RULES FOR THE USE OF STAND UP PADDLES (SUP)

ON THE DEPARTMENTAL SITES: *LAC DE GURSON*, *GRAND ETANG DE LA JEMAY*E AND THE *GRAND ETANG DE SAINT ESTEPHE*

Under certain conditions the *Conseil départemental de la Dordogne* (Dordogne Regional Council) makes SUPS available free of charge. The activity, referred to as “stand up paddleboarding”, is not supervised and is practised independently under the exclusive responsibility of the paddle boarder.

1. In accordance with Article A322-3-1 of the [French] Code of Sport, in order to be able to practice the activity of stand up paddleboarding, **the paddle boarder shall declare that he or she is capable of swimming at least twenty-five meters and of being underwater. In the event of the paddle boarder not having legal capacity (due to being a minor or being under protective supervision etc.) his or her legal representative (mother/father/guardian) shall alone declare the said capability.**
2. With regard to **minors**, the following rules shall be respected:
* A SUP and its accessories (paddles, lifejacket) may only be borrowed from the age of **six upwards.**
* **Minors aged from 6 to 14** may only take a SUP out on the water if accompanied (on the same paddle) by an adult. The said adult shall be legally responsible for the said minor.
* **Minors aged 15 to 17** inclusive may only take a SUP out on the water if accompanied to the reception area by a legal representative who gives express, written permission for the said minor to navigate alone. The said adult shall be legally responsible for the said minor.
1. The organiser reserves the right to refuse to lend a SUP if the potential paddle boarder shows any sign of physical or mental impairment (risky behavior).
2. In compliance with the above rules, it is compulsory to complete the statements and authorisations provided by the organiser.
3. It is essential to respect the following rules of navigation:
* A lifejacket compliant with current norms shall be worn when stand up paddle boarding.
* Use of a leash attaching the board to the paddle boarder is compulsory.
* The activity shall only be exercised within the permitted geographic limits and with respect for prohibited areas which may either be dangerous or reserved for other activities (supervised swimming, fishing etc.) cf map.
* Landing a SUP on the riverbank elsewhere than in the boarding area is prohibited. Diving from a SUP is prohibited.
* A SUP session is limited to thirty minutes.