

General Conditions:

SUP Safety:

- Participants must have a basic swimming ability (be able to swim 50 metres unaided and be competent in the water wearing a buoyancy aid).
- All hirer's will be provided with a buoyancy aid that must be worn at all times whilst on the water along with the leash that attaches to yourself and to the paddle board. The leash ensures you stay with your board at all times and if you fall into the water, try to get back on your board straight away. If the leash becomes tangled or trapped there is a quick release strap around your leg/ankle to release you from the board. This should only be used in an emergency situation.
- Participants should be aware that stand up paddle boarding can be dangerous. Hazards include (but not limited to); drowning, hypothermia, heat exposure/sun stroke, repetitive strain injury, slips, trips, falls, biological hazards from lake water, skeletal/muscular injuries from paddling or moving equipment. All participants accept exposure of the aforementioned hazards and do not hold Bowness Paddle boards Ltd responsible for injuries obtained from any associated activity.
- Open water often lends itself to unsuitable windy conditions. Never head out in off-shore winds. Check the weather right up to your paddling time and plan for changeable winds and alternative routes. If you are unsure at all or do not feel safe then do not go out on your boards.
- You are responsible for ensuring that you have the correct clothing, towel and spare clothes, etc. and are fit enough to paddle comfortably. Please bring your own wetsuit if required as we only have a limited supply of them and see our FAQ's for more details on what to bring with you depending on the weather.
- Participants must be considerate to all other water users i.e. ferries/lake cruise boats swimmers, other paddle boarders, kayakers and all other boat users.
- All participants must be aware of the ferry routes marked out by yellow buoys that are pointed out in the safety briefing prior to going out on the water and avoid causing any disruption to their fairways.
- Only launch and land at suitable areas. Do not launch from private land, private jetties or anywhere that may be seen as a threat to local wildlife i.e., lake islands with nesting birds.

Terms & Conditions:

- Bookings must be made at least 24 hours in advance to ensure availability.
- All participants must be at least 16 years old.
- Anyone under the age of 18 must be competent swimmers and accompanied by a parent/guardian at all times when on the water.
- All hirer's must ensure each adult has their own SUP, we unfortunately cannot facilitate multiple customers taking turns on one board.

Costs & Cancellations:

- Cost of session must be paid for in full upon time of booking.
- On hiring with Bowness Paddle boards Ltd you (the hirer), agree to pay for any loss or damage of equipment.
- Failure to return the equipment at the time agreed when booking will incur a penalty of £10 per equipment and additionally £10 per hour thereafter.
- Bowness Paddle boards Ltd will not be liable for any death, personal injury, or loss of or damage to goods arising out of the hire of any items.
- Bowness Paddle boards Ltd do not have any responsibility whatsoever for loss or

damage to your personal belongings.

- We assess conditions before every session. In the event of bad weather, we may have to cancel your booking slot. We will contact you via phone/email where you will be given the opportunity to rearrange. Please note, we do not issue refunds if it's raining (only in extreme weathers)

- Anyone who appears under the influence of drink or drugs will not be allowed to attend any lesson or hire any equipment from Bowness Paddle boards Ltd and will not be eligible for a refund.

- All participants will be required to sign a participation waiver form before hiring with us, which must be adhered to at all times.