



USER MANUAL
INFLATABLE BOARDS

You have just acquired one of our inflatable SUPs. We thank you for your purchase and hope that you will take as much pleasure as we take in creating them for you. You will find in the following lines a maximum of information so that your SUP has no more secrets for you.

Join the Redwoodpaddle Family Facebook group, a friendly place to exchange all your good plans for outings, stuff & more with all the members.



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Photo Alexandre Mercière

BENEFITS OF SUP FOR BODY AND MIND



It's a perfect complete sport, the SUP allows to improve its posture, his breath, his cardio, to burn calories, to tone up body, and to perfect its balance, coordination, and concentration.

Being a gentle sporting activity, your muscles, neither brutalized or traumatized (arms, back, shoulders, abdominal strap, thighs and buttocks) will be durably strengthened. Depending on your pace, 200 to 300 calories are burned per half hour.

It is also an ideal activity to work on proprioception. This is the perception of our body's position in space and the reflex mechanisms that allow us to remain stable.

The stand up paddle is also at each output a big bowl of fresh air. In the nature, that you have chosen sea, river or lake, your mind is resourceful of this environment: less stress, return to serenity !



Photo SUP AcroYogi Pascale et Tony

REGULATION | PRESS RELEASE FROM THE FRENCH MINISTRY SPORTS

As with all physical activities, SUP practice in non-physical conditions is not a Failure to comply with these regulations **may result in serious injury or death**. The following rules security features **are not an option**.

1 – TWO ESSENTIAL PREREQUISITES FOR PRACTICING STAND UP PADDLE

I can swim, I don't sail in stormy weather.

2 – I PRACTICE AT SEA / OCEAN

- **I always use a leash (security cord)**
- **I am informed about weather forecasts and their evolution.**
On the day: waves, offshore wind away from the coast.

SAILING WITHIN 300M FROM THE COAST (AREA FOR BEACH CRAFT)

In the waves, I respect the 5 main surfing safety rules:

- Respect of the bathing areas
- Respect of priority rules
- Waves adapted to my level
- Little frequented spots
- Wearing a leash is obligatory

> Are considered as «beach gear», all our inflatable stands up paddle, except Funbox Pro V 12'6 & 14'.

NAVIGATION BETWEEN 300M AND 2 NAUTICAL MILES (3,7KM) AND MY SUP EXCEEDS 3,50 M

- I inform of my departure.
- I sail with at least one other sailor during the day.
- I must be equipped with an individual waterproof light,
- I must be equipped with a vest and/or a suit (thermal protection),
- I need to be equipped with a first aid kit
- I need to be equipped with a way of communication.

>Only holders of Funbox Pro V 12'6 & 14' are allowed in this area because the board has a double chamber and a length of more than 3.50m.

3 – INDOOR WATER PRACTICE

- It is recommended to always sail with at least 2 people.
- I inquire if navigation is allowed (display, town hall...) :
I can embark, navigate and disembark.
- If the water is below 18°C, I equip myself with a wetsuit.
- I inform someone ashore of my schedule and my route.

IN LAKE OR CANAL (WITHOUT CURRENT)

- I always use a leash.
- It is recommended to use an approved flotation aid vest.

IN RIVERS (WITH CURRENT)

- Leash is forbidden.
- I always use an approved flotation aid vest, helmet and footwear closed.
- If I'm a beginner, I first learn on a calm body of water.

// ADDITIONAL RECOMMENDATIONS //

- Always check the local regulations in force.
- Find out about the body of water before going in the water (tides, currents, water levels difficulty of rivers ...).
- Never navigate alone and always inform a person beforehand about the route planned.
- Do not sail after taking alcohol, psychotropic drugs or medication.
that can alter your personality.
- Reverberation being strong, sunscreen is an ally.
- The dryness can quickly arrive with the heat, the effort and the salty water, hang to drink.
- Be careful not to overestimate your physical and technical abilities.
- Do not allow unaccompanied or unsupervised children to access the SUP.

COMPOSITION OF THE PACKAGE

STARTER RANGE

- 1 - board
- 2 - carrying bag
- 3 - fin
- 4 - repair kit
- 5 - leash
- 6 - pump
- 7 - paddle (according to pack)



OU

FUNBOX PRO RANGES

- 1 - board
- 2 - carrying bag
- 3 - fins
- 4 - repair kit
- 5 - leash
- 6 - pump
- 7 - paddle (according to pack)





DESCRIPTION VALVE AND PUMP

For a better daily use, it is necessary to have a good understanding of the operation of the valve as well as the pump.



// THE VALVE //

The valve is located at the back of your board on the right side.

It has a sealing cap that must be in place as soon as your SUP is inflated or deflated. It protects on the one hand from micro infiltrations (sand, small pebbles...), but also of a possible gesture accidentally while you are in full action on the water.

Under the cap, you have a central plunger that depresses when you press the button on it. It is on this plunger that you will connect your pump to inflate your SUP and which you will press to deflate your SUP by making a quarter turn with your thumb. Always return this piston to the up position after deflation by making a quarter turn counterclockwise.



// THE DOUBLE ACTION PUMP //

The wide base plate must be well fixed to the ground and you must will allow you to wedge the pump firmly between your feet.

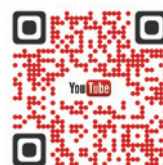
On the height of the pump tube you have two ports: IN to extract the air from the board (ex: reduce the volume of luggage in transport) and OUT for the exit air, the one you will use to inflate your SUP. To this outlet you connect your hose.

Just above, a cap will allow you to gauge your effort during inflation. As long as it's in place, you're pumping as much air into your board. The double action of pulling and pushing the board is the double action. There will come a stage, **generally around 10 PSI**, or this double action will make you will require too much effort. At that point, you unblock it and you will only get air by pushing. The pressure gauge, in the upper part of the pump allows you to know exactly how much pressure your board is under.



// THE TRIPLE ACTION PUMP (OPTIONAL) //

For a more comfortable inflation, the triple action pump offers as follows. It has 3 inflation positions. Position 1 offers maximum efficiency but requires more effort, position 2 offers less efficiency but requires less effort, position 3 offers more efficiency but requires less effort. effort (usually as soon as the ISPs increase) and the position of the 3 (usually around 10 PSI) allows you to finalize your inflation in softness and to climb without difficulty beyond 15 PSI.



DESCRIPTION
VALVE, PUMP
AND INFLATION

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INFLATION



Unscrew the protective cap of the valve. Make sure that the piston is in the upper position before connecting your pump hose.

On the plunger in high position, you connect your pump -assembled and closed cap- by pressing and making a ¼ turn that will allow the pump to be well fixed. Attach the pump between your feet and inflate in double mode action. Once the board has taken shape, you will be able to follow the pressure rise of your pump on the manometer display.



Around 10 PSI, or when you're short of strength, remove the small pump cap. Continue to inflate to the correct pressure for your SUP. Remove the hose from the pump by having it do a ¼ tower. The piston returns to the upper position. Screw the plug of the protection.

// RECOMMENDED PRESSURE //

15 PSI is the maximum pressure for the Funbox STARTER range. It is also the minimum pressure for other Funboxes Pro. In general, we recommend 17 PSI for all Funbox Pro in order to have a good feeling of rigidity under the feet. For a race board, the pressure will go up to 18 PSI punctually 2 to 3 hours maximum, without exposure to heat (sun).

*For the Race PRO V boards: you will need to inflate the main chamber first, then slightly inflate the double chamber to shape it. Excessive inflation of the double chamber could damage the board.



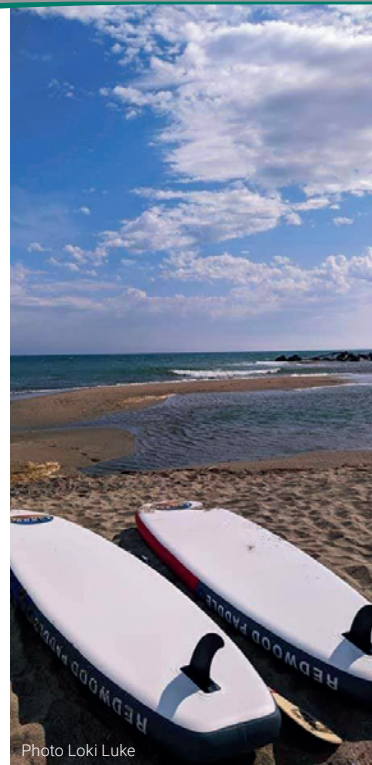
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DESCRIPTION
VALVE, PUMP
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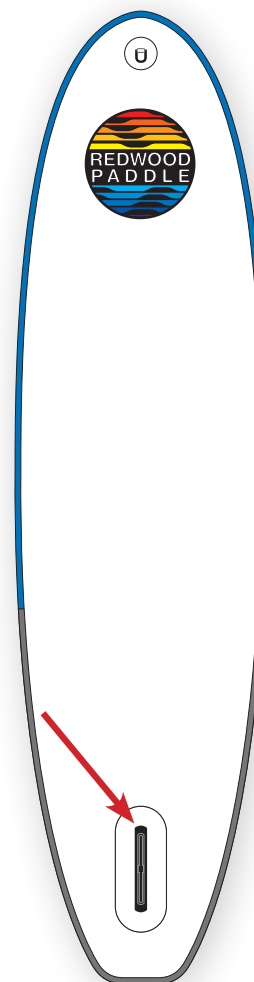
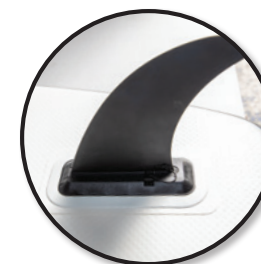


INSTALLATION OF THE FUNBOX STARTER RANGE SPOILER

// FUNBOX STARTER RANGE //

The fin box is located on the underside of your board.

Simply slide your fin all the way to the stop, then insert the locking clip. No tools are required.



// FUNBOX PRO RANGE – CENTRAL FIN ASSEMBLY //

Unscrew manually the screw and the small square located at the front of your of your fin, put them in safety.

Slide the pin of your fin located at the rear, in the central part of the board's housing.

Once at the bottom of your slide, move back to the end of your fin, which is held in depth by the axle by the pin and leave it in the air.
Screw the small square to the screw just to hold it.

Place this square in the center of your board's case and slide it to the front of the board and slide it to the front of the housing, opposite your fin.

Unscrew the screw of the square. Now put your fin in place towards the center of the housing. Help the screw to get the square under your fin so that you can sandwich the fin.

Screw it back on by hand. Check that it is securely fixed.



// FUNBOX PRO RANGE – SIDE WING MOUNTING //

Get the allen key from the repair kit.

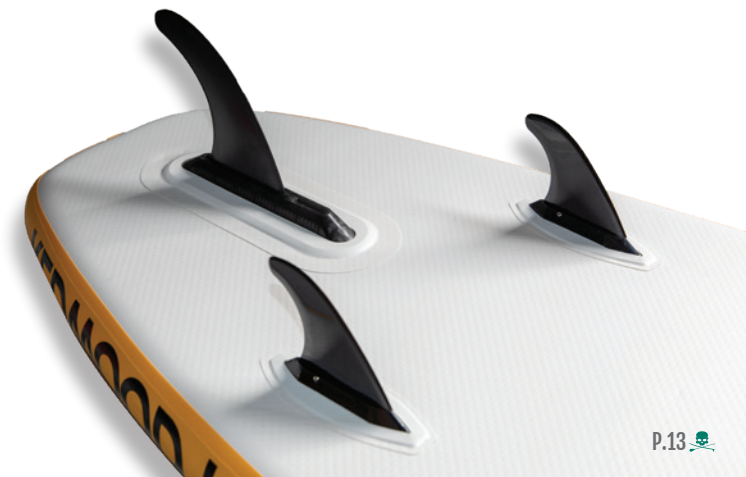


Unscrew without removing the 2 screws of each box in order to insert the fins without forcing.



Position your fins, then tighten without forcing with your allen key. For do not lose it, do not forget to store it in your repair kit.

Your fins are now mounted and your board is ready to be launched!



WHEN IMMERSSED INTO WATER



Photo Lauric Thiault

PADDLE

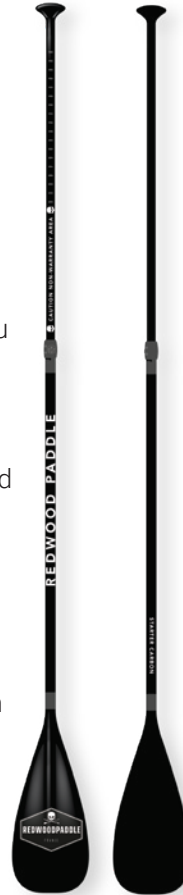
For your paddle to be right-side up, it must be at the angle formed by the blade and the tube is facing forward.

At Redwoodpaddle, the logo placed on your paddle blade must look at the front of your board. This is valid for all of our paddles, with the exception of the junior paddle: the design must look forward. When you paddle on the left, it is your right hand that holds the olive (the handle) and your left hand holds the lower tube at a distance of 2 fists about.

When you paddle to the right, it is your left hand that holds the olive and your right hand the tube.

The correct paddle height is as follows:

- in stroller mode: between 15 and 20 cm higher than your waist.
- in surf mode: 10 cm more than your height.
- in multi-purpose surf/stroll mode: between 10 and 15 cm higher than your waist than your size.
- in race mode : between 20 and 25 cm compared to your size



POSITIONS

// BEGINNING //

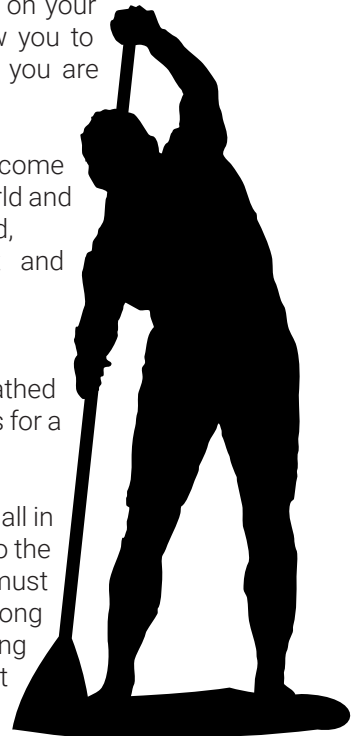
The 1st time: acquire stability. If you're just starting out, it's best to start with a stroll on a sea or calm water.

Position yourself in the middle of your board, at the level of the handle. In order to find the balance on your board, you can start on your knees, your center of gravity will be lower and will allow you to apprehend the stability of the board more easily. When you are confident enough, then find your bipedality.

A physiological position must be adopted, which will become quickly natural: looking far ahead, the body open to the world and on the outside, the two feet parallel, well fixed on the board, legs flexible, knees slightly bent, back well straight and symmetrical.

In order not to force on the arms, the belt must be well sheathed abdominals: abdominals play an essential role for progress for a long time on the water without back pain.

One hand in the middle of the paddle handle, the other one all in high, arms outstretched, we give 3 to 5 strokes of the oar to the left, then 3 to 5 shots to the right, gaining well. The paddle must be positioned vertically in relation to the water and slide along of your board. Push your paddle well forward, and bringing it back upright, close to your paddle. Pull your paddle out when it is at heel level, and start the movement again.



WHEN IMMERSED INTO WATER



// HEAD WIND //

The ideal is not to leave with your SUP in windy weather ! But if in despite of all the precautions mentioned in the security rules, you get surprised by the wind from the land that pushes you out to sea, here are some tips :

Adopt a «bunched on yourself» position: legs bent, arms outstretched, head return.

Row straight into the wind.

Row rapidly and regularly. A rhythmical pace is important to avoid to back off. When your paddle comes out of the water to plunge it back to the front, avoid getting caught in the wind by the turning point. If the wind is too strong, don't hesitate to row on your knees. Reduce your paddle to its size hold it by the tube. If it's still too difficult, row with your arms, lying down, the paddle stuck under the tube the net in the front and your shoulder crease.



Photo Adrien Heurtaux

// SURFING //

While waiting for the wave, you have to stay with your feet parallel, as when you are out for a ride.

When you have chosen a wave, you have to be parallel to the wave, even the nose slightly towards the beach.

Then you have to row hard in its direction. This will allow you to rotate completely in the direction of the wave. When you feel that it is under your feet, you should immediately get into surf position and as soon as it pushes you stop rowing.

The surfing position is the perpendicular feet. For this, you need to know your supporting leg. Let yourself fall backwards... the leg that holds you first will be the one you will position at the back of your SUP. If it is the right foot you are regular, if it's the left foot you're goofy. Your paddle will help you to stabilize yourself on one hand and keep the speed of the wave on the other hand.

WHEN IMMERSED INTO WATER



// TURNING //

Several possibilities are available to you. Let's take the example of a right turn. You can paddle left until your board is in the right direction.

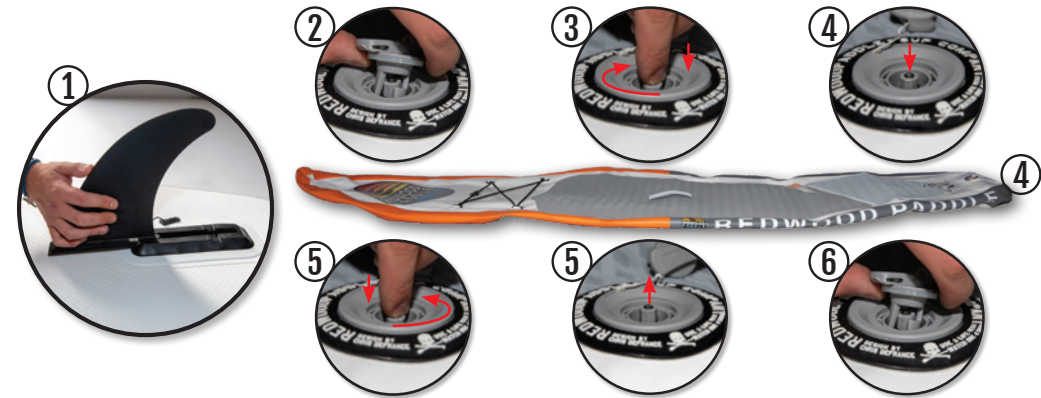
You can also paddle upside down, from your heel to the nose of the board, on the right side.

// SOME IMPORTANT TIPS //

On the way back from your ride, you feel your strength getting weaker, save yourself a little and recover while kneeling or lying down.

The leash is obligatory, but if for x reasons you fall and lose board and paddle, abandon your paddle and get your board back first. It is a lot easier to retrieve a paddle by rowing with your arms stretched out on a board than try to retrieve your board by swimming with a paddle in your hand.

OUT OF THE WATER



DEFLATION

- 1 - Remove the central fin by proceeding exactly the opposite way as for its installation.
- 2 - Unscrew the protective cap of the valve.
- 3 - Press the piston to move it to the down position by making it make a $\frac{1}{4}$ turn that will allow the valve to open. Be careful not to get too close, the pressure can release grains of sand or pebbles which, despite the protective cap, would have been infiltrated.
- 4 - Let it deflate as desired. If you wish to totally deflate it to put it in its bag, see the following section the «storage» area.
- 5 - Return the piston to the upper position.
- 6 - Screw the protective cap back on.



DEFLATION
FOLDING AND
STORAGE

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STORAGE

Once your board is deflated, grab the nose (the front of the board) and start to roll it up by making folds of 30-40cm. Once the air has escaped on this fold, continue winding. Don't hesitate at each step, kneeling on it to promote deflation.

Once you have reached the last fold, remember to put the piston back in the upper position and then screw it back on protective cap. Your folded board has on one side the 2 side fins, on the other side the the central fin. Open your backpack and use the strap provided to hold your SUP and avoid that it unfolds. The bag also has straps allowing you to attach your board in order to make room to bring in all the necessary equipment.

If your equipment is to remain in the bag for a few days, to ensure its longevity: make sure that the bag and its contents are dry.

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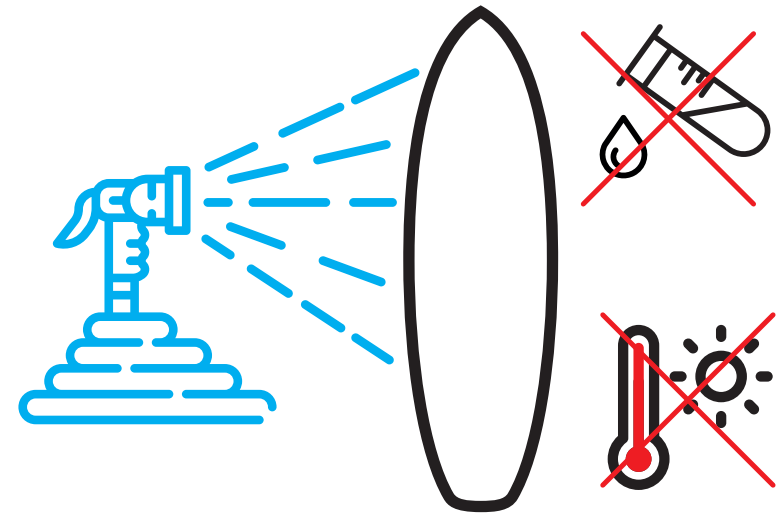
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DEFLATION
FOLDING AND
STORAGE



MAINTENANCE

For your SUP to last over time, a few tips of good use and good maintenance are necessary :

Always rinse it with clear water particularly after an outing in salt water, ensure that the valve is free of corrosive sand, wait for it to dry before using it fold it and put it away. Wait until it is dry before folding and storing it.

Avoid overheating: heat in the storage area will cause the pressure to rise, UV light will fade it prematurely or create stains. During an outing picnic in the sun, you can :

- find shade or just leave it in the water, well secured
- Slightly deflate it by 2 or 3 PSI (if you have your pump properly in your waterproof bag to re-inflate it before returning home !).

Do not use any chemicals to clean your SUP. Soapy water will be enough to regularly remove paddle strokes for example.



STORAGE

- Always store your equipment in a dry place.
- The best is to store it slightly deflated by 2 or 3 PSI, standing upright, or lying down, upright, and without load on it under penalty of finding it again twisted or permanently deformed.
- If there is not enough space, it can be rolled up less tightly than for an transport by leaving a little air in it, placed on top of his bag.
- Avoid storing in a room that is too hot.

HAVE YOU THOUGHT OF EVERYTHING ?



A wetsuit to be able to practice mid-season or in winter? A Waterproof bag for equipment or picnic ? An electric pump? A poncho to dry comfortably when you get out of the water ?

Find all our accessories on :

 WWW.REDWOODPADDLE.COM



THANK YOU FOR CHOOSING REDWOODPADDLE
WE WISH YOU GREAT ADVENTURES!



Photo Lauric Thiault



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