



F2 Inflatable Stand Up Paddle Board User Manual

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F2 Inflatable Stand Up Paddle Board



CONGRATULATIONS ON YOUR F2 SUP!

With your purchase you have chosen a high-quality article. Familiarize yourself with the article before the first use. Please read the following instructions for use carefully.

Use the article only as described and for the specified applications.

Please also hand out these instructions when passing on the article to third parties. It contains important details about the article, its construction, operation and care as well as safety rules. Since water sports always involve risks, precise knowledge of the article prevents possible personal injury or even death.

ATTENTION!

Please keep the operating instructions!

SCOPE OF DELIVERY

- 1 x SUP
- 1 x Paddle
- 1 x Fin
- 1 x Air pump with pressure gauge
- 1 x Repair set
- 1 x Backpack
- 1 x Operating instructions

ATTENTION!

This SUP is no swimming aid, no water toy, no winter sports article and exclusively suitable for swimmers!

TECHNICAL DATA

Pressure: Maximum 1 Bar (15psi)

ACCORDING TO REGULATIONS USE

This SUP was developed for private use in the leisure sector.

Inflate the SUP to a filling pressure of 0.7 bar (10 psi) to a maximum of 1 bar (15 psi).

Range of use: Protected shore areas up to 150 m – for cruising in protected coastal waters, small bays, on small lakes, narrow rivers and canals.

Do not use in winds greater than 10 knots and/or with wave heights greater than 0.5 m.

ATTENTION!

Never transport the SUP in an inflated state on vehicles!

Do not expose the SUP to direct sunlight or frost, the SUP may warp!

SYMBOLS USED

Notice the symbols attached to the product before using the SUP.



General warning sign



General prohibition sign



General mandatory sign



Read instructions for use first



Number of users: 1 adult 0 children



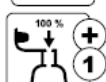
Not for children under 14 years



No protection against drowning



Permissible operating pressure



Fill all air chambers completely



Safe distance to the shore



Do not use in breaking waves



Do not use in offshore wind



Do not use in white water



do not use in offshore currents

SAFETY INSTRUCTIONS

ATTENTION!

Your prudence and self-assessment on the water is extremely important. Never overestimate your strength and steering skills! Always stay close to the shore!

- Pay attention to the weather conditions, severe weather warnings or possible light signals!
- Please always observe the safety rules and the applicable legal regulations for lakes and open waters!
- Wear a certified life jacket when you are on the water with the item.
 - Notice the information on the type plate.
 - When paddling, make sure that the weight is always evenly balanced on the SUP.
 - The inflated SUP, the paddle and the fins are hard and may cause injury.
 - Pay attention to bystanders when transporting the SUP.
 - Pay attention to other people in the water when using the paddle.
 - Wear a wetsuit when paddling in cooler temperatures.
 - Familiarize yourself with the water before paddling.
 - Make sure that someone on shore is informed about your tour and its conditions.
 - It is recommended to use a life jacket or other life buoyancy aid.
 - Pay attention to your water balance; carry a water bottle with you! You can attach a bag (or a cool bag) under the transport straps.
 - Store your cell phone in a waterproof protective cover and carry an emergency whistle on your body and a flashlight on the board.
 - Keep away from rapids, flotsam and other obstacles.
 - Never use the SUP in offshore winds (wind blowing from land towards water) or in offshore currents (current carrying away from shore), you could drift!
 - Always follow the local shipping regulations.
 - Do not paddle when the tide changes or the waves are high.
 - Never leave the SUP unattended on the water. It will drift away faster than it can be reached by swimming.
 - Always make sure you have a paddle with you before using it, otherwise you will not be able to manoeuvre sufficiently.
 - Note that the SUP consists of a single air chamber (except two-chamber SUPs). If this is damaged, the SUP loses its loadbearing capacity.
Do not use the SUP if it leaks and loses air.
 - Never use the SUP under the influence of alcohol, drugs or medication.
 - Never overestimate your strength and divide your muscle power when paddling in such a way that the distance covered can be paddled back again without difficulty.

AVOIDANCE OF MATERIAL DAMAGE

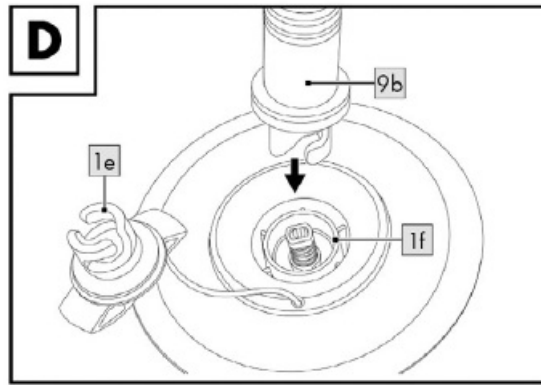
- Do not carry sharp or pointed objects.
- Protect the SUP from contact with questionable liquids or acids. This can cause irreparable damage.
- Protect the SUP from heat and fire! Be careful with glowing cigarettes.
- Make sure that you do not touch stony surfaces to avoid damaging the SUP.
- Do not make any technical changes to the SUP. Changes of any kind endanger the driving operation and lead to the expiration of the warranty.

- All inflatable articles are sensitive to cold. Therefore never unfold and inflate the article below a temperature of 15° C (59° F)!
- If the air pressure increases in the blazing sun, it must be compensated by deflating the air accordingly. Open the valve and release some air if the pressure is above 1 bar (15 psi). Close the valve tightly afterwards.
- Only insert suitable pump adapters into the safety valves. Otherwise the valves could be damaged.
- Do not inflate too hard, otherwise there is a risk of the weld seams tearing open.
- Do not use a compressor or compressed air bottle to inflate the SUP. This can cause damage.
- Rinse the SUP with fresh water after use to prevent damage to the salt crystals.
- Only roll up the SUP when it's completely dry.

CONSTRUCTION

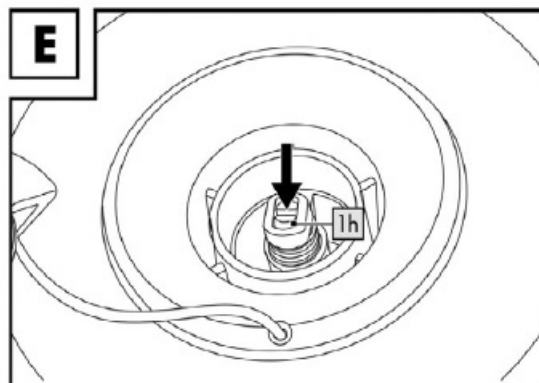
Please follow the individual steps of the assembly in the order given.

1. Choose a smooth and clean surface with enough space to unpack and unfold the SUP.
2. Make sure that all parts are present and in perfect condition.
3. Starting with the second setup, inspect the SUP for any damage, holes or cracks and seal them as described later. Once you are on the water, any damage cannot be repaired.
4. Inflate the SUP. The recommended operating pressure is 1 bar (15 psi).
5. To inflate the SUP, use commercially available foot pumps or double-stroke piston pumps with appropriate attachments and pressure gauges.
6. Always inflate the SUP completely.
7. Do not pump up the SUP near sharp or pointed objects or on rough or pebbly surfaces.
8. Only open the valve to inflate and deflate.
Otherwise it can become contaminated, make sure that no sand or similar gets into the valve.
9. The area around the valve must always be dry and clean.
10. To reach the maximum pressure, you can switch from double to single action. Flip the lever to switch between double action and single action.
11. Screw the nut thread of the hose onto the thread of the air pump.
12. Note: Be sure to turn the hose to the thread marked „IN“.
13. Turn the valve cap counterclockwise out of the valve.
14. Plug and screw the end of the hose onto the valve clockwise. Note: The valve pin must be in the closed position.
15. Use the air pump to pump a maximum of 1 bar (15 psi) into the SUP.
16. Turn the end of the hose counterclockwise out of the valve and place the valve cap on the valve.
17. Tighten the valve cap clockwise.



Deflate air

- 1. Turn the valve cover counterclockwise.
- 1. Remove the valve cover and press down the valve pin.
- 1. Note: When you release the valve pin, it will return to its original position and the air will not escape any further.
- 1. Press the valve pin down and turn it clockwise until it remains in its position.
The air now escapes completely.
- 1. When the air leak is complete, turn the valve pin counterclockwise. The valve pin returns to its original position.



ATTENTION!

Never disassemble the valve completely when the board is under air pressure: DANGER OF INJURY!

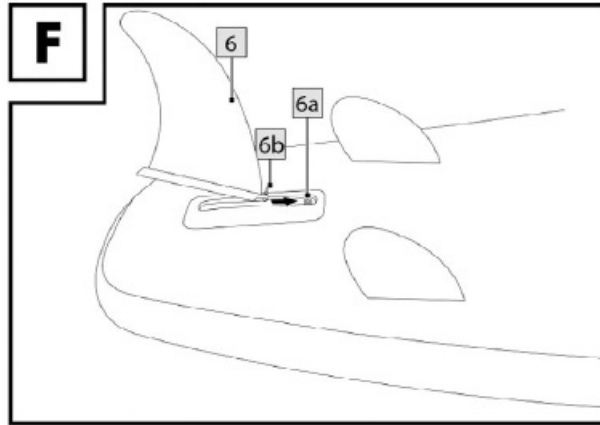
Mount US fin ...

Before you start, make sure that the fin box slot is clean and free of sand and dirt!

1. Unscrew the fin plate from the screw and push it into the slot of the fin box. Note:
Push the fin plate completely forward towards the nose.
2. Insert the small metal slot pins of the fin into the recess and push the fin into the fin box towards the tail.
3. The two plastic pins rest then on the fin box.
4. Make sure that the hole of the fin is exactly over the thread of the platelet, fix the fin with the screw through the hole into the platelet. Note: For longitudinal adjustment loosen the fixing screw by a few turns.
5. Retighten the screw.

Note: The tip of the fin points towards the tail of the SUP.

To disassemble the fin, run the assembly steps in reverse order.

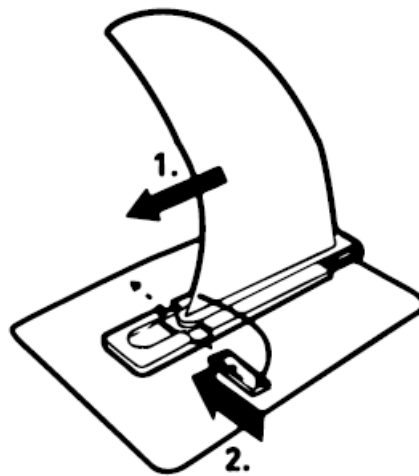


or mount the **SLOT** fin

Before you start, make sure that the fin box slot is clean and free of sand and dirt!

1. Pull the pen sideways out of the fin slot while pressing on it.
2. Slide the fin into the slot so that the recess in the fin matches the recess in the fin slot.
3. Push the pin through the small slot until you hear it click into place.
4. Make sure that the pin is firmly fixed to the fin with the cord, otherwise it can be lost.

To disassemble the fin, run the assembly steps in reverse order.



Mounting the seat

(If included in delivery)

1. Fix the upholstered seat and backrest surface by attaching the two continuously adjustable straps to the D-rings with the respective snap hooks.
2. Adjust the straps optimally for you.

Mount paddle

1. Release the locking lever from the extension bar.
2. Insert the paddle handle into the extension rod.
3. Pull the paddle handle out of the extension rod to the desired length. Note: To adjust the correct length please

refer to the section „Adjusting the paddle length“.

4. Press the locking lever on the extension bar to clamp the paddle handle.
5. Insert the open end of the extension rod into the end of the paddle blade. The pin of the extension rod must audibly engage in the pin bore of the paddle shaft.

To disassemble the paddle, run the assembly steps in reverse order.

Adjust paddle length

1. Before using the SUP, adjust the paddle length to your height. There are no global defaults, which length is the right one for which body size. We recommend using the formula to determine the correct length: body height + 10 – 15 cm.

You can also determine the paddle length as follows:

1. Extend the non-dominant arm upwards.
2. With the other hand, place the paddle under the extended arm.
3. Lengthen or shorten the paddle until it fits under the wrist of the outstretched arm.

Important: Do not pull the paddle shaft out of the paddle handle further than the „STOP“ mark. Otherwise sufficient stability cannot be guaranteed.

USE LEASH

(If included in delivery)

When using the SUP in deep water, attach the Leash to the ankle.

Never attach the Leash to your ankle when using the SUP on flowing water (e.g. rapids and rivers).

Never attach the leash to your ankle in offshore winds.

Do not attach the leash to your wrist!

Note: There is no leash on the board as standard.

However, it is recommended to use one so that the board can be retrieved safely. <https://shop.f2.com>

CARRYING THE SUP

Carry the inflated SUP by the handle in the middle, sideways under the arm.

ATTENTION!

Make sure that the fins point in the direction of your body so that you do not hurt anyone.

In windy conditions there is a risk that the SUP will twist, be blown away or cause you to stumble!

CARRY THE SUP IN YOUR BACKPACK

For transport or storage you can (and should) put all items in a backpack.

1. Dismantle the SUP as described in the section „Setup“ in reverse order.
2. Make sure that the SUP is completely clean and dry.
3. Place the SUP on a clean, level and dry surface.
4. Roll the SUP towards the valve(!) and secure it with the strap.
5. Carefully stow the SUP together with all other items in the backpack.

6. Be careful that the items and the SUP in the backpack do not get caught or torn.



CARE

Do not use aggressive cleaning agents, brushes with metal or nylon bristles, or sharp or metallic objects such as knives or similar. Use only mild detergent. Clean the SUP only with the valve closed and after each use.

1. Remove the fins from the SUP.
2. Place the SUP on a clean, dry and level surface.
3. Rinse the SUP and fins with fresh fresh water and a little mild neutral cleaner (or extra dinghy/SUP cleaner) to remove salt crystals, grains of sand and other minute debris.
4. Wipe everything dry with a dry and soft cloth.
5. Then let the SUP and fins dry completely

PADDLE PROPERLY

The basically correct stand is in the middle of the SUP, or the feet to the left and right of the handle. Depending on your preference or water conditions you can vary your stand.

ATTENTION!

When launching and in shallow waters you should kneel on the board. This provides more stability and minimizes the risk of injury!

The paddle blade has a slight forward bend.

Since the paddle is generally held at an angle to the front, this bend provides a larger contact surface in the water on the paddle blade and thus more propulsion.

Accelerate: Pull the paddle from the nose past the SUP to the tail. Change sides again and again to get a straight line.

Braking: Guide the paddle exactly the opposite way, i.e. from back to front. This requires body tension to keep your balance. This way even tight turns are controlled.

STORAGE

ATTENTION!

There is a risk of mold growth if the SUP is not stored properly.

- Store the SUP in a clean, well ventilated and dry place without direct sunlight, where it is not exposed to major temperature fluctuations.
- If the SUP is not used for a longer period of time, we advise to completely disassemble it and store it in the backpack provided.
- Store the SUP out of the reach of children and securely closed.
- Do not place any heavy or sharp-edged objects on the SUP.
- Check the SUP after a long period of storage for signs of wear and/or aging.

REPAIR

Check the SUP for pressure loss, holes or cracks before each use. If the SUP loses air, it may be due to a leak in the valve, a defective valve or a leak in the SUP. Minor damage can be repaired with the repair patch provided.

Leakage

Repair leaks on the SUP only with suitable adhesive. Repairs with unsuitable adhesives can lead to further damage! Note: You can also repair small spots (smaller than 2 mm) only with the adhesive by sticking the adhesive directly onto the spot. For larger leaks (larger than 2 mm) proceed as follows:

1. Let the air out of the SUP completely.
2. Clean the area to be repaired thoroughly.
 1. Dry the cleaned area.
 2. Take one of the patches and cut a piece that covers the damaged area and extends 1.5 cm on all sides.
3. Apply the adhesive to both the leaking area and the cut-out patches.
4. Allow the adhesive to dry for about 2 – 4 minutes.
5. Press the patch with a soft object firmly onto the leakage. Make sure that you work on a flat surface without creases or folds.
6. Gently remove any air bubbles with a rounded object from the inside outwards.
7. Leave the adhesive to dry for at least 12 hours after the repair, preferably weighted down with additional weight.
8. After drying, apply adhesive to the edges of the patch.
9. Let the adhesive dry for about 4 hours.

If the glued area still leaks, repeat the process.

Remove all adhesive residues complete beforehand!

Possible reasons for the leaking repair could be: Too much glue, glue was still liquid when the pad was glued or pad too small.

ATTENTION!

Before you go into the water with the SUP after the repair, check the repaired area for sealing.

In case of major damage, you should never do repairs yourself. Take the SUP to a specialist workshop for repair!

Valve Check

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

1. Turn the valve cover counterclockwise and remove it from the valve.
2. Make sure that there is no sand or other foreign matter in the valve.
3. Inflate the SUP completely.
4. Close the valve.

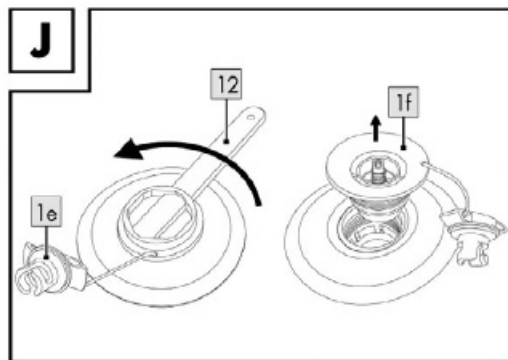
5. Rinse the SUP around the valve with mild soapy water. If bubbles form around the valve, the valve must be tightened or replaced.

Tighten valve

ATTENTION!

From time to time it may be necessary to retighten the valve so that no air can escape!

1. Turn the valve cover counterclockwise and remove it from the valve.
2. Place the valve key on the valve until it completely grips the valve.
3. Turn the valve key clockwise to tighten the valve.
4. Close the valve with the valve cap and rinse the SUP around the valve with soapy water. If there are no more bubbles, the valve is tight.



Replace valve

If bubbles still form around the valve despite tightening the valve, it must be replaced.

1. Let the air out of the SUP completely.
2. Turn the valve cover counterclockwise and remove it from the valve.
3. Place the valve key on the valve until it completely grips the valve.
4. Turn the valve key counterclockwise until the valve can be unscrewed from the SUP.
5. Remove the defective valve from the SUP.
6. Insert a new valve into the SUP.
7. Place the valve key on the valve and turn the valve clockwise to tighten it.
8. Place the valve cover on the valve and turn it clockwise to tighten.

Note: You can obtain a replacement valve from the service address given. For a better sealing we recommend to use some silicone grease or vaseline to lubricate the valve.

MAINTENANCE

Check regularly that the pump is well lubricated before and during operation. To lubricate, open the top cover and apply a thin layer of grease to the seals and the pipe.

NOTES

Dispose of the SUP and packaging materials according to current local regulations.

Dispose of the SUP and packaging in an environmentally friendly manner. The recycling code is used to mark

various materials for return to the recycling cycle. The code consists of the recycling symbol and a number that identifies the material.

Packaging materials such as foil bags do not belong in children's hands, there is a danger of suffocation! However, large cardboard boxes are later on super playgrounds for small kids!

WARRANTY

ATTENTION!

Please send a receipt/invoice with a description of the damage as well as at least one descriptive picture and your respective contact details: rekla@f2.com

Within the first six months of the warranty period, you will receive a prepaid shipping label from us to return defective SUPs to us.

We cannot organize a pickup. After these six months, you will be responsible for the return shipping costs. We will take over the return shipment to you.

Here the SUP is subjected to a routine check, after which we can process the complaint further and either repair or exchange the SUP or refund the purchase price (depending on the agreement). Please note that the processing can take up to 28 days.

Refunds are only possible within the first 60 days after the beginning of the warranty.

We fully cover abnormal defects or manufacturer's defects within the first 5 years and guarantee that a professional repair will be carried out.

In the unlikely event that we cannot repair the item, we will replace it with an equivalent item.

Note: The warranty does not begin again with the replacement.

Not covered by the warranty:

- SUPs purchased from a non-authorized F2 dealer.
- SUPs purchased in used condition or modified by the customer.
- Damage or defects caused by external force (rocks, moorings, other SUPs, etc.)
- Damage or defects that were caused by improper use.
- Damage or defects caused by normal wear and tear.
- Damage or defects caused by transport, loading, falling or handling in water as well as scratches caused by too tight transport belts.
- Damage or defects caused by improper storage at temperatures above 32°C and below 0°C.
- Damage or de-lamination caused by overheating due to direct sunlight during storage.
- Damage or defects caused by waves and/or an impact with the seabed/bottom of a lake.
- Damage or defects caused by storing the board in dry and humid conditions (e.g. in a wet bag)
- Damage to the fin or fin box caused by an impact.

PROBLEM SOLUTION

1. My pump does not work

- Check if the hose is blocked or damaged.
- Replace a damaged hose or investigate the cause of the blocked hose.

2. The connection between hose/air pump/ air valve is not correct

- Pause the inflation process to check if all connections are correct and repeat the whole procedure if necessary.

3. The manometer does not work

- The air pressure value is usually only displayed from a value of 7 PSI.

If the problem persists, please contact us.

4. The SUP loses air

- Apply a little detergent to the valve with a cloth – with SUP inflated. If air bubbles are visible, the valve probably needs to be fixed with the valve tool included in the delivery.

If the problem persists, please contact us.

- Apply a little detergent with a cloth – with the SUP inflated – to the deck and sides of the SUP. If air bubbles are visible, the punctures can be repaired with the repair kit included in the delivery.

If the problem persists, please contact us.

5. D-rings have come loose

- Check if the D-ring can be easily reattached or if a new one is needed.

a) Use a strong adhesive to reattach the loose D-ring.

b) Get a new D-ring from an authorized dealer or contact us for a replacement ring.

6. There is a dent on the underside of the SUP

- It is due to a gap in the drop stitch that provides space for the valve and does not affect the performance or quality of your SUP in any way. On some models this dent is visible, on others it is not.

7. The SUP no longer fits in the backpack

- Ensure that all air has been removed from the SUP.
- Roll the SUP in 30 cm increments and try again. On some models it may be helpful to fold the sides inwards first.

8. The fin does not fit into the fin box

- Warm up the plastic of the fin box with a hair dryer and cool the fin in the ice box for about 15 minutes. For better gliding you can spray a little silicone spray into the fin track. If the fin can be moved back into the box, leave it there for a few hours so that it takes the right shape again.

If the problem persists, please contact us.

9. I constantly lose my f

- Check the fin box for damage or repeat the fastening process for the respective fin system.

10. Water/moisture has gotten inside my SUP

- Remove the valve completely from the SUP.
Pour the water from the SUP.
- Pump air through the hole for 20 minutes.
- Allow the open SUP to dry in a heated room for 3 – 4 days.

If the problem persists, please contact us.

FAQ

What should I wear to paddle?

In summer, swimwear is sufficient, but you should use sunscreen with a high sun protection factor, as the water reflects the sun.

If it is really cold we recommend a wet or drysuit, neoprene gloves and SUP socks.

What is a good place to paddle?

For beginners calm waters without obstacles and currents like lakes or canals are recommended.

Can I paddle in any water?

Paddling is prohibited in nature reserves. On some rivers and canals paddling is forbidden due to shipping traffic. The competent authorities provide information about the regulations in force. In some countries or regions it is obligatory to wear a buoyancy vest!

Does the length and width of the board influence the riding characteristics?

Long & slim = fast

Wide = tilt resistant

Aluminium paddle or carbon paddle?

Aluminium paddles are sufficient for the beginning, but you will find that they are heavy when used continuously. Carbon paddles are more sensitive, but it is worth the purchase.

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Documents / Resources

	F2 Inflatable Stand Up Paddle Board [pdf] User Manual Inflatable Stand Up Paddle Board, Inflatable, Stand Up Paddle Board, Paddle Board
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References

- [F2 Fun & Function](#)
- [F2. Snowboard | Snowboardsets | F2 | Onlineshop | Sup, Surf & Snow](#)