

STAND UP PADDLEBOARDS

WHAT YOU NEED TO KNOW:

- 1) Anyone who is hired to take a paddleboarder out on the water in Maine (coastal or inland waters) must be a licensed recreational guide.
- 2) Stand up paddleboards are considered watercraft.
- 3) A person utilizing a standup paddleboard shall carry at least one Coast Guard approved PFD (a type I, II, or III) for each person aboard.
- 4) Children 10 years of age or younger must wear a Type I, II, or III Personal Flotation Device at all times on a standup paddleboard as is required for all watercraft.

STANDUP PADDLEBOARDING: is a fairly new recreational water sport in Maine. We have created this handout to bring to your attention to what the sport is, how to educate the public with related questions and for wardens to know how to address violations relating to the sport.

Stand up paddle surfing also known as **stand up paddleboarding:** is an emerging global sport with a Hawaiian heritage. The sport is an ancient form of surfing, and has reemerged as a way for surfers to paddle longer distances. The sport of standup paddle boarding has, in less than ten years, spread from surf beaches to nearly every other type of watercourse. Races are held on lakes, large rivers and canals; paddlers navigate river rapids and ride standing waves that are common therein; gliding is the practice of covering long distances along sea coasts, often using tail winds to aid the trip. A related, traditional sport, paddleboarding has been done kneeling on a board and paddling with the hands, similar to a butterfly swimming stroke. However using a paddle is now sometimes also called paddleboarding. Stand up paddlers wear a wide variety of wet suits and other clothing, depending on both water and air temperature since most of their time is spent standing on the board. Paddleboarding is becoming a favorite cross-training activity for skiers, snowboarders and other athletes because it offers a full-body workout. The U.S. Coast Guard classifies stand up paddleboards as vessels and they meet Maine's boating rule under the definition of a recreational watercraft.

****THIS IS NOT A COMPLETE GUIDE TO LAWS PERTAINING TO STANDUP PADDLEBOARDS**

MAINE'S WATERS ARE BUSY WITH COMMERCIAL AND RECREATIONAL BOATERS. TO ENSURE A SAFE AND ENJOYABLE BOATING EXPERIENCE PLEASE FIND ADDITIONAL INFORMATION ON MAINE'S BOATING RULES AND LAWS @ INLAND FISHERIES & WILDLIFE <http://www.boat-ed.com/maine/handbook/>

The photos below illustrate the activity:



DEPARTMENT OF INLAND FISHERIES & WILDLIFE