



SUP Report for AGM – 1 October 2021 to 31 September 2022

This year we've started to deliver Stand Up Paddle Boarding (SUP) in earnest at the club. This has been a very successful with a large increase in participation and activity.

To increase participation in SUP we appointed a SUP lead Claire Scott and supported both her and Graham Bull in some additional training with the view to being able to coach and lead trips at the club.

Claire arranged for external SUP coaches to hold taster session at the Fun Days. These events were filled on all three occasions. As a result of these events, we started to see an increase in membership.

Part away through the summer Graham Bull began SUP lessons for both beginners and intermediate paddlers. These were for club members only and again filled quickly and caused another pickup in membership.

Shortly after this Claire Scott qualified as a Sheltered Water SUP coach and ran a 4 week block of beginner SUP lessons. Graham Bull passed his British Canoeing Stand Up Paddle Boarding Coastal Leader assessment and has begun to lead trips for more experienced members at the club.

We have been approached by Highlife Highland to work with them on their school's activity program and hope to be able to do this next year.

The club invested in four good quality ex rental SUP boards. We look forward to having these to support SUP activity next season.

The club held 19 different SUP events starting with Club visit and facilities in May. Early in the year we outsourced to external trainers events for beginners and intermediate paddlers and SUP safety, moving on to club delivered sessions later in the year.

Over these 19 separate SUP events we attracted 52 separate paddler sign ups and 19 new members. Most of these paddlers attended more than one event over this last year. This has firmly established SUP activity at the club.

Claire Scott
SUP lead