

Waikiki Surf Club
Ala Wai Guidelines and Precautions

1. The water quality of the Ala Wai will be checked at least once a month with the necessary agencies to ensure that levels etc...are conducive to paddlers practicing in the waters.
2. The Board should be informed by the Coaching committee chair of any changes to the quality of the water in the Ala Wai and surrounding areas.
3. Members will be provided with information at the General Membership and at weekly club meetings regarding the water quality at the Ala Wai.
4. Coaches will ask their paddlers before every practice if any of them are sick or have any open wounds. No paddler will be allowed to practice with an open wound of any kind. This will be enforced by the coaches daily. Coaches will decide on the type of training for those paddlers that are not able to go into the water.
5. Coaches will have paddlers shower after every practice and change out of wet clothing. Meetings and discussions will not take place while paddlers are in their wet clothing.
6. Any crew that flips in the Ala Wai will return immediately back to the dock. All paddlers will shower off and change or be allowed to leave if they chose to go home to shower and change.
7. Coaches need to inform the Coaching committee chair if anyone gets sick or gets sores. The coaching committee chairperson will report it to the Board of Directors immediately.
8. The club will provide soap at the shower for members to use after practice.
9. A First Aid kit will be accessible to all coaches and members while there are crews practicing at the site.
10. The canoes will be sprayed or washed out with a Clorox or other type of solution at least once a month to help decrease the bacteria content in the canoe.
11. If there is no running water at the Ala Wai site, no one will be allowed to practice in the water. Only land drills will be allowed.
12. Coaches may practice outside of the Ala Wai canal. Coaches of novice and junior programs must accompany crews in the canoe should they decide to go beyond the Ala Wai into the open ocean.

It is imperative that we be diligent in our efforts to ensure that all members are taking the necessary precautions before, during and after practicing in the Ala Wai. Paddlers need to be honest in reporting open wounds and illness. We want everyone to have fun and be safe throughout this paddling season. Let us all work together in this effort!