



**IAN 445813_
2307
Inflatable
Stand Up
Paddleboard**



F2 IAN 445813_2307 Inflatable Stand Up Paddleboard Instruction Manual

[Home](#) » [f2](#) » F2 IAN 445813_2307 Inflatable Stand Up Paddleboard Instruction Manual 

Contents

- [1 F2 IAN 445813_2307 Inflatable Stand Up Paddleboard](#)
- [2 Product Information](#)
- [3 Product Usage Instructions](#)
- [4 Package contents](#)
- [5 Technical data](#)
- [6 Safety information](#)
- [7 SYMBOLS](#)
- [8 Assembly](#)
- [9 Use](#)
- [10 Care, storage, repairs and maintenance](#)
- [11 Documents / Resources](#)
 - [11.1 References](#)
- [12 Related Posts](#)



F2 IAN 445813_2307 Inflatable Stand Up Paddleboard



Product Information

The ALLROUND-SUP Inflatable Stand Up Paddleboard is a versatile and durable board suitable for adults. It comes with a dry bag for storage and features an air chamber with a nominal operating pressure of 1.0 bar. The board has a weight capacity of up to 150 kg, making it suitable for various water activities.

Specifications:

- Board Weight Capacity: 150 kg
- Number of Adults: 1
- Number of Children: 0
- Dry Bag Volume: approx. 10 l
- Nominal Operating Pressure of Air Chamber: 1.0 bar (15 psi)
- Manufacturing Date (Month/Year): 01/2024

Product Usage Instructions

Assembly:

1. Follow the assembly steps in the specified order.
2. To disassemble the paddle, reverse the assembly steps.

Inflation:

Important Safety Note: Ensure to inflate the air chambers in the following sequence:

1. Screw the hose nut onto the pump thread.
2. Turn the valve cap counterclockwise to open the valve.
3. Attach the hose end to the air release valve.

Usage:

1. Kneel at the center of the board initially.
2. Gradually stand up from a crouching position, maintaining a slight bend in the knees and shifting weight backward.

Maintenance:

- **Cleaning:** After each use, clean the board with the valve closed.
- **Storage:** Store the board on a clean surface after cleaning.

Repair:

Valve Repair:

1. Open and remove the valve cap.
2. If bubbles form around the valve, tighten or replace it as needed.

FAQ:

- **Q: How do I properly store the inflatable paddleboard?**

A: Store the board on a clean surface after cleaning with the valve closed to prevent damage.

- **Q: What is the weight capacity of the paddleboard?**

A: The board can support up to 150 kg, suitable for one adult.



Congratulations!

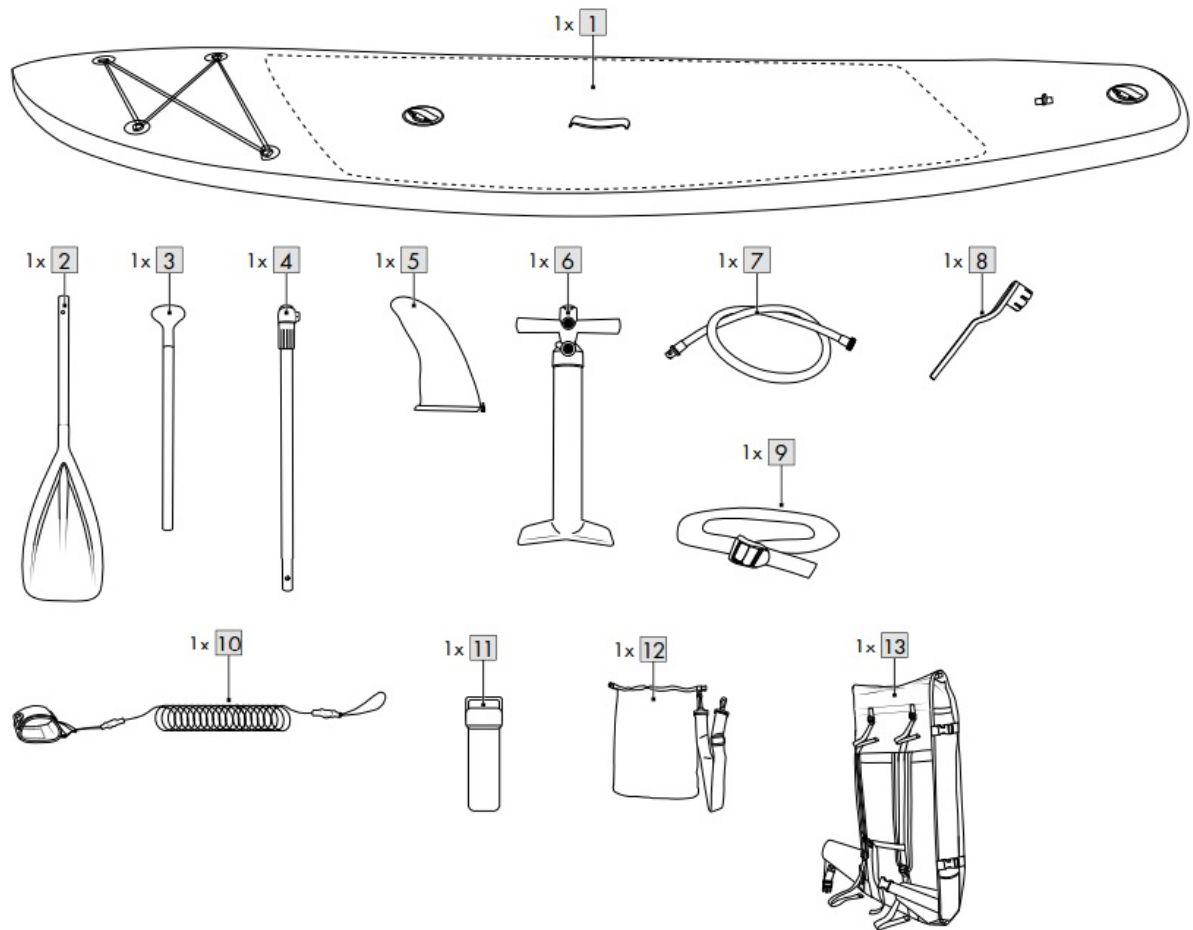
You have chosen to purchase a high-quality product. Familiarise yourself with the product before using it for the first time. Carefully read the following instructions for use.

Use the product only as described and only for the specified applications. Store these instructions for use carefully.

When passing the product on to third parties, please also hand over all accompanying documents.

The instructions for use contain important details about the product, including instructions for assembly, use and care, as well as safety regulations. There is always a risk associated with water sports; to avoid injury, or even death, it is therefore important that you have detailed knowledge about this product.

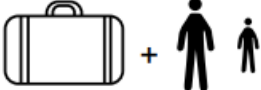
Package contents

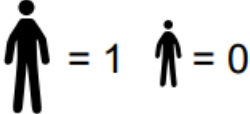
A

- 1 x board (1)
- 1 x paddle blade (2)
- 1 x paddle handle (3)
- 1 x extension pole (4)
- 1 x US fin (5)
- 1 x air pump with pressure gauge (6)
- 1 x hose (7)
- 1 x valve key (8)
- 1 x strap (9)
- 1 x leash (10)
- 1 x repair kit incl. patches and adhesive (11)
- 1 x dry bag (12)
- 1 x backpack (13)
- 1 x instructions for use


Technical data

- **Board:**

 Maximum permissible carrying capacity: 150kg


 Maximum permissible number of persons:
Adults: 1 Children: 0

- **Backpack:**

 Max. capacity: 20kg

- **Dry bag:** Volume: approx. 10l

- **Air chambers:**

 = 1 bar (15 psi) Nominal operating pressure:
1.0bar (15psi)

- **Dimensions**

SUP board (inflated): approx. 320 x 84 x 15cm (L x W x H)

- **Weight**

SUP board (deflated): approx. 10.4kg

Date of manufacture (month/year): 01/2024

Intended use

This product has been designed for personal, and recreational use. Areas of application: sheltered shore zones up to 150m – for trips in sheltered coastal waters, small bays, small lakes, narrow rivers and canals.

Do not use in winds stronger than a force of 4 and/or in waves higher than 0.3m. The product is not a swimming aid, aquatic toy or winter sport product and is only suitable for swimmers! Not suitable for children under 14 years of age.

Safety information

WARNING!

You must exercise caution and self-awareness when on the water. Never overestimate your strength and board-handling skills! Always stay close to the shore! Pay attention to the weather conditions, storm warnings and any light signals or flares!

WARNING!

Please observe the safety rules and applicable statutory regulations for lakes and open waters and, for your own safety, always wear a tested buoyancy vest.

Life-threatening hazard!

- If you are in open water in distress at sea, do not abandon the board under any circumstances! Try to draw attention to yourself from the board.
- Do not leave the board under any circumstances if one of the two air chambers is damaged during use on the water.
- Never leave children unattended with the packaging materials. There is a risk of suffocation.

Risk of injury!

- When paddling, ensure that your weight is always evenly distributed on the product.
- The inflated board and the paddle and fins are hard and can potentially cause injury.
- When transporting the product, look out for people who may be standing nearby.
- When using the paddle, look out for people in the water.
- Wear a wetsuit when paddling in cooler temperatures. There is a risk of hypothermia!
- Familiarise yourself with the body of water before paddling.
- Never paddle without an additional person nearby if you are not paddling in safe swimming areas.
- Keep a safe distance from rapids, flotsam and other obstacles.
- BEWARE OF OFFSHORE WINDS AND CURRENTS! You can be driven off-course.
- Do not use in breaking waves.
- Pay attention to the information on the rating label.
- Always comply with the local maritime navigation rules.
- Do not go paddling when the tide is turning or when waves are high.
- Do not take any sharp or pointed objects with you.
- The product should be protected from contact with potentially unsafe liquids or acids. These could cause irreparable damage.
- To avoid damage to the product, ensure that it does not come into contact with stony ground.
- Never transport the product on vehicles while the product is still inflated.
- Never leave the product unattended on the water. It will be carried away too quickly for a swimmer to be able to retrieve it.
- Before using the product, always make sure that you have the paddle with you, otherwise you will not have sufficient control over the product.
- Do not use the product if it is leaking and losing air.
- Do not make any technical modifications to the product. Modifications of any kind will impair the operability of the product and the warranty will no longer be valid.
- Never use the product under the influence of alcohol, drugs or medication.
- Never overestimate your strength; always pace yourself when paddling so that you can easily retrace the distance you have covered. Stay within shoreline safety zones of up to 150m and pay attention to changing winds and currents as these can severely hamper your ability to move forward.
- When paddling, ensure that your feet do not become ensnared in the retaining cord or the handle.
- The product can withstand a maximum load of 150kg.
- The product can carry the weight of only one person.
- Avoid stony banks, piers, shallows etc. to prevent injuries and damage.

Preventing damage to the product!

- All inflatable products are sensitive to cold. Never unfold and inflate the product at temperatures below 5°C!
- Inflate the outer air chamber of the product to a maximum operating pressure of 1.0bar (15psi).
- Inflate the inner air chamber of the product to a maximum operating pressure of 1.0bar (15psi).
- If the air pressure increases in direct sunlight, this must be rectified by releasing the corresponding amount of air. Open the valve and release some air if the pressure is higher than 1.0bar (15psi).
- Ensure that the product does not come into contact with stones, gravel or sharp objects, particularly when inflated, and do not allow it to rub or scrape against rough surfaces as this can cause damage.
- Only insert a suitable pump adapter into the safety valves. Otherwise the valves could be damaged.

- Do not use a compressor to inflate the product.
- Do not over-inflate as this can result in the seams splitting open. Ensure the valve is firmly closed after inflating.
- Avoid contact with corrosive, pointy or hazardous items, chemicals or liquids. Should this happen, check the board thoroughly for leaks or other damage.
- Keep the product away from fire and hot items (e.g. lit cigarettes).
- Check the product for damage or wear before each use. Use the product only if it is in perfect condition!

SYMBOLS

- No protection against drowning.



- First read Instructions for use.



- Do not use when there is offshore wind.



- Do not use where there are offshore currents.



- Do not use in white water.



- Do not use in breaking waves.



- Not suitable for children under 14 years of age.



- Number of users: Adults 1, children 0.



- Only for those who can swim.



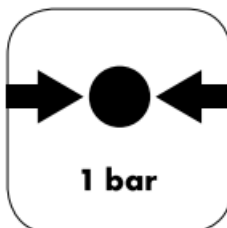
- Wear a life jacket.



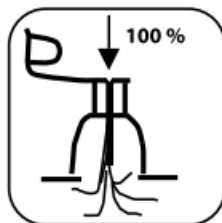
- Maximum load in kg (exact details given on each particular board).



- Permissible operating pressure.



- Inflate all air chambers fully.



Assembly

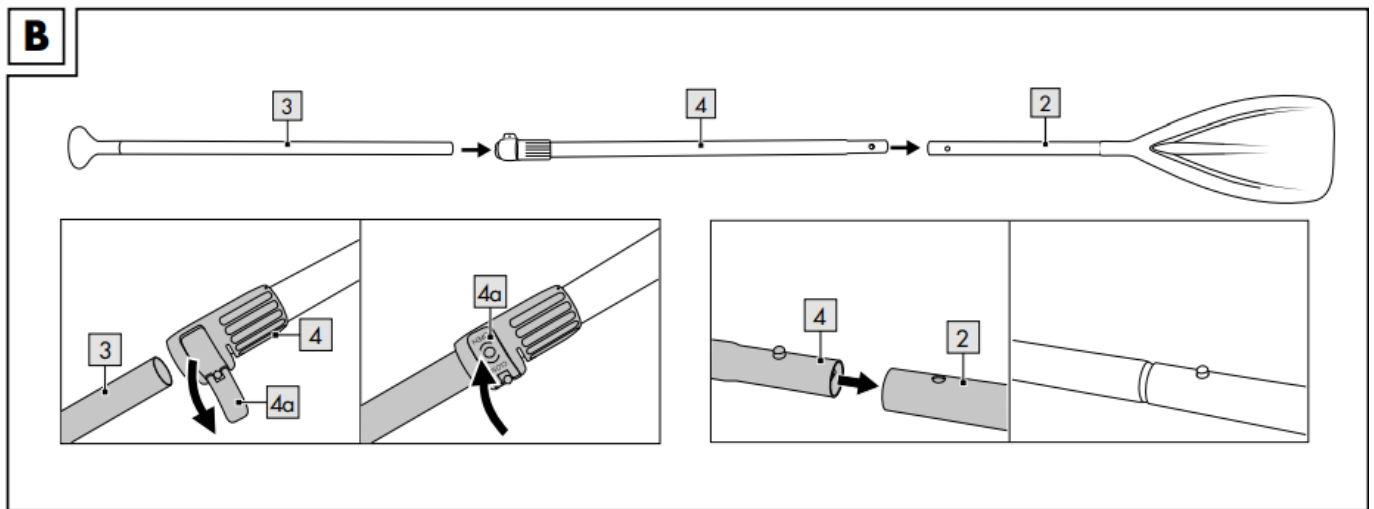
Follow the step-by-step assembly instructions in the order given.

1. Select a suitable area that is clean and smooth and has enough room to unpack and unfold the product. Make sure that all the parts are included and are in perfect condition.
2. When assembling the product for the second time, and subsequently, check for any damage, holes or tears and seal them as described further on. Once you are on the water, it is too late to repair any damage.

Watch the information video showing how to assemble the product by scanning the accompanying QR code with a suitable device.



Assembling the paddle (Fig. B)



1. Release the locking lever (4a) on the extension pole (4).
2. Insert the paddle handle (3) into the extension pole.
3. Extend the paddle handle out of the extension pole to the desired length.

Note: please refer to the section 'Adjusting the paddle length' to set the handle to the correct length.

4. Press down the locking lever on the extension pole to lock the paddle handle.

Note: if the paddle handle (3) can be moved with closed locking lever (4a), open the locking lever and turn it clockwise until it clamps the paddle sufficiently firmly in its closed state.

5. Insert the open end of the extension pole into the end of the paddle blade (2). The pin on the extension pole must click audibly into the pinhole of the paddle blade.

Disassembling the paddle

Proceed in the reverse order to disassemble the paddle.

Inflating the board

• WARNING!

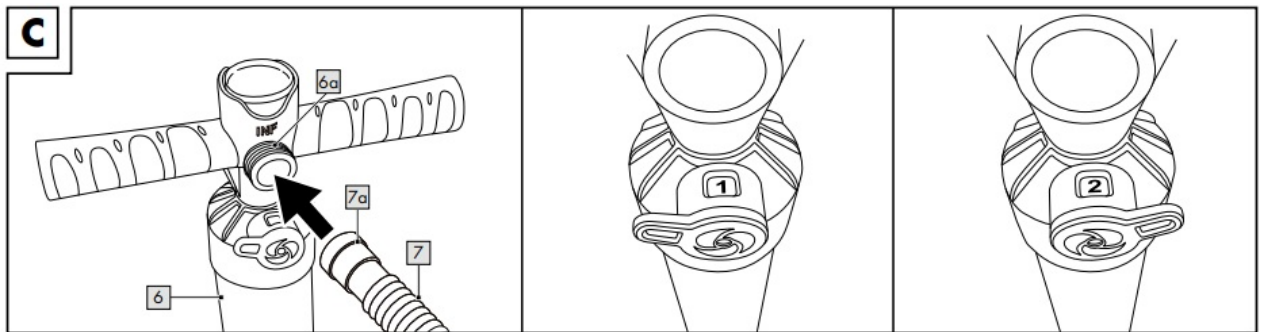
- Inflate the air chambers in the correct sequence.
- Avoid over-inflating the air chambers, otherwise you risk over-stretching the seams or even splitting them.
- Operating pressure can increase when exposed to the sun. Compensate the air pressure by releasing air

from the board.

- Use commercially available foot pumps or double-action hand pumps with the appropriate attachments and pressure gauge to inflate the product.
- Specially designed electrical pumps for SUP boards are also suitable for inflation. These pumps are pre-set at 15psi and automatically turn themselves off once this air pressure has been reached. Always check the inflated air pressure. If, contrary to expectation, the air pressure is not 15psi, re-inflate manually, or release air, until the nominal pressure has been achieved.
- Do not use a compressor or compressed air canister to inflate the product. This can lead to damage.
- Always fully inflate the board.
- Do not inflate the board near sharp or pointed objects, or on rough or stony ground.
- Always fully inflate each air chamber.

• IMPORTANT!

- Open the valve only to inflate and deflate. Otherwise, it can become contaminated.
- The area around the valve must always be clean and dry.
- Ensure that sand or other contaminants do not get into the valve.
- To achieve maximum pressure, switch from double to single action.
- Flip the lever on the air pump (6) over to alternate between double-action and single-action (Fig. C).



• Inflation sequence

Inflate the chambers in the following sequence:

1. outer air chamber 1.0bar (15psi) **1**
2. inner air chamber 1.0bar (15psi) **2**

Filling the air chambers

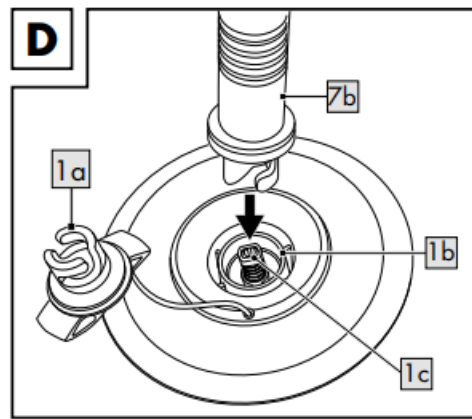
• Important!

- The optimal operating pressure for both air chambers is 1.0bar (15psi).
- The inner air chamber **1** expands after inflation and presses on the outer air chamber **2**, which can increase the operating pressure of the outer air chamber to more than 1.0bar (15psi).
- Because fluctuations may occur, check the air pressure in the outer air chamber once more after inflating the inner air chamber and adjust the operating pressure accordingly, if necessary.

1. Screw the female thread (7a) of the hose (7) onto the thread (6a) of the air pump (6) (Fig. C).

Note: ensure that you screw the hose onto the thread marked 'INF'.

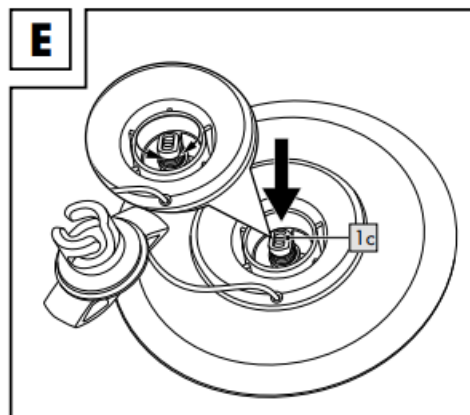
2. Twist the valve cap (1a) anticlockwise out of the valve (1b) (Fig. D).
3. Place the end of the hose (7b) onto the valve and then screw it in a clockwise direction (Fig. D).



Note: the valve pin (1c) of the outer chamber **1** must be in the closed position when doing so (Fig. E). The valve pin of the inner chamber **2** must be in the open position (Fig. D). After inflating the outer chamber, the valve pin of the inner chamber must also be set to the closed position.

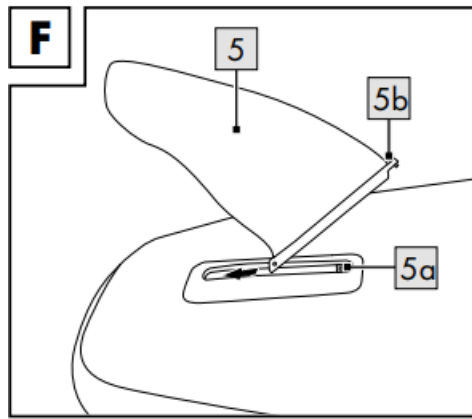
4. Inflate the outer air chamber **1** to a maximum of 1.0bar (15psi) with the air pump.
5. Stop inflating once the pressure gauge indicates 1.0bar, or 15psi.
6. Inflate the inner air chamber **2** to a maximum of 1.0bar (15psi) with the air pump.
7. Stop inflating once the pressure gauge indicates 1.0bar, or 15psi.
8. Turn the end of the hose anticlockwise to remove it from the valve, and place the valve cap onto the valve.
9. Turn the valve cap clockwise to tighten it.
10. Check the operating pressure in the outer air chamber **1** and adjust it if necessary.

Deflating (Fig. E)



1. Turn the valve cap anticlockwise.
2. Remove the valve cap.
3. Press the valve pin (1c) down and turn it 90° in any direction until it stays in position. Leave the valve pin in this position until all the air has been released.
4. After deflating, turn the valve by 90° once again. The valve pin returns to its original position.

Mounting the US fin (Fig. F)



1. Unscrew the fin plate (5a) from the screw (5b) and slide the fin plate into the fin box guide.

Note: slide the fin plate all the way forward. Make sure that the rubber ring is always on the screw. Place the pilot pin of the fin (5) in the groove as well, and slide the fin into the fin box.

2. Make sure that the hole in the fin is located exactly above the thread of the fin plate so that the fin can be fixed in place with the screw.

Note: to adjust the length, loosen the fastening screw by a few rotations. After adjusting, tighten the screw again.

Removing the US fin

Proceed in the reverse order to remove the fin.

Use

Adjusting the paddle length

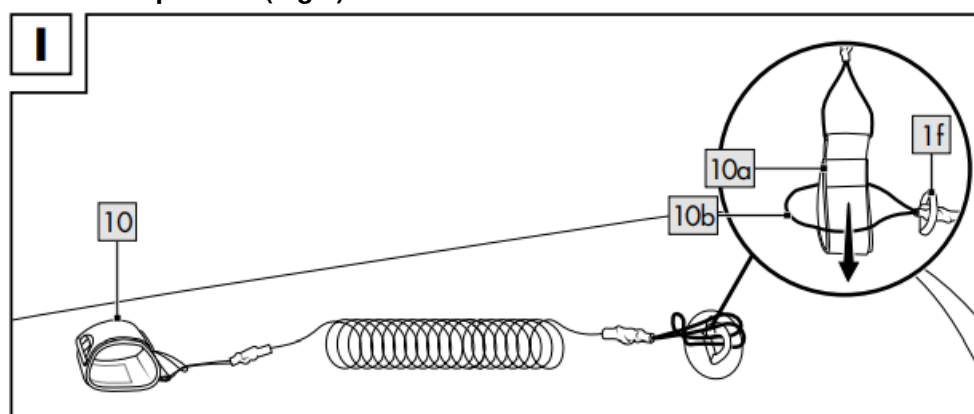
Before use, adjust the paddle length to your height. There are no universal guidelines for determining the correct length for any particular height. We recommend following this formula to determine the correct length: height + 20cm (8 inches).

You can also determine the paddle length in the following way:

1. Raise your non-dominant arm straight overhead.
2. Use your other hand to place the paddle under the raised arm.
3. Extend or shorten the paddle until it fits under the wrist of the raised arm.

Important: do not pull the paddle handle (3) out past the 'STOP' mark on the extension pole (4). Otherwise, an appropriate level of stability cannot be guaranteed.

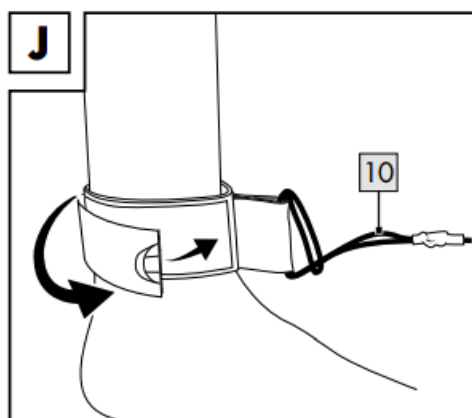
Attaching the leash to the product (Fig. I)



Attach the leash (10) to the back D-ring (1f), as shown in Figure I.

1. Pull the loop (10b) of the leash through the D-ring.
2. Pull the ankle attachment (10a) through the loop of the leash until there is a knot on the D-ring.

Using the leash (Fig. J)

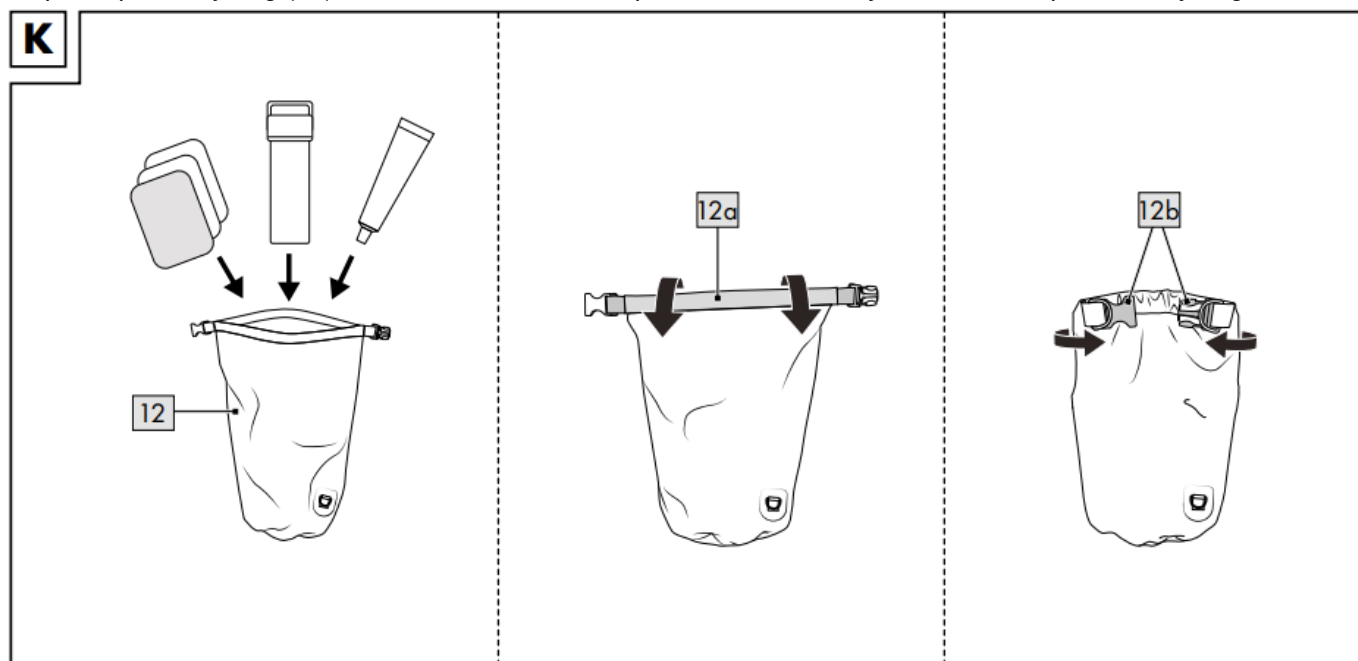


• WARNING!

- Never attach the leash (10) to your ankle when you are using the product on stretches of flowing water (e.g. water with rapids and rivers).
- Never attach the leash to your ankle in offshore winds.
- When using the product in deep water, attach the leash to your ankle as shown in Figure J.

Using the dry bag (Fig. K)

A splash-proof dry bag (12) is also included with the product. Smaller objects can be kept in the dry bag.



1. Roll up the closed top edge (12a) of the dry bag several times.
2. Close the buckle (12b) to prevent the dry bag from rolling up.

Note: the dry bag is not waterproof. Do not store sensitive objects, e.g. cameras, in the dry bag.

Using the board (Fig. L)

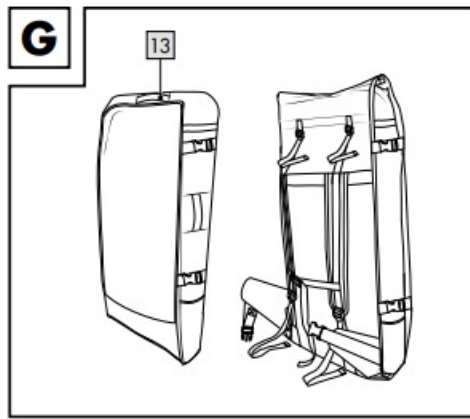


1. Kneel in the middle of the board and support yourself with your arms shoulder-width apart.
2. Lift one foot up and place it in line with your hips. Repeat the step with the other foot.
3. Slowly straighten up from the squat position. Keep your knees slightly bent and shift your weight backward.
Note: the paddle can help you keep your balance. To do this, hold it in both hands like a balancing pole as you stand up.
4. Now stand in the centre of the board with your legs about hip-width apart.
5. Grasp the handle of the paddle with one hand. Your other hand grips the handlebar. Your upper arm is extended during the paddling process.
6. Push the paddle far forward into the water directly next to the board. Your lower arm is also extended.
7. Pull the paddle towards you with your lower arm along the board, keeping your upper arm extended.
8. Pull the paddle out of the water at the height of your feet. Repeat the paddling process.

Transporting the product in the backpack

Note: the backpack is intended to be used exclusively for the transport and storage of the SUP board and its accessories.

You can store or transport the product in the backpack (13) (Fig. G). Disassemble the product in the reverse order to that shown in the 'Assembly' section. Ensure that the product is completely clean and dry.



1. Lay the board (1) on a clean, flat, dry surface.
2. Roll up the board and fasten it with the strap (9).
3. Place the board, together with all other products, into the backpack.

Care, storage, repairs and maintenance

Care

WARNING!

Do not use aggressive cleaning agents, brushes with metal or nylon bristles, or sharp or metallic objects such as knives or similar. Clean the board thoroughly with a mild detergent and dry, particularly after use in salt water and after contamination with oil. Clean the board only when the valve is closed, and after every use.

1. Remove the US fin (5) from the board (1).
2. Place the board on a clean, flat and dry surface.
3. Clean the board and fins with fresh water and mild soap in order to remove any salt crystals, grains of sand and any other minor contamination.
4. Wipe everything down with a soft, dry cloth.
5. Let the board and fins dry completely afterwards.

Storage

• WARNING!

- Mould may form on the product, particularly on the backpack, if it is not stored properly.
- Store the product in a clean, dry, well-ventilated location away from direct sunlight, where it is not exposed to major temperature fluctuations.
- When not in use for an extended period, we recommend that you disassemble the product completely and store it in the backpack provided.
- If the product will not be in use for an extended period of time, completely open the zip fastener on the backpack to ensure the product is well ventilated.
- Store the product in a secure place, out of reach of children.
- Do not place heavy or sharp objects on the product.
- After an extended storage period, check the product for wear and tear, or signs of aging.

Repairs

- **WARNING!**

- Before every use, check the board for pressure loss, holes or tears.
- If the board is leaking air, this could be due to a leaking valve, a defective valve, or a leak in the board itself.
- Under no circumstances should you attempt to repair larger damaged areas yourself.
- Minor damage can be repaired using the repair kit (11) supplied.

Valve

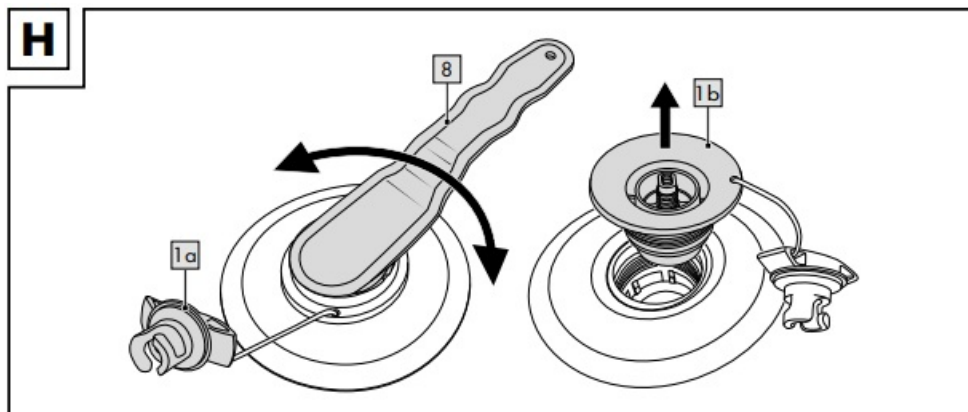
To check whether a valve is leaking or defective, proceed as follows:

1. Turn the valve cap (1a) anticlockwise and remove it from the valve (1b).
2. Ensure that there is no sand or other foreign objects in the valve.
3. Fully inflate the board (1).
4. Close the valve.
5. Rinse the area of the board around the valve with soapy water.

If bubbles form around the valve, the valve must either be tightened or replaced.

- **Tightening the valve:**

1. Turn the valve cap (1a) anticlockwise and remove it from the valve (1b).
2. Place the valve key (8) on the valve until it fully grips the valve (Fig. H).



3. Tighten the valve by turning the valve key clockwise.
4. Close the valve with the valve cap and rinse the area of the board around the valve with soapy water. If there are no more bubbles, the valve is tight.

- **Replacing the valve (Fig. H):**

If bubbles are still forming around the valve, even after you've tightened it, it will need to be replaced.

1. Turn the valve cap (1a) anticlockwise and remove it from the valve (1b).
2. Release all of the air from the board.
3. Place the valve key (8) on the valve until it fully grips the valve.
4. Turn the valve key anticlockwise until the valve can be removed from the board.
5. Remove the defective valve from the board.
6. Insert a new valve into the board.

Note: you may order a replacement valve from the customer service address provided. For optimal sealing, we recommend that you smear a little silicone grease or Vaseline around the valve.

7. Place the valve key onto the valve and tighten the valve by turning it clockwise.

8. Place the valve cover on the valve and tighten it by turning it clockwise.

Leaks

Repair leaks in the board using only a suitable adhesive. An adhesive is included in the package contents. Repairs with unsuitable adhesive can lead to further damage!

- **You can find suitable adhesives in specialist shops.**

Note: small leaks (smaller than 2mm) can also be repaired with just the adhesive by applying it directly to the leak. Larger leaks (larger than 2mm) can be repaired as follows:

1. Completely release the air from the board.
2. Thoroughly clean the area to be repaired.
3. Dry the cleaned area.
4. Cut a patch that is large enough to cover the damaged area and extends 1.5cm around it on all sides.
5. Apply the adhesive to the leak and to the patch itself. Let the adhesive dry for approx. 2–4 minutes.
6. Firmly press the patch onto the leak with a soft object. Be sure to work on an even surface without any creases or folds. Using a rounded object, gently remove any air bubbles, moving outwards from the centre.
7. Let the adhesive dry for at least 12 hours after the repair.
8. After the drying process is complete, add more adhesive to the edges of the patch.
9. Let the adhesive dry for approx. 4 hours.

Important: before taking the board into the water after repairing it, test the repaired area to check that it is sealed. Under no circumstances should you attempt to repair very large damaged areas yourself. Take the board to a specialist repair shop.

Maintenance

Check regularly that the pump is well lubricated before and during operation. In order to lubricate it, open the upper cover and apply a thin coat of oil or grease to the seals and the cable.

Disposal

Dispose of the product and packaging materials in accordance with current local regulations. Store the packaging materials (foil bags, for example) out of the reach of children. For further information about disposal of the product no longer needed, contact your local council. Dispose of the product and the packaging in an environmentally friendly manner.

The Recycling Code distinguishes different materials to be returned for recycling. The Code consists of the recycling symbol for the recycling process and a number that identifies the material.

Service handling

IAN: 445813_2307

Service Great Britain

Tel.: 0800 404 7657

E-Mail: deltasport@lidl.co.uk

Service Ireland

Tel.: 1800 101010

E-Mail: deltasport@lidl.ie

DELTA-SPORT HANDELSKONTOR GMBH

Wragekamp 6 • 22397 Hamburg

GERMANY

Country of origin: China

Produced under license of F2

www.f2.com


Country of origin: China

Produced under license of Mistral®

www.mistral.com

WARNING! Pay attention to the symbols marked on the product before using it.

Documents / Resources

	<p>F2 IAN 445813_2307 Inflatable Stand Up Paddleboard [pdf] Instruction Manual IAN 445813_2307 Inflatable Stand Up Paddleboard, IAN 445813_2307, Inflatable Stand Up Paddleboard, Stand Up Paddleboard, Paddleboard</p>
---	---

References

- [M Mistral - People of the Oceans | Official Online Shop](#)
- [User Manual](#)

Manuals+. [Privacy Policy](#)

This website is an independent publication and is neither affiliated with nor endorsed by any of the trademark owners. The "Bluetooth®" word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. The "Wi-Fi®" word mark and logos are registered trademarks owned by the Wi-Fi Alliance. Any use of these marks on this website does not imply any affiliation with or endorsement.