



PRACTICAL INFO EN – BOEKING SUP DOMSTAD

SUP Domstad provides the following items and service during the lesson:

Included

- SUP board & leash & paddle from the brand Red Paddle Co
- certified instructor
- sheltered changing tent/space
- lockable space on the quay where things can be left behind (at your own risk)
- drinking water in jerry can
- the quay of SUP Domstad is a non-smoking area
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NOT included

- There is **NO toilet** at the location (but there are various restaurants in the area)
- dry bag (if desired) to take things with you (things can be left behind on the quay, in a lockable room, but at your own risk)
- electricity and running water. (except drinking water from jerry can)
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What to bring

- quick-drying, flexible clothing (see clothing advice here: [clothing advice](#))
- set of dry clothes
- towel
- drinking bottle
- surf/water shoes, shoes that can get wet
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Talen

Engels, Nederlands

- **Pay on location! Via pin or cash (so not online)**

- participation at your own risk
- can swim at least 50 meters
- fit enough to move and exercise intensively
- not pregnant
- minimum age 15 years
- flexible enough to sit on knees and stand from knees
- No smoking on the quay and on/near the SUP boards

Important!

- respectful to fellow students and staff. SUP Domstad embraces an inclusive and safe society, where every person is treated equally and with respect.
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It is possible to deviate from physical (and mental) requirements under certain conditions. If you do not meet the points above, please contact us for a tailor-made lesson or tour

See also our general [terms and conditions](#)

Go & No Go

- Contact us in case of physical complaints
- with wind above 14 knots (4 Beaufort) lesson or tour will be cancelled
- bookings may be canceled during thunderstorms
- if class is cancelled, you will be notified. Keep a close eye on your mailbox

(including your spam box!)

- in the event of rain, a booking WILL continue
- You can cancel (free of charge) up to 12 hours in advance. After that, costs may be charged.

Location:

Krommerijnbrug 1, Utrecht, Netherlands

On the Krommerijnbrug is a small fence with stairs behind it. You can enter the quay by taking the stairs down.

You can park in the streets or parking garage. But it is better to come by bike or Public Transport.

OV:

Train: Vaartserijn station (6 min lopen)

tram: Vaartserijn station

bus: nr 2 (stop Ledig Erf, 2 min lopen), nr 42 (stop Sterrenwijk, 4 min lopen)



Clean Water Discount and donation pot:

As a SUP school we love our watery environment. We would like to include our customers in this. This way you can earn a discount on your lesson if you fish waste out of the water during the lesson. See the extensive story on our website, under Clean Water Discount.

For people who do not want to keep the discount themselves, they can donate the discount in our Donation Pot. The proceeds of the donation pot are given each year to a different organization that is committed to clean and healthy oceans. Because the water we sup on is connected to the oceans and because without healthy oceans we cannot survive on this planet. Check our website under Donatiepot, to see where the pot is going this season.

Weather conditions:

Suppen is an outdoor sport, where weather conditions have a lot of influence. For example, we have to dress well for the weather conditions; put on a jacket if it's a bit chilly, put on a surf suit if the water temperature is below 15 degrees Celsius, apply sunscreen if it's a sunny day, etc.

If the wind is too strong, it becomes unsafe to sup and the lesson will not take place. When there is a thunderstorm you can sometimes wait it out. But during a thunderstorm it is not safe on the water. In case of rain, a lesson will continue, because you can dress well for it. There are circumstances in which you can cancel the lesson in good consultation with the instructor.

Safety:

As a SUP school, we think everyone's safety is extremely important. Both yours as a participant, and those of other people present on the water. That is why we pay a lot of attention to this. As well as the sailing rules. We expect you as a participant to accept and follow these instructions and to adopt a social attitude towards all other participants (other participants and SUP Domstad staff) and to take into account the other persons present on the water. The general terms and conditions, as mentioned on the website, apply at all times. By entering into this lesson, you are deemed to know and agree to its contents.