

YOUR NEW ISUP

INSTRUCTION MANUAL

Important information to help you get you started.



INFLATING YOUR SUP

1. Remove dust cap covering valve (it may already be off; it's on the end of the string). **See Fig 1**

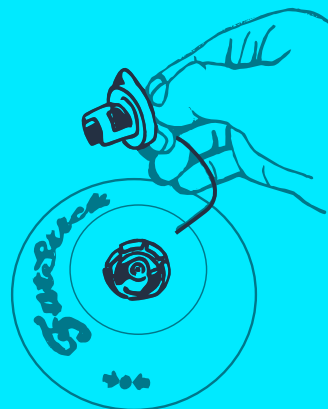


Fig 1

2. Be sure the valve of the board is closed before you begin to inflate the board. You can open/close the valve by pushing the smaller internal 'nipple'. This will click 'open-down' or 'closed-raised'. **See Fig 2**

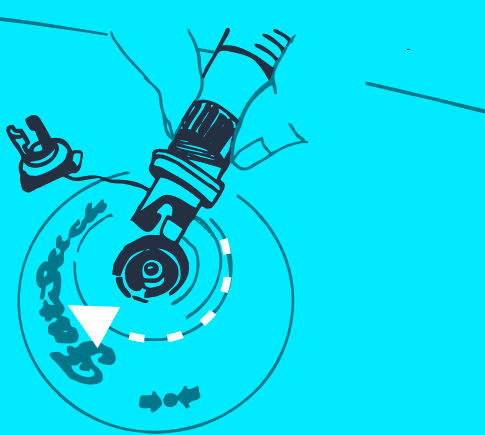


Fig 2



When the "nipple" is in its highest position the valve is closed.

Fig 3



3. Connect the hose to the pump by twisting the connector clockwise onto the thread of the supplied pump.

4. Connect the other end of the hose to the board by pushing down and twisting clockwise on the bayonet fitting firmly.

See Fig 3

5. Use the pump to inflate the board to a minimum of 15 PSI. The gauge on the top of the pump indicates the pressure. Board inflation will take approximately 10 minutes.

6. When you have reached the desired pressure, remove the hose by twisting the bayonet fitting attached to the board, anticlockwise whilst pulling up firmly.

7. Replace the dust cover which is attached on the string.



DEFLATING YOUR SUP

1. Remove dust cap by twisting **anti-clockwise**.
2. Push the internal nipple downwards to open the valve. Be prepared for a loud rush of air.
3. Remove all fins and roll the board from nose to tail in order to pack into the bag provided.

Valve Spanner



Please note that there is a valve spanner within the orange maintenance kit. If you notice air bubbles escaping from around the valve edge, tighten the valve clockwise using the 'valve spanner'.

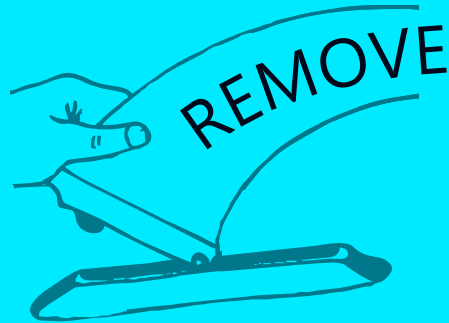
1



2



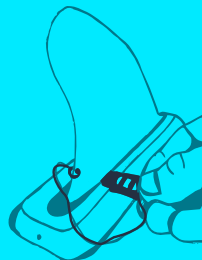
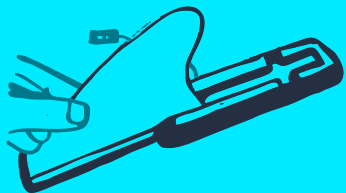
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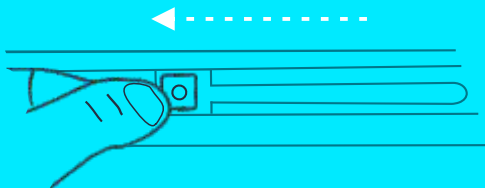


ATTACHING YOUR FINS

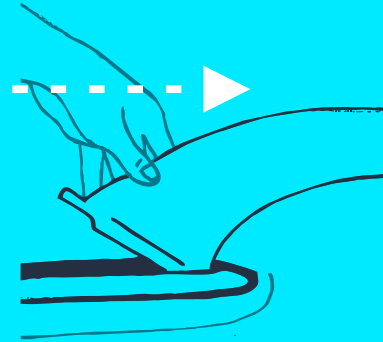
1. Slide the 2 smaller side fins into place and slide the clip on the string into place to lock the fins to the board.



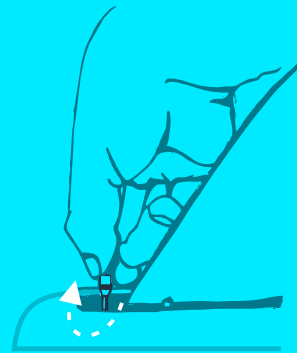
2. Remove the bolt and square nut from the large US centre Fin and slide the square nut into the fin box situated on the board. There is a square opening to allow for this in the middle of fin box.



3. Insert the US Fin into the fin box using the square opening on the fin box. The 2 pins either side of the fin will slide into the groove of the fin box.



4. Push the front of the fin down into place and insert the bolt through the hole provided – this must marry up with the flat nut inserted previously.



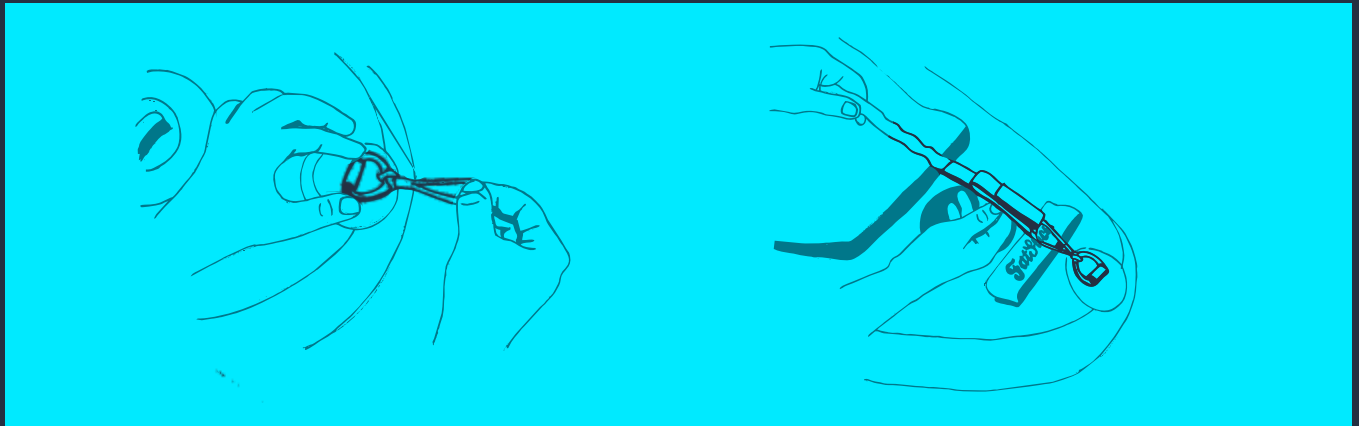
Always remove fins when packing the board into its bag.



YOUR SAFETY LEASH

A safety Leash comes with the board. This prevents you from becoming separated from your board whilst in the water. This is an important safety feature and we urge you to wear the appropriate leash for the water you are on. It could save your life.

The ankle leash provided connects to the board (close to the valve) by looping the string through the D-Ring (please see below). The other, larger end connects around your ankle using Velcro.



Quick Release Belt

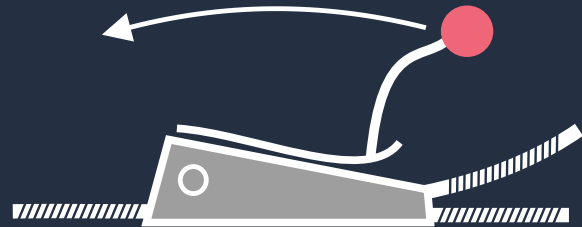
FatStick have chosen to add a basic Quick Release Belt to all of its inflatable paddle boards made in 2021. This belt is of basic design and therefore, should you wish to take part in activities such as Racing or White Water SUP, you will need to purchase a more specialist belt.

FatStick recommend that all riders use a quick release belt on any 'flowing' body of water, such as rivers, estuary channels, canals and weirs.

The standard ankle leash is perfectly usable and safe for open lakes and on the sea, and as such, the choice of which leash to wear is yours.

Ankle leashes can be unsafe on flowing bodies of water as they can become entangled with objects below the waters surface. If this should happen, it is extremely difficult/impossible to remove an ankle leash.

Pull ball to release buckle



Quick Release Belt



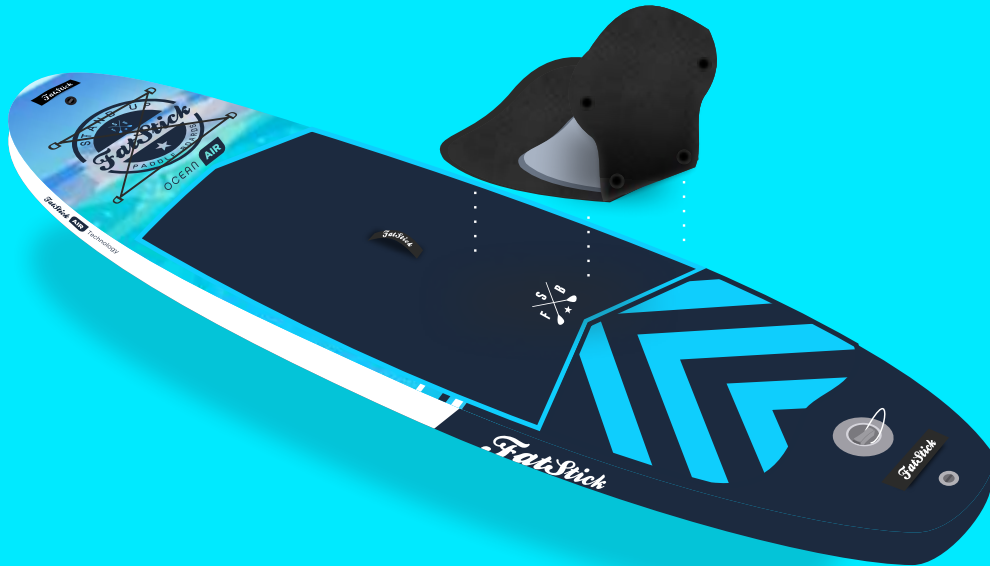
IMPORTANT PLEASE READ BEFORE USING THE QUICK RELEASE BELT. DO NOT USE WITHOUT OPERATING FIRST.

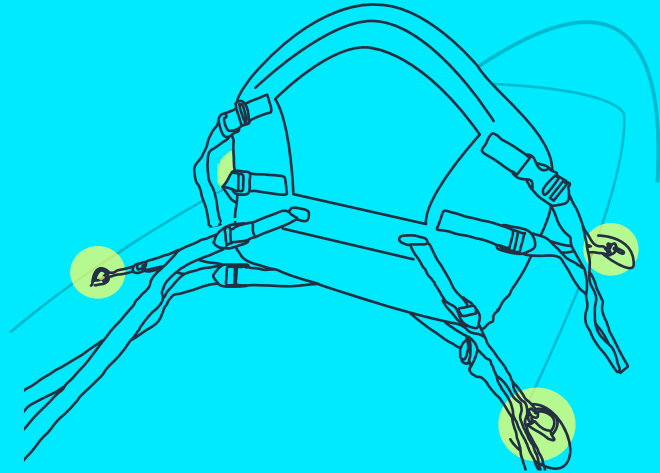
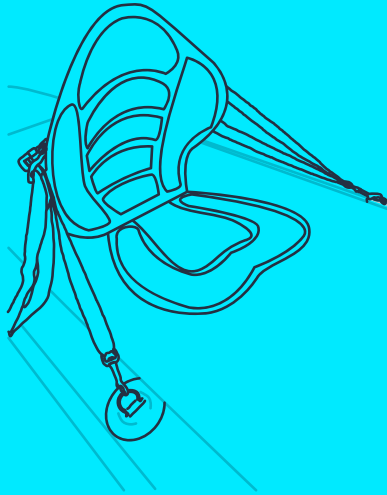
- To use your QR belt simply attach your Ankle Leash to the webbing on the rear of the belt and then strap the Belt around your waist
- Practice using the belt on dry land first to understand how to operate.
- This belt is made to be worn around the waist only. Improper use could cause injury or death.
- Always be sure that the buckle and toggle are within easy reach, best placed facing forwards. DO NOT tuck the Quick Release toggle out of the way.
- Do not tuck in/secure the excess belt once it has been passed through the buckle. By doing this you will render the Quick Release aspect of the belt useless.
- This belt is not recommended for White Water SUPing. You will require specialist equipment for that activity.



FITTING YOUR **KAYAK SEAT**

Some of our boards come with an optional Kayak seat. The four clips on the seat clip to the four "D" rings on the deck of the board.





Note:

The two clips on the "back rest" part of the seat clip to the two "D" rings closest to the front of the board. The two seat clips for the cushion part of the seat clip to the "D" rings located towards the rear of the board.

Finally, we just want to say a huge **thank you** for supporting our little UK independent brand. We have a very active Fatstick Family Facebook group. Should you wish to join the community, please search for “**Fatstick Boards Owners Group**”



Scan the QR code to take you straight to our **Fatstick Owners Facebook Group**



Disclaimer:

Paddle boarding is a dangerous activity. Please ensure you understand the water conditions you are entering and always use appropriate safety equipment such as floatation device and safety leash. Fatstick Ltd cannot be held liable for and injury to person(s) or loss of life whilst using our products.



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