

# RAVE® SUP STAND UP PADDLE BOARD User Guide/Owner's Manual



[WWW.RAVESPORTS.COM](http://WWW.RAVESPORTS.COM)

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Water sports can be safe and fun for all levels of enthusiasts. The Owner's Manual is presented to enhance your enjoyment of the sport. It is intended to alert you to some of the potentially dangerous conditions that can arise in all water sports.

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## ▲ WARNING

- This product is not a lifesaving device. Always wear a nationally approved personal floatation device when using this product.
- Not for use by children except under mature, adult supervision.
- Use this product only if you are in good health and know how to swim. You are in charge of your own safety and the safety of others around when using this product.
- Maintain a safe distance to other objects, including other paddlers.
- Never use this product near boat traffic or other watercraft.
- Dress appropriately for weather conditions: cold water and/or cold weather can result in hypothermia.
- Jumping onto or off of this product or rough play may result in serious injury or death. Be aware of the possibility of injury and act responsibly.
- Never paddle alone.
- Never use this product in conditions that are beyond your ability. Be aware of water levels, locations of dams/rocks or other underwater objects, tidal changes, dangerous currents, weather changes and other hazards.
- Do not use in severe weather or when chance of lightning is present.
- For use in water only. Never use on snow or tow from a boat or other motorized vehicle.
- Do not use under the influence of drugs, alcohol or medications which could alter your alertness.
- Check your equipment prior to each use for signs of damage or potential failure.

**USE OF THIS PRODUCT AND PARTICIPATION IN THE SPORT OF STAND UP PADDLEBOARDING INVOLVES INHERENT RISKS OF INJURY OR DEATH.**

## Introduction

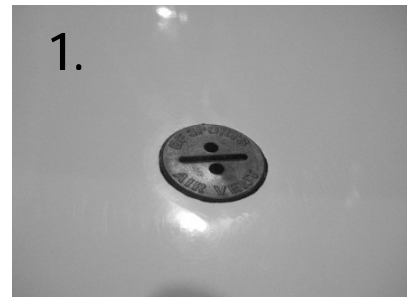
At RAVE SUP we live & breathe stand up paddle boarding. We're all about creating quality constructed SUP boards, paddles, and accessories that embrace the SUP lifestyle.

## Set Up

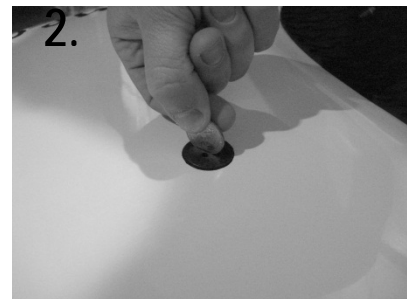
RAVE SUP boards include a removable fin, cargo net and self-venting pressure relief valve. It is important to understand how to properly install and remove these parts to prevent damage to the equipment.

### Self-Venting Plug

1. RAVE SUP boards come with a self-venting plug installed. The vent plug allows the board to regulate pressure inside the board due to changing temperatures. **CAUTION: Keep board away from prolonged exposure to direct sunlight or extreme heat when not in use in order to prevent potential damage to the deck pad and other surfaces.**



2. Upon first use, be sure to check that the vent plug is tight. Tighten using a quarter or a large screwdriver. There is no need to loosen or remove the vent plug prior, during or after use.

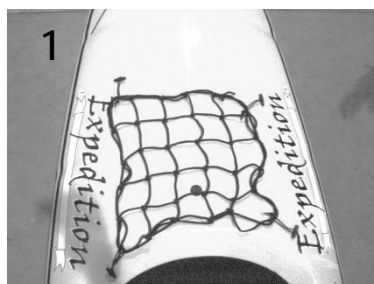


### Cargo Net Installation

To install your cargo net, take one of the loops located on each corner of the net and slip the loop through the desired tie down on the deck of your board.

After the loop has been pushed through the tie down, pull it up and around the button & pull it snug. Repeat for all corners.

The cargo net is perfect for stowing your PFD or cargo.

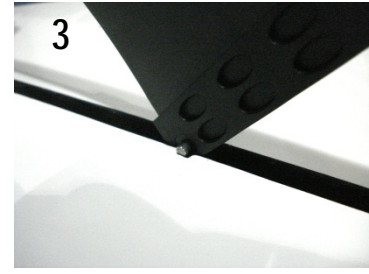
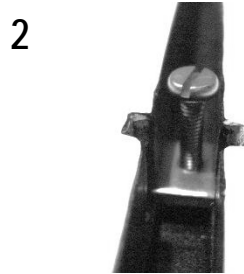
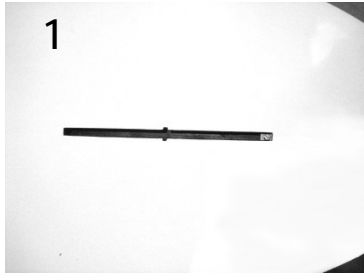


## Fin Installation

Screw & Nut plate is already installed onto SUP Board.

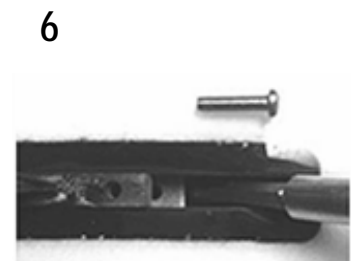
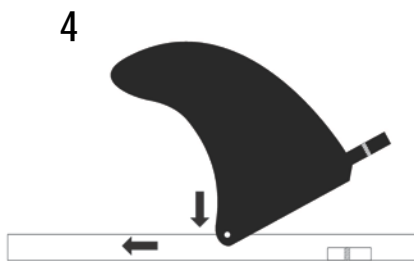
**Step 1:** Untighten screw and slide nut plate to the front of fin box and remove screw.

**Step 2:** Insert the pin end of the fin into the center slot of the fin box. **NOTE:** The fin mounting hole should be facing towards the front of the board.



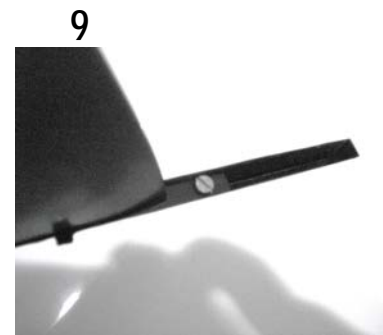
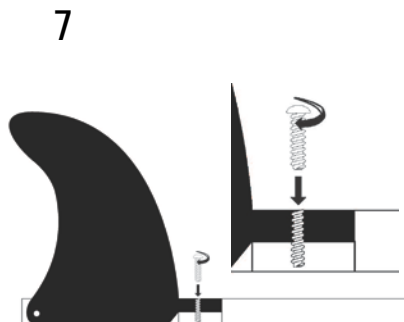
**Step 3:** Push down and slide fin to the back of the fin box. Ensure the fin is flush with the bottom of the board as shown in Fig. 5.

**Step 4:** Align the screw hole on the fin and the nut plate.



**Step 5:** Using fingers only, start screw into nut plate. Tighten with screwdriver to snug.

**NOTE: DO NOT OVER TIGHTEN**



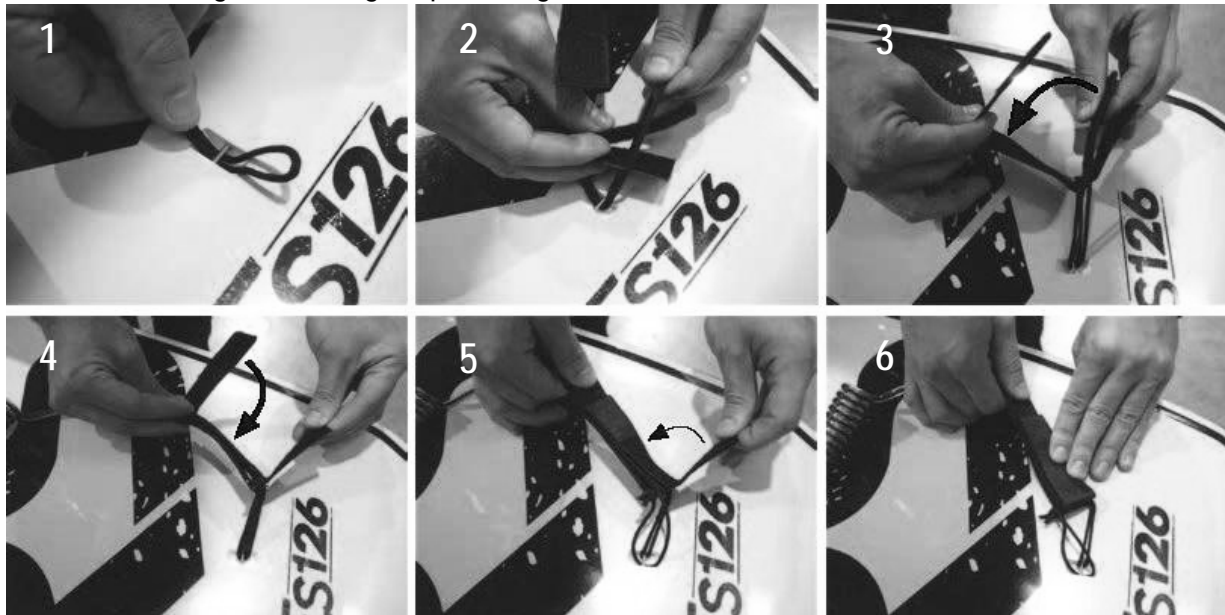
## Leash (*Not Included*) Installation to SUP Board

Ankle leashes are important to wear if you are an inexperienced paddler, when you are paddling alone, paddling in windy & wavy weather conditions, or in the surf.

Install the leash by grabbing the end opposite of the ankle strap.

Pinch the small cord and run it through the leash plug located on the topside tail end of your board.

After the cord has been pulled through the leash plug take the end that straps to your ankle and run it through the string loop until tight.



## How to Attach the Leg Leash to Your Ankle

Open the Velcro ankle attachment and wrap it around each side of your ankle, then overlap it until snug. Make sure all Velcro flaps are secured.

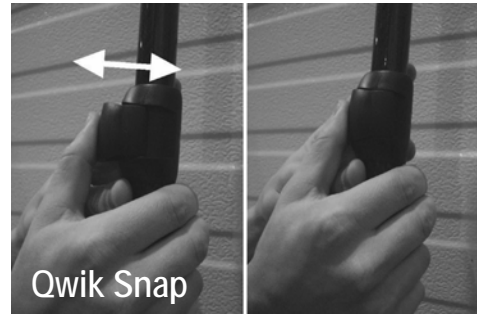


## Paddle Adjustment

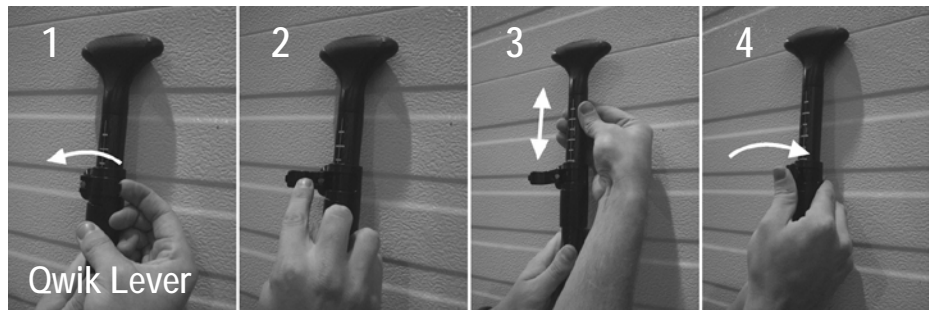
All RAVE paddles come assembled. To adjust the paddle, follow the steps below.

There are two types of adjustment levers on RAVE's SUP paddles, the Qwik Snap & the Qwik Levr.

For the Qwik Snap adjuster, pull center section forward, align a hole to the top of the collar and press back down to lock it in place.



For the Qwik Levr, lift lever, adjust to desired length and press lever back down to lock it in place. If you need to increase locking force, simply twist the lever clockwise when open then lock back down.



When adjusting your paddle generally, the paddle height should be 8-10 inches above the paddler's height. Starting with no shoes on and arm raised, your paddle handle should sit in your palm.

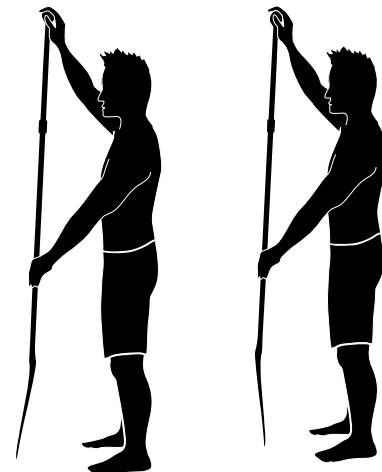
## Properly Holding the Paddle

Hold the paddle so the blade is angling towards the front of the board as shown at right.

Place one hand cupped over the top of the T-handle and the other hand approximately 2 feet down the shaft or where it is comfortable.

Correct

Incorrect



## How & Where to Stand on Your SUP Board

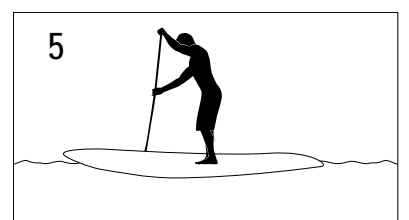
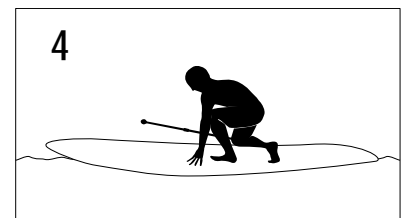
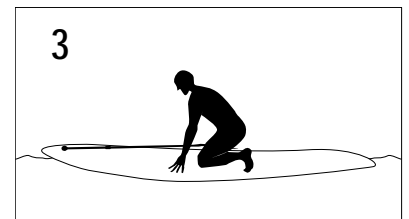
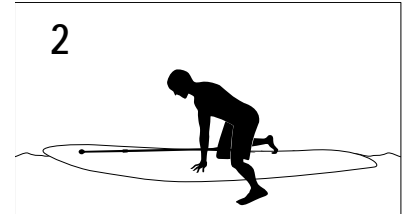
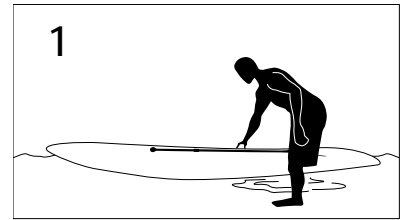
Start by climbing on the center of the board with your knees placed on either side of the handhold facing towards the nose of the board.

Once comfortable you may stand by placing both hands on the board, then lifting one leg after another until upright.

Finally make sure your feet are placed directly on either side of the handhold, spread out a bit wider than shoulder width.

## Using the Board

- Start on your knees and push up to feet while centered on the board.
- Feet should be shoulder width apart with slightly bent knees.
- Face forward with shoulders back.
- Reach over with your top hand to keep paddle as vertical as possible and use short, straight strokes along the side of the board. Look forward, not down.
- With practice, you will be able to take many strokes on the same side of the board before switching to the other side.
- NOTE: Stability is increased when paddling. Paddle through chop and waves for more control.
- To turn on the SUP board, paddle on the opposite side you desire to turn. Use outward sweeping motion to turn quicker.



## Installing Carry Handle on Expedition boards

Note: This applies only to Expedition boards ES126 & ES140





## Cleaning and Storage

- Use warm soapy water and clean with sponge or soft brush.
- To remove scuffs from your paddleboard, use the rough side of a basic sponge (***Do Not Use Steel Wool***), dip it in warm soapy water then scrub in a circular motion until all marks are removed (Follow by rinsing).
- When not being used, we recommend that you store it in a covered, shaded area. This will help protect it against ultraviolet (UV) rays and extend the life of the product.
- Secure the product to prevent unauthorized or unsupervised use.
- Do not leave board in direct sunlight for long periods of time when not in use.

## Repairs

- To repair cracks or breakage of the board's fiberglass surface use marine resin epoxy to patch and fill the damaged area. (Make sure to follow the manufacturer's instructions when using and applying any product). Use epoxy resin repair products only. Do not use polyester resins or other fillers.
- To repair a deck pad bubble, puncture it with a pin and press the air out of it until flat. To repair a tear in the deck pad make sure it is dry then dab some super glue under the damaged area and press it down until secured.

## Transportation

When transporting your equipment make sure to use proper tie down straps to secure your board. (Do Not Use Ratchet Straps) To purchase proper straps and pads visit [www.ravesup.com](http://www.ravesup.com).

When placing a board on your car flip it upside down with the deck pad and curvature of the board facing down towards the roof of the car. The tip or the tail of the board may face forward but it is preferred to have the tail facing forward in most instances.

## Registration

Check with your local licensing bureau regarding registration requirements, if any. The serial number is located at the back of the board, usually adjacent to the fin box or the rear leash plug.

### **RAVE Sports® Limited One Year Warranty**

RAVE Sports® provides a limited manufacturer's warranty for defects on all new boards for one (1) year from date of purchase. This warranty covers only RAVE Sports® boards that are purchased from an authorized RAVE® Dealer. This warranty applies only to the original purchaser and may not be transferred. Proof of purchase must be presented at the time of the warranty claim. This warranty does not cover any damage that may be a result of normal wear and tear, misuse of the product, unauthorized modification or repairs, accidents, heat, excessive exposure to sunlight, improper handling, storage, abuse, maintenance or care, incorrect set-up, use in commercial, rental or teaching environments, or any other irresponsible use. Cosmetic flaws do not affect the functionality and performance of the board and are not applicable. If you have a question regarding your warranty please contact customer service.

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April 2014