

2010 HAARI BOAT RACES

DO's and DON'Ts

1-Please DO keep **SAFETY** in mind **FIRST**.

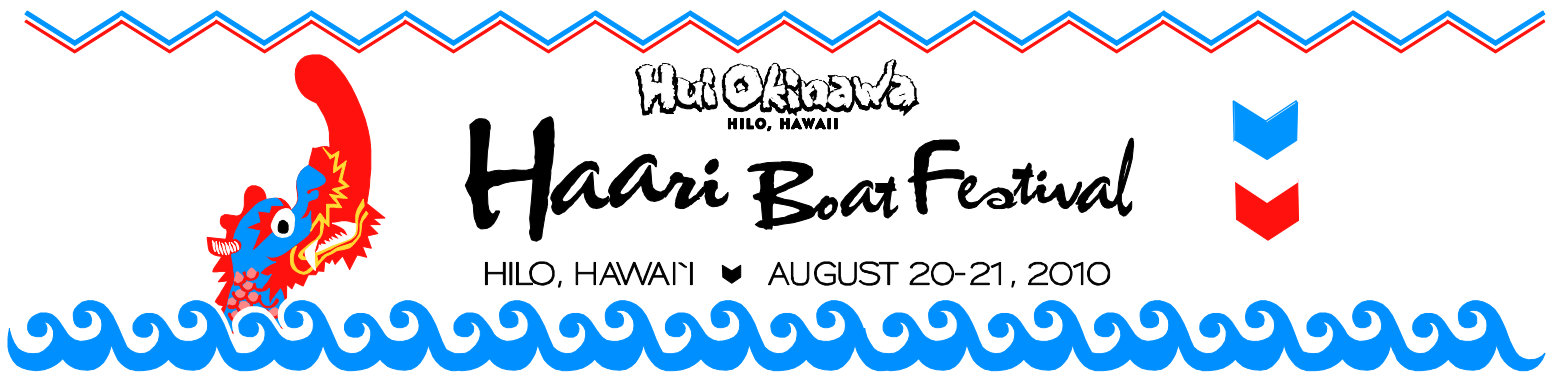
2-Personal Flotation Devices (PFDs, i.e., life vests) are **MANDATORY** for everyone on the boat, including paddlers, gongers, and steerspeople. PFDs must be worn from the time you enter the boat, until you walk off the boat after the race. This **NEW RULE** also applies to all scheduled practices.

3-If your boat takes on water, DO stay CALM because the boat may go to the water level but it will not sink completely.

4-Do **NOT** rock the boat; do **NOT** shift your weight from side to side to compensate for the boat's tendency to rock. Horseplay will **NOT** be tolerated. Hui Okinawa wants everyone to have fun, but **SAFETY** is our number one priority in/on/around the water. Teams should **NOT** purposely tip the boats over to get team members wet. Any team deemed by the race officials to be "horsing around" will be automatically disqualified.

5-It is safer for the boat to take on water and sink slowly than for it to flip over. If it flips, someone may get hit on the head by the boat or a paddle or someone may end up under the overturned boat.





6-If your boat starts sinking or flips over, please DO remain calm because rescue will come. Team Paddlers--please check for all crew members and do a head count. Make sure that no team member is caught under the boat. The safety boat will come to your aid and assist in towing the swamped boat into the loading area.

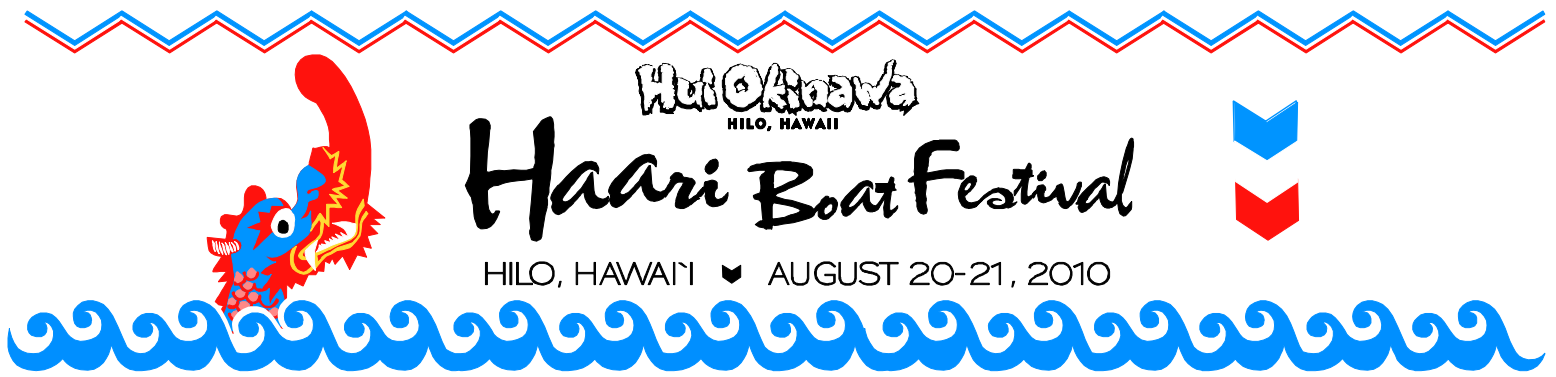
7-If you drop or lose your paddle, do NOT jump into the water to get it. A safety boat will retrieve it.

8-Starting position—from the Kamehameha Ave. bank, the steersperson must hold on to the end of the starting line rope and buoy until signaled to start (a horn signal indicates the start). Paddlers will get set with their paddles out of the water in the ready position. The starter (located by the finish line) will wave a YELLOW flag and sound the horn to GO. Paddlers may start paddling as the steersperson releases the starting line rope and buoy.

9-Steersperson—To the best of your ability, always DO keep your boat in your lane and make a LEFT turn around the flag assigned to your boat at the turn around point.

10-TIME IS OF THE ESSENCE!

- Team captains—please DO check at the Race Center for each of your heat assignments. A five (5) minute period is allowed for you to gather your crew and to report to the staging area. All paddlers and gongers ON DECK and IN THE HOLE must have their PFD's on. If the crew is not ready to board the boat on time, the team will be disqualified from racing in that particular heat.
- Team captains—please DO position your paddlers prior to boarding so you may load and unload in a safe, orderly manner.



11-Teams will receive loading instructions for the loading Captain and his/her crew. Please DO pay attention to their instructions.

12-Team captains—after your race is over and the results are posted, please DO check the board at Race Center for your next heat and boat/lane assignment.

13-A video camera and recorded time is provided for contested or very close races.

14-Team captains—it is YOUR responsibility to ensure that the crew rosters are current and waiver forms have been submitted for ALL team paddlers, gongers and steerspeople (for open division) BEFORE getting into the boat. Additional forms, if needed, will be available at the Race Center.

15-Team captains—you are responsible for the setting up of your teams' tents. Do NOT set up tents near the Race Center, on paved walkways or by the water's edge. Please DO use the trash receptacles and recycle bins.

PLEASE DO HAVE FUN! BE SAFE!

MAHALO FOR KEEPING THE AREA CLEAN!

