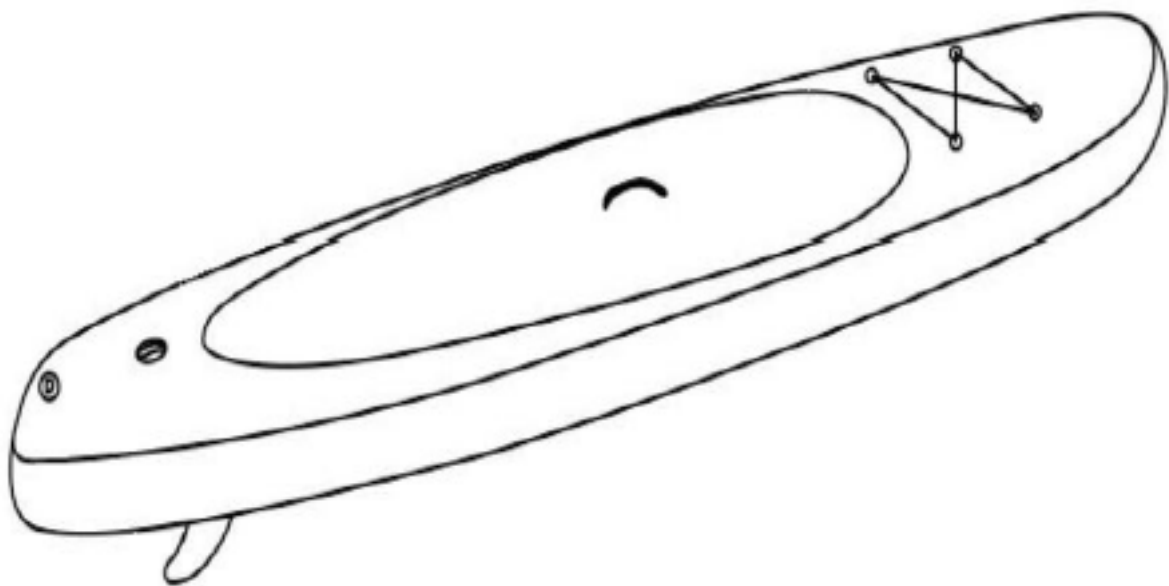


# *sweatband.com*

## Adult Stand Up Paddle Board 10FT

Instruction Manual



Version 1.0a

**Warning:** Please read all instructions carefully before using this product.  
Incorrect operation may cause injuries to health.

# General Safety Precaution

## Safety symbol



**Warning:** A Personal Flotation Device (PFD) is required for each user!



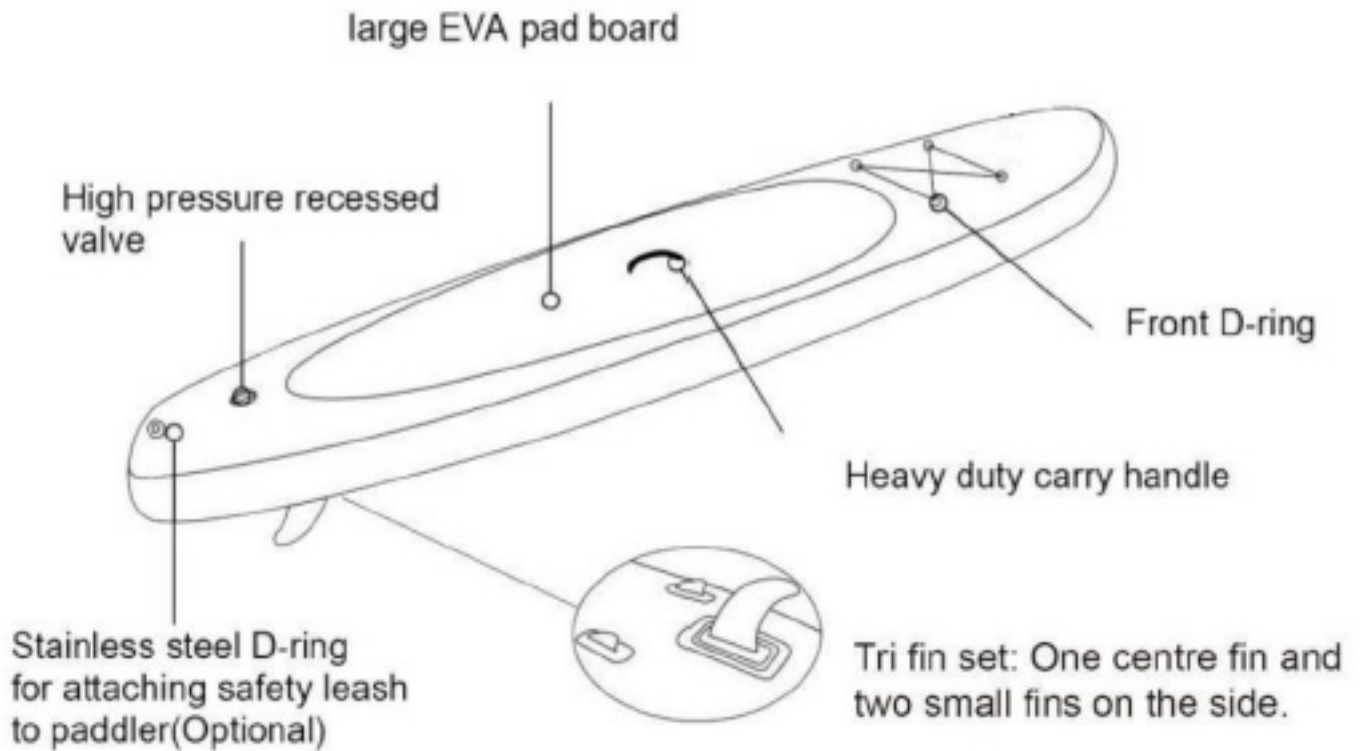
**Warning:** Do not dive or jump!



**Warning:** Do not use around sharp objects!

- Always wear a buoyancy aid.
- Always let people know where you are going.
- Always carry a mobile phone.
- Always check the weather forecast.
- Always research your paddling spot.
- Always check for leaks in your SUP before going on the water.
- Always check your board and equipment before entering the water.
- Don't use in white water. Don't use in breaking waves.
- Don't use in offshore current. Don't use in offshore wind.
- The design working pressure is 15psi (1.0bar). the Maximum inflated air pressure is 12psi.
- Don't inflate the board with electric power high pressure pump. Don't over inflate the board.
- Adult use only. Not suitable for children under 14years.
- Always wear your board leash while using.
- If the fins become bend, heat the fins first by placing in a boiling water or using a hairdryer for a few minutes, then bending them back to its position.

# Product Structure Terminology



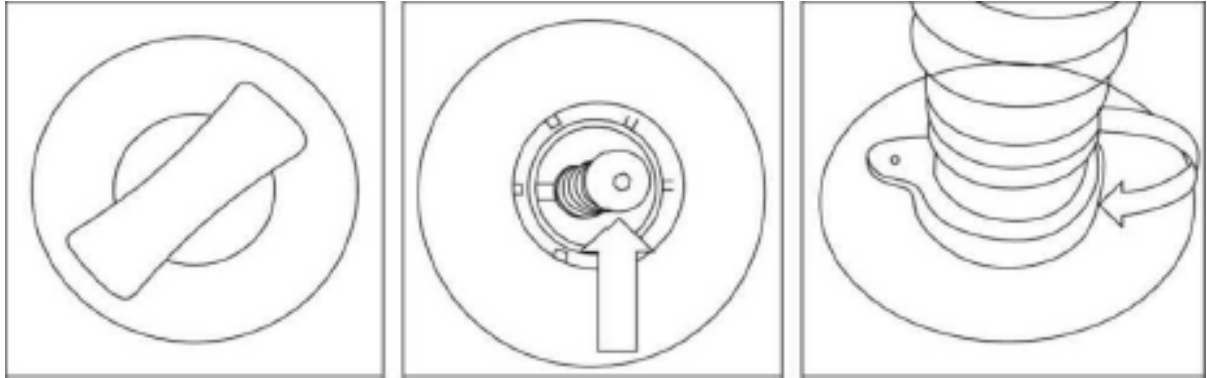
## Contents

- 1 x Stand up paddle board
- 1 x Aluminium adjustable oar
- 1 x Hand-operated pump with pressure gauge
- 1 x Valve wrench
- 2 x Repair patch
- 1 x Fin
- 1 x Carry bag

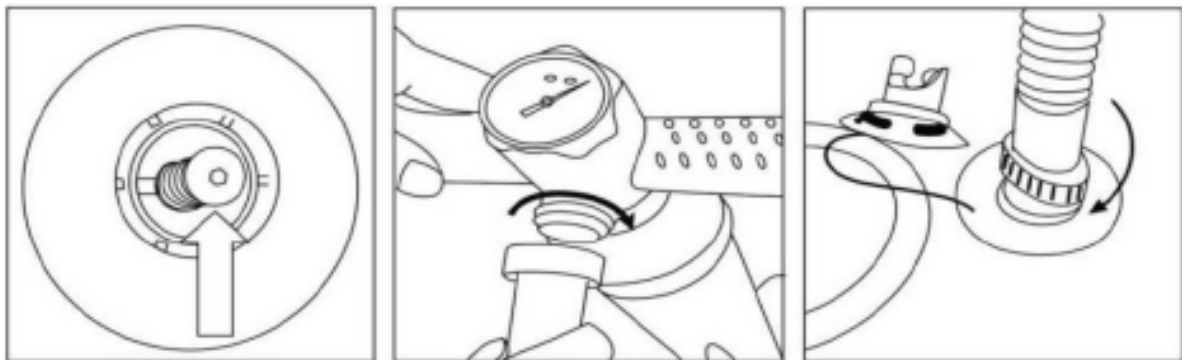
# Setting Up Your SUP

## 1. Valve operation

The inflation valve is located nearby the tail of the board. Screw out the lid with valve wrench, then the center valve pin is appeared. It can close/open the valve by pressing it once and again.



## 2. Inflating the board



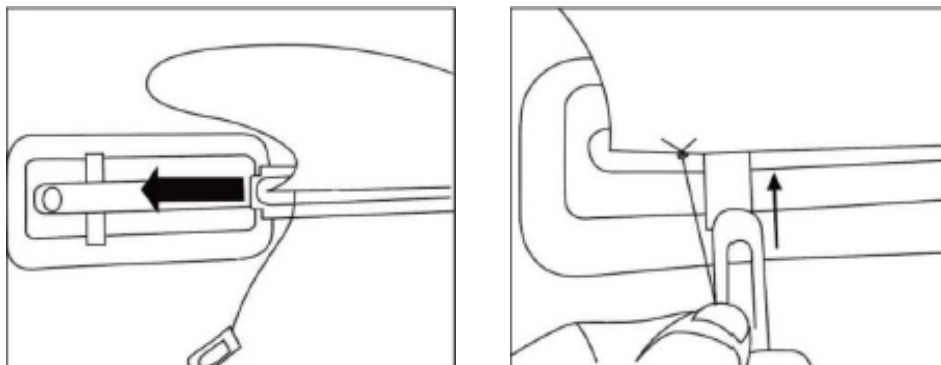
- Unscrew the valve cap and press down on the pin to open the valve. Let the air flow naturally into the product, then press down on the pin again to close the valve (in the UP position).
- Make sure the pump hose is connected to the 'inflate' outlet.
- Attach the pump hose clockwise onto the valve.
- Start pumping air into the board by sliding the piston up and down till the board is fully inflated.
- After inflation, screw the valve cap and tighten it with valve wrench.

## 3. Deflating the board

To deflate the board, screw out the valve lid, press the valve pin to let it is in the open position. please be careful of any sand or debris around the valve area when deflating as the small particles could become airborne together with the release of the air pressure.

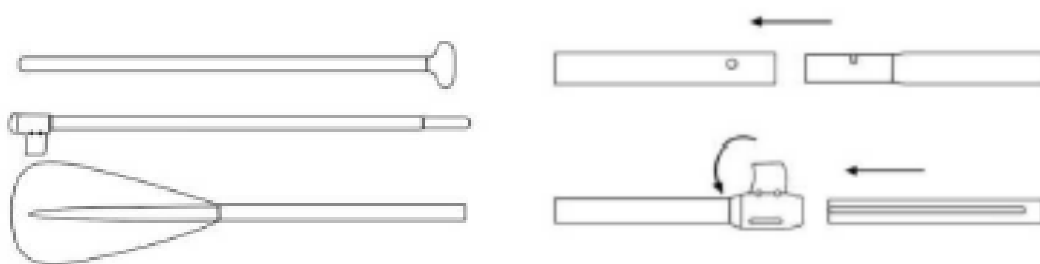
## Fin Installation Instructions

The inflation valve is located nearby the tail of the board. Screw out the lid with valve wrench, then the center valve pin is appeared. It can close/open the valve by pressing it once and again.



## Paddle Installation Instructions

The board paddle comes in three pieces. To build the paddle, hold the button in while sliding the pieces together until they click into place. The top section of the paddle is adjustable. Close the button after adjusted the length to your desired position. Please refer to below images.



### Note:

- 1). After closing the button, if the adjustable section is a little loose, tighten the screw properly with a screwdriver.
- 2). The length of the paddle can be adjusted from 170cm to 210cm.

# Repair Instructions

**Note:** If you find a chamber is damaged, use the provided repair patch.

1. To find out the damaged place on the board, wipe the hull with soap and water, the soap will bubble over the damaged hole.
2. Deflate the board completely, clean and dry the damaged area.
3. Cut a piece of suitable size from the repair patch.
4. Apply the vinyl repair glue sparingly to patch, spreading it evenly all over, then cover to the damaged area and smooth out any air bubbles.
5. Place a weight on the repaired area, and allow at least 24 hours to reach full bond strength before inflating it.

**Note:** Vinyl repair glue is **not** included.

# Care & Storage Instructions

1. After deflation completely, use a damp cloth to clean all the surface.
2. Don't use solvents or other chemicals that may damage the product.
3. Put all the parts in the carry bag after dried completely.
4. Store in a cool & dry place and out of children's reach.
5. Check the product for damage at the beginning of each season and at regular intervals when in use.

# Contact Info

Should you require any assistance regarding this product please contact us using the details below:

**Address:**

Unit 5 – Mill Square,  
Featherstone Road,  
Wolverton Mill,  
Milton Keynes  
MK12 5ZD

**Email:** [support@sweatband.com](mailto:support@sweatband.com)

**Website:** [www.sweatband.com](http://www.sweatband.com)

# Notes: