



Oceans, lakes and rivers to paddleboard

Learning how to [paddle board](#) the seas, lakes and rivers is one of the sport's fun activities-so many different water systems are available to learn! Where you live or travel could affect your options right now, but there are almost always rivers and lakes nearby, no matter where you live. If you live by the sea, you will discover infinite possibilities.

While our world has been named 'Earth,' a Germanic word meaning 'the land' for at least 1,000 years, almost 70% of the earth has water! To make this simple, it is possible to break all this water into three key categories of rivers , lakes and oceans; however, if you are interested in how things are different, like a firth, fjord.

[Inflatable paddle boards](#) are one of the most fun ways to interact with any water body. We begin with the two popular bodies of water went through paddle boarders, oceans and lakes to get things started. Then we're going to move down to the rivers.

Ocean Beginner Paddleboarding

Ocean conditions can differ greatly depending on the wind, weather and tides compared to lakes. Starting in protected bays, coves, marinas or ports, in which conditions are much more stable and flat water is easy to locate, should be the start. You can also choose a peaceful day to start. Flach water paddling is open to a wide range of activities including sightseeing, exercise, yoga or just splashing with family and friends.

SUP MAINTENANCE & CARE

How to get across the Ocean

It is necessary to check the local weather conditions (rain, wind, tides, swell, etc.) leading up to your trip if you are going to surf, follow the coast or continue paddling further offshore. Although paddle boarding is always the most enjoyable on a lovely sunny day, the oceans can be impressively unpredictable. There is one explanation why there are so many references to oceans and transitions in the English language such as "water shifts." Taking the time to review the weather, you can better decide how much equipment you need and what to need.

How to get on the lakes

Lakes provide a similar experience for ocean paddle boarding, but also find the balance



much easier. You may also have discovered why because lake paddle boarding is also known as flat water paddle boarding. That's right, since their smaller size and surface area make their conditions on the lakes smoother and even more predictable. This makes the lakes an excellent place to launch paddle boarders.

There are no significant tides or waves in most lakes that can confuse you. However, strong winds will occur, so keeping an eye on the weather makes sense. It is always best to know what to expect for any outdoor activity before heading out.

SUP Security Essentials

How to river paddleboard

Rivers are another great paddleboard location. It can be intense with a swift current or white water with ocean-like conditions, or it can be flat and sluggish to create a relaxing scenic paddle like you would on a lake. The main variations a paddleboarder can take into account are the river current and the temperature. If the forecast is tested before a river paddle, seek indicators that can change its speed. Seasonal snow melting or a recent downstream rain or storm can dramatically alter a river 's current, depth and even width.

Back to your river board

The constant flow of rivers often contributes to a much different and more normal experience than the flat water. In a river you must know what is ahead and choices for boarding. Trying to go up in quick rushing is a drastically different experience from getting back on a smooth curve of the river, or even an ocean surge, where you can swim out of the rushing in calmer waters. If you fall off in the rapids, rely on your lifejacket to help you swim backwards and hold your feet afloat. You should use your legs to withstand the effect of any rocks or logs onto which you can fall. Use your rope to reach your board until you float on your back. Pull yourself up, then.

Challenges and obstacles

There are also a number of barriers that most definitely occur on rivers that you do not find in the deeper open waters of an ocean or a lake. Before you depart, take the time to find a part of the river that is fitting for your level of ability and intent. Shooting the quicks can be enjoyable, but it needs different clothing, such as a life jacket and an appropriately fitted whitewater helmet.



Paddle Board and Social Distancing with Covid 19

Finally, rivers tend to have rocky ground or waste like trees. You must be vigilant of anything that crosses the surface and all the things that are hidden below. Keep an eye on rips that disrupt the surface of the water that can suggest submerged waste as you paddle. In general, you need to be a little more vigilant when you're on the river as the current keeps you going even though you don't paddle vigorously. When you reach your boundaries, expect to fall more frequently in a more technical area. This is part of the fun and challenge of whitewater paddling!

Present Thoughts

So be sure to check the weather and prepare accordingly before going out, whether you are on the sea, lake, river, firth, fjord, freshet or any other body of water. It's always safer to be safe than sorry and if you have the right tool to accompany you on your journey it is also a lot more fun. Good paddling! Good paddling! Wherever it is.