

CHANNEL CROSSING RULES

Revised 7/1/17

1. You will need an escort boat, and a support person on board to give you aid and information during the swim. Please check with boat captains regarding costs, as they will vary by channel.
2. Rules are simple, swim from shore to shore, start on land with no body of water behind, and end on land with no body of water beyond. You cannot start on a jetty or end on a jetty.
3. No swim aids other than goggles are allowed, no flotation device or propulsive assistance.
4. This means you cannot touch the boat or anything attached to the boat during the swim. We usually take aid in a bag thrown overboard; eat and drink, then throw the bag back onto the boat.
5. For certification, provide a written document that certifies the items in #2, signed by a 3rd party on the boat (usually the support person), indicate the date, start time and end time, the start location and end location, boat name and skipper name. The certifier's email address should also be included. Certification form can be obtained from: cmkawauchi@aol.com.
6. Permission is required to enter surrounding waters and land on Kahoolawe Island. If you land on Niihau Island, you can only touch land up to the high water mark, as the rest of the island is privately owned.

MULTIPLE CHANNEL CROSSING RULES

1. For multiple crossing of the same channel (e.g., double crossing) we will follow basic English Channel rules. The swim will be recorded as a multiple-crossing swim.
 - a. Step onto land and walk above high water mark,
 - b. Then immediately get back into water.
 - c. Can sit or stand in water up to 10 minutes.
 - d. Can accept food, drink, or sunscreen from support person,
 - e. But no one can touch swimmer.
 - f. After 10 minutes maximum, swimmer must resume swim back to starting island.
2. For multiple crossing of different channels (e.g., 2 different channels), follow item #1 rules. The swim will be recorded as a multiple-channel swim.