



KOOTENAY

PDL

Instruction Manual

2020 Kootenay Inflatable SUP



Your new Sustain inflatable paddle board is your ticket to explore. Designed for flat water and Class I rivers (rivers with light riffles, clear passages and gentle curves), it is ideal for beginner and intermediate paddlers. It can also be used as a white-water racing board for paddle-boarding experts. It provides a smooth, stable glide in a highly portable package.

**“Quality,
Community,
Canadian -
Three words that
describe exactly
who we are”**

*-Adlai Majer, Owner
Kootenay Paddleboards*



The Sustain inflatable paddle board is easy to set up and assemble in any location with the tools and supplies, listed below. With minimal instruction, even the most novice paddle-boarder will be on the water in just a short time.

This paddle board is not recommended for beginners to use in class II or higher (medium quick or faster water with rapids and waves, and increased water obstacles) rivers or in lakes when waves exceed 1-2 feet. Please consider a lesson before getting on the water for the first time.

Equipment/Supplies

Sustain Inflatable paddle board

- 11' long x 32" wide x 6" thick
- 1.4mm PVC laminated to high density dropstitch
- Bungee cord storage tie down
- Centre carrying handle



Bravo Super Hand pump

- External high pressure discharge tube
- Double action
- Deflate option
- High pressure hose



Fins

- 9" fin screwless center fin
- 4.6" center flex fin
- 4.3" side fins



Roller Bag with Shoulder Straps

- 38" tall x 18" x 12"
- 134 L
- 1680D polyester fabric
- Front accessory pocket
- Top handle for mobile wheels
- Side Pockets
- Backpack straps with waist belt for security



Quick Release River leash (with optional ankle cuff)

- Secure velcro to attach to tail of board and paddleboarder



Tool/Repair kit

- Valve wrench
- 1/4" Allen key for side bite fin box
- 2 Patches
- Pump rubber gasket



Assembly

Step 1: Valve set-up for inflation

- i. Unroll the paddle board and ensure the valve is pushed out by pushing the spring-loaded valve in and to the left
- ii. This is a one-way valve; air will enter the inflatable SUP when the valve is in the extended position.



Step 2: Inflating the SUP

- i. Screw the 'female end' onto the air valve of the Bravo pump



- ii. Secure the 'male end' of the hose into the valve socket of the paddleboard by inserting and turning to the right



- i. Ensure lever is set all the way to the right, in the Double Action setting on the Bravo pump (Dual system pump will allow air to enter when you pull the handle up and down)



- iii. Use both feet to secure the base of the pump
- iv. Apply equal pressure on both sides of the handle
- v. When needle on the pressure gauge reads 5-8psi (or when pressure exceeds your physical strength) turn the lever all the way to the left, in the Single Action setting



- vi. When the needle on the pressure gauge reads 15-20 psi, release the hose by turning the hose valve to the left
- vii. Cover the valve with the valve cover attached

Step 3: Installing Fins

- i. Insert 9" screwless fin into the centre fin box
- ii. The fin box has a centre groove so the pin on either side of the fin will enter first
- iii. Slide the fin forward to the desired position and push down to secure

Note: fin box comes with an extra 3" of space to play with – push it back to track straighter or push it forward to allow for more responsive handling in the water



- iv. Insert the 4.3" click fins into the fin boxes on either side
- v. Push each fin straight back until it clicks into place and the base of the fin is flush with the fin box (remove by pushing the fin forward until it disengages from the fin box)



- vi. Secure the side bites by tightening the grub screws on each side of the fin boxes with the included fin key (tighten until snug...over tightening will strip the threads in the fin box)

Option to insert 4.6" centre flex fin for shallower rivers

- vii. Insert the square washer into the middle of the centre fin box
- viii. Slide the washer to the desired position
- ix. Secure the screw through the hole at the back of the fin



Step 5: Leash use and options

- i. Peel back all three layers of velcro on the “rail saver” end of the leash and attach to the ring at the back of the board behind the deck pad. Re-attach all three layers to ensure the rail saver is secure.
- ii. Secure the other end of the leash to your ankle or above your calf if using the supplied ankle cuff or attach to a secure part of your PFD if using the quick release (on the river use the quick release or no leash at all - an ankle leash on the river can become snagged and the force of the water even in a slow moving river can easily be too great for you to reach your ankle to release it and presents a serious drowning risk)

Quick release leash with option ankle cuff



Pull red ball to release leash



Option to use supplied fin key to remove quick release leash and exchange for ankle cuff for flat water



Step 6: Go for a paddle

- i. Have fun, stay safe, and explore



Step 7: Packing up the paddleboard

- i. Push the valve in and to the right so that the valve stays in the down position



- ii. Allow all the air to escape by pushing down any excess
- iii. Start rolling the board up from the tail, starting by folding the fins boxes against themselves, and then folding toward the nose in small increments forcing excess air out through the valve
- iv. Secure the deflated paddleboard in the carrying bag with the straps provided inside the bag





Safety Considerations

Transport Canada has certain water regulations to operate a personal pleasure craft which include inflatable stand-up paddleboards. Minimum requirements for a SUP include a leash, PFD or lifejacket, and whistle. To find out more go to <https://www.tc.gc.ca/media/documents/marinesafety/TP-511e.pdf>.

If you're travelling to another countries, we encourage you to find out about their water safety and regulations before getting on the water.

Storage & Maintenance

Your paddleboard can be stored inflated or deflated in the provided carrying bag. After each use, ensure your paddleboard is rinsed clean to prevent the spread of invasive species. Dry with a towel.

Never store your paddleboard in direct sunlight. If storing your paddleboard in the carrying bag, ensure it is fully dry before folding and stowing it. If storing an inflated paddleboard, remove some air to reduce pressure during storage (10-12psig recommended).

Troubleshooting and Replacement Parts

Please contact your retailer or Kootenay PDL directly with any questions, concerns, warranty issues or to obtain replacement parts at kootenaypdl@yahoo.com

<https://www.kootenaypdl.com/home>