any grease, grime or chemicals that may stop the glue from sticking. You may want to remove any pencil or crayon marks that were used to mark the location of your leak.

PATCH REPAIRING YOUR BOARD

Step 1



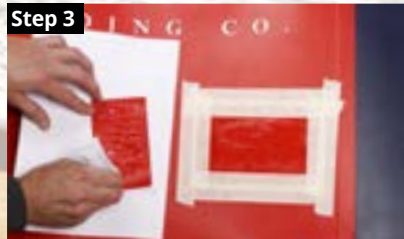
You will find patches and glue in your repair kit. Use a sharp pair of scissors to cut out a patch that can overlap the tear by approximately 1 inch on all sides.

Step 2



Tape off the area and apply a thin layer of glue to evenly cover the area that will be patched. Apply 2 coats, waiting approximately 3 minutes between each.

Step 3



Apply 2 layers of glue in the same way to the back of the patch that will be stuck down. Tip: use a brush, squeegee, or your finger to spread the glue evenly.

Step 4



Remove the masking tape and ensure that the placement of your patch is correct as the patch will stick straight away. Roll the patch down, starting from one corner to avoid air bubbles.

Step 5



For the glue to bond the patch firmly to the board, weigh down the repair with at least 10kg of weight and leave it for 24 hours so the glue can cure fully.

Step 6



When the patch has stuck fully, apply a thin bead of glue around the edges to ensure it is fully sealed. Leave this glue for a further 24 hours before you reinflate your board.

ASSEMBLING YOUR PADDLE

Paddle Choices

We offer four different types of paddles with your board at Two Bare Feet, depending on which accessory pack you have purchased. Choose from either an Aluminium (Available in the Starter Pack), Fibreglass Hybrid (Available with the Deluxe Fibreglass Hybrid Pack) Carbon Hybrid (Available with the Deluxe Carbon Hybrid Pack) and Carbon Pro (Available with the Ultimate Pack). While these are all constructed from different materials, the designs are very similar.

Your 3 Paddle Components

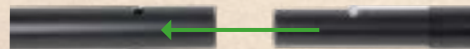


Assembling Your Paddle

Step 1

Midshaft

Blade

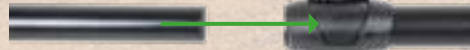


Connect your blade to your midshaft by pushing in the silver button and slotting the blade into the midshaft so it clicks into place.

Step 2

Shaft Extension

Midshaft



Open the clasp on your midshaft and insert the shaft extension. Close the clasp to secure the shaft extension in place.

Tightening Your Clasp



Your shaft extension should be held securely by the clasp on the midshaft so that you get the best performance from your paddle. You may need to adjust your clasp screws to get a tight fit.

USING YOUR PADDLE

Setting the Length of Your Paddle

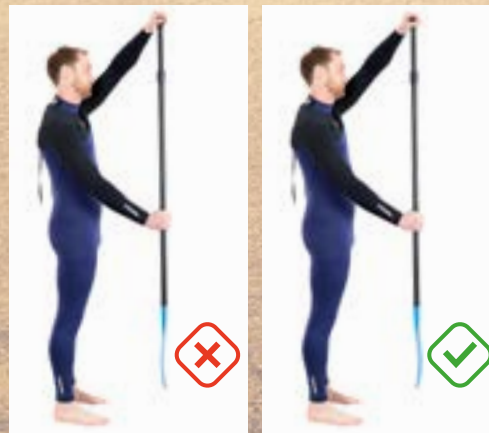
Your paddle is as important as your board; Helping transfer the power from your stroke into a forward motion. For long distance paddling, a longer paddle shaft length gives longer lighter strokes that can propel you further with minimal effort. For surfing and racing, a shorter paddle shaft length gives quicker, sharper strokes.

Open the clasp to adjust the length of the paddle for your personal preference or riding style. If unsure, our guidelines are to extend your paddle so that it is 6 inches longer than your height.



How to Hold Your Paddle

Paddles are designed to be used with the main blade trajectory angled forwards. This gives stability to your strokes as you pull the blade through the water. With the curve towards the tip of the blade pointing backwards, this helps to scoop through the water generating powerful strokes. Keep your arms straight and at a 90° from one another and generate the power for your strokes from your core.



GETTING STARTED ON THE WATER

Finding Your Feet

Paddleboarding is a skilled pursuit that takes time to master. While some novice riders take to the basics relatively quickly, others may require more practice. Do not expect to be fully capable right away and be patient with building your skills as it can take time.

To make the step into paddleboarding easier, novice riders will often start by kneeling on the board. This lowers your centre of gravity and provides much more stability, enabling you to more easily get your balance and position on the board, learn the basics and begin to understand your environment and conditions on the water. Once you build confidence you will find it much easier to find your feet. Again, patience and practice are key!



Getting Moving

When paddling, your stroke should be from as far as you can reach in front of you without compromising your posture - back to behind your feet, where the paddle should exit the water. Try not to bend your arms while paddling; let your larger core muscles do all the hard work.

It helps to think about your paddle strokes as if you are pulling yourself past your paddle, not pulling the paddle past you. This instantly improves technique and effectiveness of your paddling!

Learning to Turn

To execute turns, you should paddle on the opposite side of the board than you want to turn. To turn left, paddle on the right side of the board and vice-versa. To go in a straight line you should alternate sides every couple of strokes.

You can also turn by dragging your paddle blade through the water as you glide across the surface. As you get more advanced you can also shift your position backwards on the board to turn more tightly, although this will compromise your stability.

Thanks for Reading!

We hope you enjoy your board and want to say thank you for choosing Two Bare Feet gear for your paddleboarding gear!

We are sure you will love the quality, performance and design of our boards, but if you are not completely satisfied, please get in touch to let us know what we can do to improve! If you are happy with your purchase then just drop us a line to tell us more about your experience!

Get in Touch

Remember our team of friendly, knowledgeable staff are always available to help with your queries!

Email: sales@twobarefeet.co.uk

Phone: +44 (0) 1803 554695

You can also contact us through our social media channels if you prefer!

Share your Moments

We would love to see photos and videos of you using your gear and always welcome your feedback! We regularly publish customer images on our social accounts, so make sure to tag us for your chance to be featured.



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