

# yum's Guide to Handling SUP Yoga Equipment

## Keeping things fresh 🙌

At yum, we love our SUP yoga gear, and we know you do too! To keep everything in tip-top shape and ensure the best experience for everyone, please follow these guidelines when handling the equipment.

### General handling tips

- ❖ **Be gentle:** Always handle boards and paddles with care. Avoid dropping or tossing them.
- ❖ **Use two hands:** When lifting a SUP board or paddle, use both hands to ensure a firm grip and balanced lift.

### Setting up the star platform/dock

- ❖ **No rough surfaces:** Never inflate/deflate the platform on harsh, rough surfaces like stone or cobblestone, with potentially sharp objects. Always do it on the wooden dock.
- ❖ **Teamwork makes dream work:** Always work in pairs or small groups when setting up or moving the star platform/dock. It's large and can be unwieldy if handled alone.
- ❖ **Lift, don't drag:** Lift the platform off the ground completely when moving it to avoid damaging the material.

### Carrying the SUP boards

- ❖ **Buddy System:** Use a buddy system to carry the boards. One person should hold the front while the other holds the back.
- ❖ **Protect the bottom:** Keep the bottom of the board facing up while carrying to avoid scraping it on rough surfaces.
- ❖ **Be careful when putting it down:** Look out for the fin!

### Paddles

- ❖ **Avoid ground contact:** Do not let the paddle blade touch the ground. When not in use, lay the paddle across the board or rest it vertically against a soft surface.

### After Use

- ❖ **Rinse thoroughly:** After your session, rinse the boards and paddles with fresh water to remove salt, sand, and other debris.
- ❖ **Dry before storing:** Use the towels to dry the equipment before storing it to prevent mold.
- ❖ **Check for damage:** Inspect the boards and paddles for any signs of damage. Report any issues to the staff immediately.