

SUP Rules (last updated April 2026)

General Principles

Safety on the water starts with us all. The success of the sailing club and our continued operation is dependent on safe operations. These rules seek to inform all users of how SUP at Chelmarsh is regulated and managed to ensure SUP is conducted in a safe and effective manner and in a way that complements the ongoing activities of the Sailing Club.

To provide the level of assurance required by the club that all who paddleboard at Chelmarsh are safe to do so, there are three routes to demonstrate competence:

- a recognised SUP qualification to the minimum standard of the Walk on Water (WoW) Course;
- successful completion of a WoW Course; or
- being signed off as competent by an experienced member of the Club. Current members having the experience to sign off such competence, as at the date of adoption of these rules are Dewi Pennell Nicola Downing and David Partridge. An up-to-date list will be available on the website [link] or on the noticeboard in the galley.

Responsible paddling includes:

- assessing the weather conditions and your own capabilities;
- choosing appropriate clothing and footwear, bearing in mind that there are sharp stones on the beach;
- keeping clear of underwater hazards such as tree stumps;
- kneeling when in shallow areas;
- not paddling when under the influence of drugs or alcohol;

Rules

1. Safety

- a. Personal floatation devices (PFDs) to ISO standard 50 Newton must be worn at all times by anyone on the pontoons or on a paddleboard;
- b. A suitable leash must be worn when paddling;
- c. Bathing is not permitted
- d. All launch and recovery is to be from the beach area
- e. Suitable footwear to be worn on the beach at all times, due to potential of cuts to feet from mussels/sharp stones
- f. No paddling may take place outside daylight hours, unless part of an organised club event
- g. SUP boards used at other locations than Chelmarsh must be washed and dried for 48 hours before launch to prevent spread of invasive species
- h. All paddleboards shall keep at least 1m away from the inlet and outlet towers;
- i. Use of the water is prohibited if a Met Office weather warning of any colour is in place for the reservoir, and in the event of a thunderstorm;
- j. Unless participating on any organised course, no paddleboarding may take place unless:
 - i. There are at least two paddleboards on the water at any one time;
 - ii. At least two of the paddlers must be aged over 16;
 - iii. At least one mobile phone in a waterproof case must be carried for each paddleboard;
 - iv. When paddleboarding with children, members must keep within the ratios mentioned in the table shown below:

ALLOWED	NOT ALLOWED
Two adults up to four children under 16	Two adults more than four children under 16
One adult, one x 16/17 year old and up to two children	16/17 year olds may not supervise a child.
One adult and up to two children on a social SUP as long as they stay with the social group on the water.	One adult with a child under 16
	Under 16 years old without two over 16s (at least one of whom shall be over 18)

2. Insurance

- a. It is the responsibility of every person using a paddleboard on the reservoir to carry insurance against Third Party claims to a minimum of £3,000,000.00. The Club provides insurance for all boards hired in accordance with the rules in place from time to time.