

# Paddleboard with your Dog

*(Simplified)*





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## *Choose the right gear*

- Invest in a sturdy paddleboard that you and your dog(s) can both fit comfortable
- Safety: dog life jacket with a handle for easy retrieval, like jacket for you, whistle, light or beacon, water bowl, dry bag
- Grab my full paddleboard gear guide [here!](#)

## *Familiarize your dog with the paddleboard*

- Place the paddleboard on solid ground at home or in your yard
- Encourage your dog to sniff, step on & explore the board with you close or on
- Use treats, a key word (I just use paddleboard) and praise to build positive association with the board

## *Practice 'Sit' & 'Stay' on the paddleboard*

- Ask your dog to sit or lay down on the board while it's stationary (in house or yard)
- Reward calm behavior with treats & affection
- Gradually increase time on and around the board

## *Introduce the paddleboard to the water*

- Start in shallow, calm water
- I recommend first on the shore before trying a dock
- Straddle the board so you can keep it steady for them to step on
- Reward with praise & treats; keep sessions short to build confidence

## *Get on the board together*

- Practice sitting on the board with your dog where you can touch the ground
- Stay by the shore and practice paddling when sitting or kneeling at first
- Reward your dog for staying calm & balanced
- Build confidence by starting slow

## *Practice Paddling in Calm Water*

- Start with short, slow paddles in calm, shallow water
- Use reassuring words and treats if needed to keep your dog relaxed
- Keep practicing until your dog is comfortable with the movement.





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## *Gradually Increase Duration and Distance*

- Paddle for longer periods and explore different areas as your dog gains confidence.
- Always keep an eye on their comfort level and take breaks as needed.
- Bring water and healthy snacks for you and your pup as you go further distances

## *Keep Safety a Priority*

- Always use a dog life jacket, even if your dog is a strong swimmer.
- Watch for signs of fatigue, overheating, or stress.
- Avoid busy waterways or rough conditions. Check your routes & conditions before going

## *Make It Fun*

- Bring toys or treats to reward your dog during the adventure
- Celebrate small wins and make each trip enjoyable for both of you
- Explore different places & even plan day trips or weekend adventures

## *Capture the Memories*

- Once your dog is a paddleboarding pro, take photos to commemorate your adventures!
- Share your paddle journey to help get more pups on boards!
- Find or start a local group to connect with other SUP pups & parents

