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Thank you for choosing this product. To ensure that you are fully satisfied with the product, please read and understand this instruction manual before using our product. Keep these operating instructions in a safe place. The operating instructions must be passed on to all subsequent users.

Follow the operating instructions!

⚠️ WARNING ⚠️
The signal word WARNING indicates dangers that can lead to serious injuries if no precautionary measures are taken.

⚠️ NOTE ⚠️
The signal word NOTE indicates general precautions to be observed when handling the product.

⚠️ NOTE ⚠️
Images and screen representations in these operating instructions may differ slightly from the appearance of the actual product, as long as this does not have a negative impact on the technical characteristics and safety of the product.

⚠️ NOTE ⚠️
All person-related formulations in these operating instructions are to be regarded as gender-neutral.

These operating instructions apply to persons who have been instructed in the operation of the product and have demonstrated their ability to handle the product.

⚠️ WARNING ⚠️
Children should be supervised to ensure that they do not play with the product. It is not a toy.

All information in these operating instructions has been checked to the best of our knowledge and belief. However, neither the author nor the publisher can be held liable for any damage in connection with the use of these operating instructions.

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Detailed safety instructions

FAILURE TO FOLLOW THE SAFETY INSTRUCTIONS IN THIS MANUAL IS DANGEROUS. THE CONSEQUENCE CAN BE INJURY OR DEATH, E.G. BY DROWNING. THEREFORE, PLEASE KEEP ALL SAFETY INSTRUCTIONS FOR FUTURE REFERENCE!

Please always follow the product manufacturer's instructions.

Use this product according to the instruction manual and the information on the warning signs within this manual. Always ensure in accordance with the instructions that the specified maximum load or air pressure (not over 1 bar/15 psi) and the number of people allowed on the board are not exceeded. You will find additional information on the board.

Always stay close to the shore! Exercise caution when on the water. Pay attention to weather conditions, storm warnings and or possible distress signals! Never overestimate your own strength and manoeuvrability! For your own safety, always wear a certified life jacket, leash and safety helmet if necessary.

Please always observe applicable regulations for open waters and lakes. As a user, you contribute significantly to the safety of yourself and others.

By using this product, you agree to accept and understand the risks associated with the sport of paddling. Acquire the necessary knowledge and skills required for water sports as well as navigation in open waters.

If you are in danger in the water, use the international distress signal to draw attention to yourself: stand or sit on the board and raise and lower your arms outstretched at your sides, slowly and clearly (See figure 1E).

Be aware of your immediate surroundings when transporting the product. The inflated board, the fins and the paddle are sharp-edged and hard and can possibly cause injuries. Watch out for other people when transporting the board.

The product must not be modified in its core structure by you or others. Do not make any modifications to the product. Any modification will affect the functionality of the product and will void the warranty.

RISK FOR CHILDREN AND NON-SWIMMERS!

The dangers of the product are often not recognised by children. Children must never be left alone with the packaging material (plastic) or the product without supervision. There is a danger of suffocation from plastic material and an acute danger of death from strangulation. Keep children away from the product. This product is not intended to be used by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and / or knowledge. There is a risk of drowning.
Customised safety instructions

Do not use the product during bad weather forecasts, high waves, strong tidal changes, thunderstorms, high water or flooding. Consult a weather report.

Offshore and strong gusts of wind can drive you out onto the open water.

Should you use the product outside of designated bathing areas, it is urgent to do so only in the company of another person who can come to your aid in an emergency.

Paddling in larger groups increases safety. Be sure to inform people who have stayed ashore when you set off on a paddling trip.

Do not use the product in situations where other people could be injured.

Always be aware of your surroundings in terms of swimmers, divers, rocks, whirlpools, flotsam, rapids, locks, water gates, moorings, cable waves and other hazards. Do not get too close to boats or other watercraft.

For safety reasons, always stay within protected shore zones (maximum distance from shore or beach: 150 metres).

Wear clothing appropriate to the current weather and water conditions. The use of a wetsuit protects against hypothermia in lower temperatures. Consider wearing a helmet. In sunny weather, provide adequate UV protection (lotion, sun hat or similar).

Uneven shifting of the load affects the stability, balance and behaviour of the product. This can cause the board to tip over. Make sure that your weight is evenly distributed on the board when paddling.

Any shifting of the load or people on board will affect the balance, equilibrium and behaviour of the board. After loading, always check the stability before moving away from the shore.

The use of a leash is highly recommended to prevent the board from drifting away from you if you fall into the water.

Attach the safety line both to itself and to the eyelet (D-ring) provided on the board. See figure 1F-3F for details. The leash must be attached below the back of your knee. See also figure 1D, 2D.

If you use the safety line and lose control of the board, you could be thrown against the board. Therefore, make sure that the safety line does not wrap around your body or feet. The leash, which is included in the product scope, is made of a stretchable stretch material and thus offers the best possible comfort and safety.

Do not use the product if you are under the influence of alcohol, medication or drugs.
Product-specific safety instructions

When setting up and inflating, check the surroundings and make sure that the board (especially when inflated) does not come into contact with stones, gravel, sharp objects or broken glass lying around. Further damage can also occur if the board drags over rough surfaces. Always carry the board with enough distance to the ground.

Under no circumstances should the product come into contact with hot or dangerous objects, chemicals or corrosive liquids.

Do not take sharp or pointed objects onto the board. Take care that the product does not come into contact with fire and hot objects (such as glowing cigarettes or ashes).

⚠️ WARNING If this still happens, check the product thoroughly for leaks or other damage.

Only supplied or suitable pump adapters may be used on this product. Otherwise, there is a risk of damaging the safety valve.

The board should never be inflated or folded at temperatures below 15 °C. Inflatable products are highly sensitive to cold and could become brittle.

The product is not suitable to be inflated with a compressor.

The product should have a pressure between 0.8 bar (12 psi) and a maximum of 1 bar (15 psi) when inflated. Make sure that the valves are properly closed.

Exposure to sunlight can cause the air pressure to increase. On sunny days, check the air pressure regularly by connecting the pump. The air pressure must be adjusted by releasing air if it exceeds the above values. Close the valves carefully after the adjustment.

The product should not be exposed to the sun for a long time. Storage in the shade is recommended.

If the pressure in the board rises above 1 bar (15 psi), there is a risk of the seams tearing.

If you do not use the product for a longer period of time, e.g., in winter, store it slightly inflated and frost-free.

Always remember that the lowest point of the board is the US fin. In shallow waters, always make sure you keep enough distance from the bottom.
Pictograms

Observe the pictograms attached to the product before using it. Failure to do so may result in injury and/or damage to property.

- General warning
- General prohibition
- No protection against drowning!
- Read the instructions!
- Do not use in offshore wind!
- Do not use in offshore currents!
Stand-Up Paddle Manual

- No children's toys
- Number of users: 1 adult, 0 Children
- For swimmers only
- Maximum utilisation: 150 kg
- Maximum load: max. 150 kg
- Maximum pressure: 1 bar, 15 psi
- Maximum distance from shore: 150 m
- Inflate both air chambers completely!
- Do not use in high waves!
- Not suitable for white water!
Scope of delivery
- Inflatable STAND-UP PADDLE BOARD
- Backpack with padding and hip belt
- Pump with double stroke system
- Adjustable length (approx. 167-207cm) SUP paddle (3-piece)
- US fin (screw fixation)
- Leash (safety line)
- Repair set

Additional accessories available at www.Kirstein.de:

- **SUP kayak seat and footrest** (article no. 00075177)
  The additional D-rings and loops make the SUP board compatible with the kayak seat and footrest.

- **Extra paddle blade** (article no. 00075179)
  You can combine this paddle blade with the paddle supplied and thus use the SUP paddle as a kayak paddle with two blade sides. You can find the assembly under the subitem "Paddle assembly".
Before first use

We recommend that you attend a course or training at a certified water sports school before using it for the first time. Alternatively, you can get instruction from a competent SUP athlete.

Before going out on the water, all parts of the product should be checked for damage such as holes, cracks or other damage.

Do not use the product under any circumstances if it is damaged.

Check the air pressure using the pump. Check that the valves are tightly closed and that the valve cap is fitted so that no foreign bodies can enter. Always keep an eye on whether the board is losing pressure.

The SUP should never be left unattended near or on the water. Current or wind can suddenly wash the product away so that a swimmer can no longer reach it.

1. roll out the board

Use a clean level with enough space to unpack the product.

Remove the packaging material and check that all parts are present and undamaged.

Before rolling out, check that there are no glowing coals, cigarette butts or sharp objects such as gravel, broken glass, splinters or flotsam on the floor.

There are two side fins on the board which are protected with plastic foam covers (so-called fin protection rings). Remove these covers.

**NOTE** Store these fin protection rings. These are needed to protect the side fins when rolling up the board after use.

2. inflate the board

The air pump supplied should be used for inflation. Otherwise, you can also purchase foot pumps or piston pumps with pressure gauges from a specialist dealer. Make sure you use the correct attachment.

**NOTE** The valves should only be used for filling or releasing air. There is a risk of external material entering.

Always keep the valve itself and the area around it dry and clean. If the board is used in salt water, clean the valve thoroughly with fresh water afterwards and remove any dirt, sand or other contamination.

**The valves should only be used when inflating or deflating the board. When storing the board, the valves should be closed.**
Pump preparation

Electric pumps (not included) specifically designed for SUP boards can also be used for inflation. Make sure not to exceed 1 bar (15 psi) and additionally consult the instructions of this pump for details.

Screw the thread on the end of the hose (this is marked INF) onto the matching counterpart on the air pump.

The air pump should be used in double stroke mode to start with. Set the front lever to the right position. As soon as pumping becomes too strenuous, switch the air pump to single stroke; to do this, switch the lever of the air pump to vertical. Now you can continue pumping with much less effort.

Always check the pressure via the pressure gauge. Inflate the board with the air pump to a recommended pressure of 1 bar (15 psi).

Observe the following sequence when inflating:

1. The air chambers each have a numbered valve. Inflate the chamber with valve number 1 first.
2. As shown in figure 1A, first dismantle the valve cap from valve no. 1 and then turn the valve head clockwise until it comes out the top.
3. Now follow the instructions in figure 4A. After removing the valve cap from valve no. 2, turn the valve head anticlockwise and press it down at the same time. Both valves have now been prepared for inflation.
4. Now attach the air pump hose to valve 1 and fasten it by turning it clockwise (figure 2A). Make sure that the hose adapter is screwed in all the way. You can now start inflating.
5. Once the air pressure is 1 bar (15 psi) at air chamber 1, remove the air pump hose by turning it anticlockwise (figure 3A). Then carefully close the valve cap.
6. The valve head of valve 2 must now be prepared for inflation. As in figure 1A, the valve head must be turned clockwise until it comes out. Now repeat steps 4 and 5.
7. Make sure that both valve caps are tightly closed.
Mounting the US fin

The first thing to do is to insert the metal plate into the fin box. Place the metal plate in the slot provided in the fin box. Now softly push the metal plate in.

**NOTE** You can screw the screw into the metal plate with a few turns to better slide the plate along the slot.

Insert the rear part of the US fin into the fin box and slide it backwards (figure 1B). Drop the front part of the US fin into the fin box and push the US fin forward until the hole in the fin (A) is over the hole in the metal plate (B). Push the screw through the hole in the fin and screw it tight at the metal plate (figure 2B). The fin is now ready to launch.

Always make sure that the fins are pointing in your direction when carrying the board. Be especially careful in windy weather so that you do not hurt anyone with the board.

Assemble paddle

Unpack the product completely.
The set consists of 3 parts and is assembled in the following constellation:

**NOTE** Open the locking lever of the extension pole and push the paddle pole in there.

The separately available double paddle (can be ordered optionally from Kirstein.de, Article: 00075179) differs in assembly only in the paddle blade attachment.

Now insert the paddle blade into the opening provided in the extension pole. Press down the locking pin and then insert the rods into each other.

**NOTE** After the extension pole has engaged with an audible click, adjust the pad length to your needs and close the locking lever again.

The individual adjustment of the paddle length is explained in detail in the section "Adjusting the paddle length".
Use and application of board, paddle and accessories

Adjust paddle length

Open the locking lever on your paddle. Stand upright and position the paddle blade close to your right foot (See figure 1C). Assume a straight posture and push the extension up until your right arm is fully extended. Your palm should rest loosely on the pommel horizontally and you should be able to grip the end of the paddle comfortably without having to stretch or stand on your toes. Now close the locking lever with your left hand. Your paddle is now correctly adjusted to you as the paddler. Please make sure that other persons adjust the paddle to their height as explained above.

⚠️ WARNING Pay attention to the "stop" mark. The paddle pole must never be pulled beyond this mark, otherwise stability is not guaranteed when paddling and there is a risk of the pole breaking.

Use on the water

⚠️ NOTE Always take care not to injure another person. When transporting and carrying in windy conditions or high density of people, you should take extra care. Always hold/carry the board so that the fins are always pointing towards your body.

⚠️ NOTE The board can be used standing up or sitting down. If you want to use the product in sitting mode (similar to a kayak), the seat with footrest and the suitable paddle are optionally available at www.Kirstein.de.

Use while standing:

The leash must **always** be put on as a safety measure. The leash should be attached just below the knee, see also figure 1D and 2D. In the event of an emergency, stay on the board. Failure to do so may result in drowning.
Be sure to memorise the international distress signal to be able to draw attention to yourself in such situations. See also figure 1E: Extend your arms and raise and lower them explicitly and slowly. If the situation allows it, you should perform the movement while standing; if this is too risky, kneel or sit on the board.

The line must be attached as follows:

1. Thread the loop through the rear D-ring (figure 1F)
2. The burdock must now be pulled through the loop (figure 2F)
3. Now pull the burr all the way through until the line tightens on the D ring (figure 3F).

Use in sitting position:

Use in a sitting position is only possible with separately available items. The seat with footrest and the paddle in the kayak version can be found at www.Kirstein.de.

Attach footrest

The entire assembly should be done in the inflated state. To do this, insert the tube of the footrest into one of the loops. Push the tube through this loop until you can thread the other end of the tube into the opposite loop. Finally, the footrest should be attached as shown in figure 1G.

Attach seat

To attach the seat, the 4 straps must be attached using the hooks. Make sure that the 2 upper straps are attached to the rear and the 2 lower straps are attached to the front.
The optimal use of the seat function depends mainly on the correct posture. Sit down in the seat and use the adjustable straps to adjust the backrest so that you sit up straight. Position your feet centrally on the footrest (figure 2G) and bend your knees slightly.

Climbing onto the board

To practise rising, you should stand in the water up to your knees. Find a safe place in the water. Check the surroundings for stones and dangerous objects that could possibly injure you if you fall. Now follow the steps described in figure 1H.

For the first attempts it is recommended to pause after step 3. Try to develop a balance feeling on your knees. If necessary, practise paddling in the knee position.

Correct paddling technique

Observe the following sequence when paddling (figure 1J):

1. Keep your upper arm extended at all times
2. Dip the paddle as far forward as possible
3. Tighten the paddle by bending your lower arm
4. At the height of your feet, the paddle is now pulled out of the water
To navigate straight ahead, this move should also be done with the paddle on the other side of the board. Depending on the strength of the individual paddle pulls, it is recommended to change the side of the paddle after about 3 repetitions on one side. To do this, grasp the paddle knob with the other hand and carry out the process exactly the other way round.

Disassembly of the product

Dismantle product

A flat surface with sufficient space should be chosen for dismantling. Observe this procedure when dismantling:

1. Dismantle the US fin:
   Disassemble the US fin by following the instructions under “Assembling the US fin”.
2. Remove all items such as carabiners, dry bag, etc. (If you have used a seat with a footrest, remove it now).
3. Open the valve caps and release the air (See figure 4A).
4. Now fold the board by starting to roll it up at the back end.
5. Dismantle the paddle and clean all individual parts thoroughly after use in salt water. Disassemble the paddle by following the instructions under “Assembling the paddle” in reverse order.

Transport

The board must not be transported on a vehicle when inflated, as this will alter the driving characteristics of the vehicle and damage the product.

Backpack

For transport or storage, stow all accessories in the rucksack that is part of the delivery. Disassemble the product as described in the chapter "Disassembling the product". Make sure that the product is rolled up completely dry and cleaned.

With the included tensioning strap, the board can be lashed together and stored more easily.

Note that the backpack has a maximum load of 25kg and should not be loaded heavier.
Storage

Store the product in a dry and dust-free place where there are no major temperature fluctuations and direct sun/UV radiation is avoided. When not in use for a longer period of time, the board should be stored flat outside the backpack, possibly filled with some air.

Keep the product out of the reach of children in a safe place.

Do not place sharp, heavy or hot objects on the board.

Do not drag or grind the product over hard or abrasive surfaces before storage.

There must be no sand, gravel (or similar) in the seam recesses or the folds of the board, which can lead to holes, abrasion or damage during storage.

Be sure to check the product for defects, cracks, wear or ageing after prolonged storage.

If the SUP board is stored rolled up for a long time in cold weather, material cracks or frost damage may occur.

Care

Aggressive cleaning agents, knives, tools, sharp or hard objects, brushes with metal or nylon bristles or coarse scouring sponges must not be used for cleaning.

Use only mild, gentle cleaning agents.

It is recommended to clean the used parts after each use. The board is most practical to clean when the valves are closed.

Remove the US fin as explained above in the chapter "Dismantling the US fin".

Place the board on a clean, dry and level surface.

The board and the US fin should now be rinsed with fresh sweet water and mild soap to free both elements from grains of sand, salt, pebbles and other dirt.

Wipe the board with a dry and soft cloth or rag. Then allow the board and fin to dry completely.

Maintenance and repair of the board:

![WARNING] Keep the repair kit (glue, solvent, etc.) out of the reach of children. All repairs must be carried out only in a well-ventilated place. Avoid inhaling toxic fumes and direct contact of the adhesive with the skin, mouth and eyes.
Repairs of the **seams** must not be carried out by gluing. Only the manufacturer of the board or a specialist workshop may carry out professional repairs to the seams. You should never repair larger holes or damage by yourself. Smaller holes can be repaired by you with the enclosed repair kit.

Be sure to check the board for pressure loss or damage such as holes or cracks before each use. If air leaks out, it may be due to a leaky or defective valve or damage to the board itself. If in doubt, contact a specialist workshop!

**Repairs to the board**

**WARNING** Before using the SUP in the water after the repair has taken place, check that the applied repair patch is airtight and seals properly. Under no circumstances should you attempt to repair larger damaged areas and holes yourself. Take the board to a professional workshop.

**NOTE** Before starting the repair, clean the area generously with clear water and wipe dry carefully with a lint-free cloth.

**Determine airtight areas**

If after using the product you notice that the board has lost an unusually large amount of air, then you should proceed as follows:

1. Pump up the board completely
2. Check the board externally for damage
3. Suspicous areas should then be wetted with soapy water
4. If soap bubbles form, the spot is leaking
5. Also check the valves by applying soapy water around the valve
6. Mark the areas

A specialist workshop should be consulted for the following points:
- Damage to seams.
- Air loss in case of scuffs or scratches from a length of 25cm.
- Larger holes.
- Existing air loss at valves, despite correct application of the item "Tighten valve".
- If the cause of the air loss cannot be clearly determined

**Tighten valve**

**WARNING** The valve key must not be used under any circumstances when the board is inflated. There is a risk of injury if this is not observed.

Open the valve cap and insert the valve key into the valve. The key should snap into place similar to the air pump hose. Now turn the key clockwise until the valve is tight again. Repeat the test with the soapy water. If bubbles appear, the valve is defective and must be replaced by a specialist workshop.
Seal holes

Only use suitable adhesive for such repairs. Repairs with unsuitable adhesive can lead to further damage. An adhesive is included in the scope of delivery. If this runs out, you can find suitable adhesives in specialist shops.

Once you have found the hole (or holes), release all the air from the board. Clean the affected area thoroughly. Dry the cleaned area. Measure and cut a repair patch large enough to cover the damaged area. It is advisable to plan the patch about 1.5 cm larger to generously cover the area around the defect.

![NOTE] Ensure that the surface around the damaged area and the repair patch is grease-free and clean.

Now apply the adhesive evenly to the surface around the damaged area and to the repair patch itself. Allow the adhesive to dry for 3-4 minutes at an ambient temperature of approx. 20-25° Celsius. Then position the repair patch on the SUP surface so that both adhesive surfaces are facing each other. Press the repair patch firmly onto the board with a hard, smooth object. Make sure you are working on a smooth surface with no creases or folds. Using a rounded object, gently brush out any bubbles, moving from the centre outwards. The adhesive must set for at least 12 h, the product must not be used during this period. After drying, some more adhesive should be applied around the edges of the repair patch. For the drying process in these areas, it is sufficient to let it dry for approx. 4 hours.

Air pump maintenance
To ensure the function and smooth running of the air pump, it is recommended to lubricate it regularly. To do this, open the cap of the air pump on the top and apply a thin layer of grease or oil to the sealed areas and lines. Please use only acid-free silicone oil.

Disposal

The outer packaging is made of environmentally friendly materials that can be disposed of at your local recycling points. You can find out how to dispose of the product at the end of its life cycle from your recycling centre or local authority.

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