



# Are you using a Stand Up Paddleboard?

If you are paddling across a body of water, or getting from Point A to Point B, you are navigating.

Stand Up Paddleboards used for navigation fall into the same category as canoes, kayaks, rowboats, rowing shells, and other human powered boats less than 6m in length, and you are required to carry mandatory safety equipment under the *Small Vessel Regulations*.

## What safety equipment do I need?



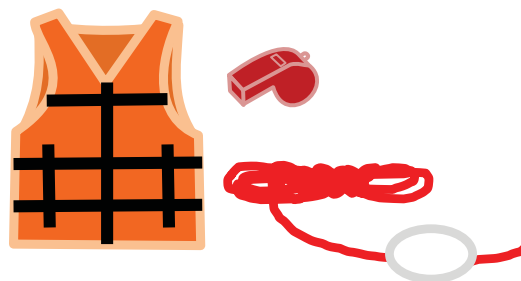
Option 1

**Wear** a PFD or life jacket with a whistle\*.



Option 2

**Carry** a PFD or life jacket on board, with a buoyant heaving line, and a whistle\*.



Option 3

**None.** You could receive a \$200 - \$500 fine for non-compliance.



\* Bring a watertight flashlight at night or during limited visibility