



SUP Safety-Check

Rules of conduct: A SUP rider should always...

- plan and check exit and emergency options related to the wind / current.
- have a buddy: Someone close by should know what you are planning on doing. Paddleboarding in groups is even better.
- ask a "local" about specifics and rules of the area or at the ZHS water sports center.
- wear appropriate clothing for varying weather and temperatures.
- orient yourself using the **wind** if the weather / wind gets you.
- avoid offshore wind.
- try to work your way out sideways if you get stuck in a current.

Right-of-way rules

All traffic regulations are based on the principle that every participant must behave in such a way as to ensure the safety and ease of traffic and not to harm, endanger, or bother others more than is unavoidable.

- Right swerve rule: If two paddlers approach each other, both paddlers swerve to starboard (the paddler's right side), as conditions allow on the water.
- Maintain your SUP's direction when being passed and avoid moving in wavy lines.
- Make sure oncoming traffic can see you by making clear verbal signs or with your paddle.
- Keep your distance and always(!) avoid slow-moving, non-maneuverable, or difficult-to-maneuver watercraft (such as ferries, sailboats, etc.)
- Keep your distance from highly frequented places, such as windsurf and sailing locations.
- Make sure fast maneuverable boats, such as motor boats, sailboats, and catamarans notice you, and stay clear.
- Avoid publicly known waterways as much as possible.
- A person entering has priority over a person coming out.

Riding restrictions

Paddleboarding is prohibited at night, because SUP boarders would have to carry at least one all-round white light. Bathing areas: No restrictions, but out of principle, you should stay away from bathing areas.

Fairways, waterways, rivers, and canals: right-hand traffic in fairways. Stay clear of vessels constrained by their draught and fishing vessels.

Closed-off and warning areas: Overall off-limits

Alcohol restrictions: No riding over 0,5 mg/!

Nature and environmental protection

The applicable driving regulations, prohibitions, and sometimes time restrictions must be observed (1.11. - 31.3. voluntary driving ban due to nature conservation). Riding on designated protected zones is prohibited.

Overall: Keep your space clean. That means leaving nothing behind! Maintain your distance from birds and other animals living in the water, and don't bother them in their natural habitat, their home.