

## Stand-Up Paddling Progression

Progression allows girls to learn the skills they need to become competent in small craft activities, including how to plan and organize their activities. Acknowledge a girl's paddling mastery and invite her to challenge herself by taking that next step!

### Sit Out

Start on your bum! Balancing a SUP can be a challenge. Get familiar with the board at your lowest altitude.

This is a good start for girls who have tandem kayaked.

### Kneel Out

With a foundation on how to operate the craft established, try getting a little higher up and challenging your balance!

### Buddy Out

Take a friend and make your trip a little longer! With little muscles built up and ready to paddle, girls can partner up and paddle out further on their SUPs.

### Single Out

When girls are stable on their crafts and able to paddle themselves for the duration of an adventure, they can graduate to operating their own craft! At this point, they may want to start standing.

### Stand Out

Now you've got the paddling skills and core stability, get on your feet and on the open water! Enjoy supping at your highest height.

### Teach Out

When you've mastered the skills of paddling, teach a friend or coach someone younger. At this stage, you can let your skills shine and build confidence in others.

### Tour Out

Paddling aficionados with adventurous spirits can travel up Sprite Creek to tour out into new territory, led by someone who knows the way.

