



**ROC**  
**SUP CO.**

**USER AND SAFETY  
MANUAL**

## *Warnings and Precautions*

ROC Paddle Boards strongly recommends the use of a US Coast Guard approved personal flotation device. Before using your paddle board, be sure to check your local regulations to familiarize yourself with any rules or regulations that may apply to watersports and watercrafts.

We recommend that you always paddle with a partner—it's safer and more fun!

Always inspect your board and your equipment before and after use.

Children should not paddle board without adult supervision.

Do not leave the board exposed to direct sunlight as the sun's UV rays may cause damage over extended periods of time.

Do not modify the board or use it for anything other than its intended use; doing so will void the warranty.

Always exercise safe boarding and do not attempt actions which are beyond your ability level.

Consult a medical professional before undergoing any form of strenuous exercise.

Do not use while impaired or under the influence of intoxicants such as alcohol, drugs, or medication.

Be aware of constantly changing natural and manmade conditions which may affect your ability to paddle and travel safely.

Remember that this is not an exhaustive list and that there is no substitute for sound judgement and sensible decision making. When in doubt, always consider your safety and that of those around you first.

## *Disclaimer*

The user of this product assumes all risks of any personal injury, property damage, or death and hereby releases ROC Paddle Boards and/or Home Health Check Inc. of any and all liability. Do not leave children unattended while in use. Do not use this product in conditions which are dangerous. Things such as weather factors, water currents, rip tides, natural hazards, and man-made hazards should be considered dangerous and treated with caution. This product is not intended for use as a lifesaving device. Keep a safe distance from other watersports participants in the area. Only use this product if you are a competent swimmer and always use a Personal Flotation Device. When inflated, the paddle board is subject to high pressure and should be treated with appropriate caution. Adult supervision is strongly recommended.

**By using this paddle board and its accessories, you acknowledge that you have read and understand these warnings and accept the associated risks.**

Thank you for purchasing your ROC Stand Up Inflatable Paddle Board! We know you're excited too, but before you hit the water, please take a moment to read through these instructions to ensure that you have a safe and enjoyable ride.

## *Register Your Board!*

Before we begin, and to ensure that your product is fully covered, you must register your product within 30 days of the original purchase. To register, simply email your first and last name as well as your Order ID Number to [register@rocpaddleboards.com](mailto:register@rocpaddleboards.com). Scan this code with your phone's camera to make registration simple!



## *What's Inside*

If you're not already, take a moment to familiarize yourself with the contents of your new package. Here is what's included:



1 - BACKPACK



2 - CONVERTIBLE SUP/KAYAK PADDLE



3 - DUAL ACTION HAND PUMP



4 - PUMP HOSE



5 - DETRACHABLE MAIN FIN

6 - WATERPROOF ACCESSORY BAG



7 - SAFETY LEASH

8 - VALVE TIGHTENING WRENCH



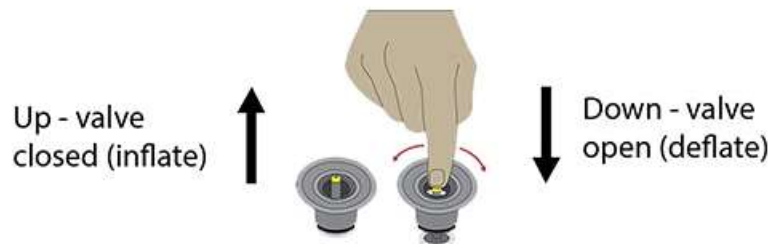
+LOTS OF FUN AND ADVENTURE!

## Let's Get Started!

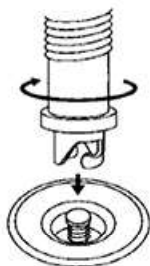
1.) Unroll your paddle board so that the standing deck and the air valve are facing up.

2.) Remove the valve cap and ensure that the pin is in the closed (up) position. To do so, simply press and twist the pin to open and close the valve as shown.

*Note: even though the valve is closed, air will still flow in--just not out!*



3.) Insert the pump hose into the air valve and twist clockwise. The fittings on the hose should lock and remain in place when positioned properly.



👍 Your package includes a dual action manual hand pump for inflation of your paddle board. Closing and opening the valve toggles between high capacity/dual action and high pressure/single action modes, respectively.

**NOTE:** It is recommended to use the **dual action** setting from **0-10 PSI** and the **high pressure** setting from **10-15 PSI**.

4.) Placing the pump on a flat level surface, begin to pump the board with steady even strokes. Continue pumping until the pressure gauge on the top of the pump reads between 10 and 15 psi (0.7 and 1.0 bar). **NOTE!** The board can appear inflated at approximately 3 PSI but the gauge may not read until ~5 PSI. See FAQ for more info.

⚠️ **IMPORTANT:** Do not exceed 15 psi (1.0 bar)!

Note: the working pressure for the paddle board may be lower when used in direct sunlight, so use less pressure if extended periods of bright sunshine are expected.

5.) Using a counterclockwise motion, twist the pump nozzle to remove the hose from the air valve. You will hear a small burst of air when you remove the hose; this is normal. Replace and secure the valve cap with a clockwise twist.

👍 If air continues to flow out of the valve, immediately close the valve by pressing and twisting the pin to release into the up position. This can occur when forgetting to close the valve prior to inflation. Should this happen, you may need to add more air to replace that which was lost.

6.) Flipping the board upside down, slide the fin into the fin box on the bottom of the board as shown below. Once the fin is slid completely into place, use the provided clip to lock the fin by sliding it through the hole. Make sure that the clip is fully seated before use.



⚠️ NOTE: the fin is not meant to be weight bearing; exercise caution around land.

7.) Attach the safety leash to the D-ring on the back of the board. To do this, open the velcro on the leash side that attaches to the board (not the side for your ankle). Remove the small string loop and pass it through the D-ring, doubling it back through itself and cinching down. Secure the leash by closing the velcro around the loop.

👍 Tip: You can leave the string loop attached to the board and simply open the velcro to remove the leash for storage and transport.

8.) Your paddle is uniquely designed to function both as a SUP and a kayak paddle. To convert between the two, simply open the flip lock mechanism and insert either the SUP handle or the kayak blade as desired.



9.) Adjust the paddle length by opening the flip-lock and sliding the inner portion to the desired setting. Lock paddle into place by pressing the flick-lock until it snaps into its fitting.


👍 If the paddle does not hold its position, you may increase the clamp tightness by opening the flip-lock and gently spinning it clockwise before again clamping down. Begin with one full revolution and adjust as necessary.

## *After Use*

1.) Detach the main fin by first pressing down on the clip to remove and then sliding the fin out of its base.

2.) Remove the valve cap and press down on the pin to release pressure. Be sure to watch for debris that can be ejected upon release. Pressing and turning gently with your finger, the pin will lock in the open (down) position to release all the air. **No tools or extra equipment are needed to deflate the board.**

3.) Once the air has been completely removed from the board, begin rolling from the front and continue backward toward the valve.

 Tip: Your manual pump can also be used for deflation! Connect the hose to the opening at the base of the pump (near foot plate) and pump as normal to deflate.

4.) Replace valve cap, disassemble the paddle, and store the entire kit neatly in the included travel backpack.

 Tip: It's a good idea to return the valve stem to the closed (up) position so you don't forget next time you use it!

## *Care and Maintenance*

With a basic amount of care and attention, you should get many years of enjoyment with your paddle board.

Always keep your board in a shaded area when not in use. Do not leave your deck pad exposed and facing the sun. Avoid frequent temperature fluctuations.

For longer term, we recommend storing the board in a cool place out of direct sunlight as prolonged UV exposure can cause damage. It is ideal to store the board inflated to 75% capacity although it can also be stored rolled in the backpack.

Your board can be washed with fresh water and a mild detergent for cleaning purposes. Always towel or air dry board completely before putting away into storage. It is especially recommended to wash your board after use in salt water.

Ensure both the air valve and the fin box stay clean and free of debris such as sand and dirt. Cosmetic damage such as minor abrasions and superficial scratches are normal wear and tear and will not affect the performance of your board.

## *One Year Limited Warranty*

Our goal is to provide customers with the highest quality watersports equipment available. With proper care and attention, your ROC Paddle Board should provide you with many years of adventure and excitement.

We are very proud of the quality and craftsmanship of our products. All of our paddle boards carry a one year limited guarantee against manufacturer defects in materials and construction.

This warranty does not cover damage due to misuse, improper care, and normal wear and tear such as abrasions, cuts, scrapes, and punctures. Damaged accessories are not covered under the warranty. For more details, visit our website.

We love our paddle boards and we want you to as well! Your complete and 100% satisfaction is our goal. Should you have any questions or concerns regarding your product, please contact Customer Care directly by emailing [help@rocpaddleboards.com](mailto:help@rocpaddleboards.com). You can also reach out by phone by calling (509) 593-8377.

We are thrilled to have you on board with us. Stay safe and have fun!

From our Family to yours,



## *Frequently Asked Questions*

### **Why isn't my PSI gauge reading when I start pumping?**

The pump will typically not show a pressure reading until approximately 5 PSI. If you are pumping up the board and it looks inflated enough to stand upon (around 3 PSI) but is not reading a pressure value, just keep adding air!

### **What PSI should my board be inflated to?**

We recommend inflating your board to 12-15 PSI depending on rider height and weight as well as ambient temperature. On a hot sunny day, you may need slightly less air than on a colder day. If you stand on the board and the nose and tail are flat with the surface of the water, your board is properly inflated.

### **How do I tighten the paddle adjustment?**

If you're finding that your paddle does not stay locked in place, it's a simple fix with no tools necessary. When the clamp is in the unlocked (open) position, simply turn it in the clockwise direction to tighten the connection. It might feel like it catches on the plastic, but it is designed to do this so it does not spin freely. Gently spin the plastic clamp one full revolution to start and you'll see that the screw causes the clamp to pinch more tightly on the paddle, locking the handle in place.

### **I hear air or see bubbles from around the valve. What should I do?**

No worries! Over time and frequent use, it is possible that the inflation valve can become slightly loosened. It is a very simple fix; a quick tightening is all that is necessary. Using the valve wrench, gently tighten the valve by turning a quarter or half turn clockwise until it no longer spins. You may need to turn the valve more or less depending on how loose it is, but it should not take excessive force to do so.

### **How do I deflate my board?**

To deflate your board, simply press down on the valve stem and give it a gentle quarter turn in the clockwise direction; this will lock the stem in the open (down) position and you will hear air rushing out. Rolling or folding the board while the valve is open will help speed up the process, or you can use the deflate feature of your dual action pump. When you are done deflating, we recommend turning the valve stem in the opposite direction to close it (in the up position) so that it is ready for the next time you inflate. You do not need any extra tools or accessories to deflate your board.

### **I broke my fin/paddle/leash/pump/hose/backpack; where can I get a replacement?**

Sorry to hear that! Unfortunately the warranty does not cover broken accessories, but you can always order replacement parts by visiting the Accessories page of our website at [rocpaddleboards.com/shop](http://rocpaddleboards.com/shop)



## *Frequently Asked Questions*

### **What's the best way to keep my board in long term storage?**

We recommend storing your board in a cool, dry place out of direct sunlight. It is ideal to leave it inflated at 75% capacity for extended periods but you can also store it rolled. If you are putting it away for the season, it is recommended to gently wash the board to remove any dirt or debris. A solution of dilute dish soap and warm water can be used to clean off any parts that have become dirty. Make sure that the board is fully dried before storage.

### **Do the paddles float?**

The paddles are designed to float for a short period but not indefinitely; if you become separated from your paddle on the water, retrieve it as soon as possible. If it becomes waterlogged, simply disassemble the paddle into two pieces to empty out any water it may have taken on while floating.

### **Do I need a life jacket?**

It is essential that you familiarize yourself with the local rules and regulations of your area prior to going out. In the United States, the US Coast Guard considers paddle boards as watercraft and thus requires that safety gear such as life jacket and signaling devices be carried while on the water.

### **What are you up to next ?**

Follow along with us @rocpaddleboards on instagram, facebook, or pinterest. Tag your next adventure with #rocpaddleboards -- we love seeing all the awesome places people all over the globe are enjoying our boards! You could even win a new board or other cool stuff so be sure to follow along.

### **Still have more questions?**

We are here to make sure you love your new board! Please reach out to our team of experts by calling 509-593-8377 or emailing [help@rocpaddleboards.com](mailto:help@rocpaddleboards.com) and we will be happy to assist you.



**ROC  
SUP CO.**

**PADDLE FOR THE PEOPLE!**



**@ROCPADDLEBOARDS**