

BOSS life skills training Lesson Plan

Outdoor Recreation: Stand Up Paddle Boarding

Maximum number of participants: 8

The purpose of these SUP (stand up paddle board) outings is to improve morale among single service members, connect them to the community in which they are stationed through emphasis on natural history and environment, to instruct on the use of knots and rigging, and focus on water-safety, open water rescue, and safe use of water craft in open-ocean.

Service members will help in the process of hitching the trailer, loading and rigging SUP using practical knots and webbing, plotting and navigating a course based on water and weather conditions, and safely launching and paddling SUP.

MWR Recreation Specialist will oversee proper handling of watercraft and provide instruction on use of PFD (personal flotation device), with refresher on CPR, non-verbal distress and safety signals, and open-water rescue. Rec-Spec will also commentate on local history, flora, fauna, and ecology of the Monterey Bay Marine Sanctuary adjacent to the Presidio of Monterey army garrison on which service-members are stationed.

Service members will help in the process of safely landing water craft, rigging SUP for transportation, and will aid in washing and returning SUP to depot facility.

ITINERARY:

Meet at ODR for paperwork/ loading equipment **1700**

Departure from ODR NLT **1730**

Activity from **1800-1930**

Estimated Arrival back to POM **2000**

YOU WILL NEED TO BRING:

Wear board shorts/ swim suit as you may be sitting in low water at times

Rain-jacket or other warm top layer (**NOT-COTTON**) which may become splashed or submerged by salt water. Splash jackets available at ODR

sun protection (sunscreen, hat, sun glasses)

drinking water (1-2 liters)

strapped sandals or other appropriate footwear which **will** become wet and may become dislodged (water shoes available for purchase ODR)

DO NOT BRING anything which you do not to become partially or fully submerged (ie. Cell phone, wallet, cameras, family heirlooms, etc...)

WHAT TO EXPECT:

We will be departing POM Outdoor Recreation (Bldg. 228) and launching at either the Coast Guard Pier or Lover's Point.

You will be accompanied by an Outdoor Recreation kayak guide experienced in the sport and trained in aquatic rescue/ first aid.

All participants will be required to wear properly sized PFD (Personal Flotation Devices) equipped with safety rescue whistles. These Stand up Paddleboards (SUP) are incredibly stable and easy to use. You will be given instruction and help in safely launching these SUP in calm waters. **EXPECT TO GET WET**

We will be on the water for about 1 hour

Every participant will need to be an active participant in the safe handling of the equipment and each other's personal safety.

Potential hazards should be voiced immediately.