

How to Swim with Aloha

Hawai'i Dolphin Initiative



Model Respectful Dolphin Swim Etiquette and Enhance the Joy of Your Experience by Following These Guidelines

1

Allow Nai'a to *choose* when, if and how they would like to interact with you.

If you come across dolphins while swimming, allow them to approach you if they so choose. If you stay calm, curious dolphins may swim around you or swim alongside you.

Stop and float, or swim very slowly.

2

Respect quiet, slow moving dolphins. They may be resting.

Dolphins sometimes swim slowly in groups (pods), with one eye open and one eye closed. They are likely **resting**. If you are swimming close to quiet, slow moving dolphins, follow their example.

Move slowly or simply float around resting dolphins. Do NOT disturb!

3

Swim with your arms by your side.

Overhand swimming can be disruptive to the Nai'a. They may then move away from you. If you swim without fins, slow breaststroke is best.

Avoid splashing the water if dolphins are around.

4

Do not pursue, touch or feed the Nai'a.

Please do not aggressively swim toward, attempt to dive on top of, or intercept the dolphins, as this may cause them unnecessary stress.

Touching or feeding Nai'a may be harmful to their health.

5

Show respect and Aloha to your fellow swimmers.

Dolphins are sensitive beings. They appreciate respectful behavior in the water. Even if you can swim faster than someone else, wait your turn. Do not interfere with a special moment another swimmer may be experiencing.

Do NOT harass the dolphins or your fellow swimmers.

Mahalo (thank you) for treating the Nai'a with respect.

This enhances the dolphins' well-being, the Hawaiian residents' quality of life, and the experience of visitors.

Please do not reveal where you swam with dolphins on social media. We love visitors but too many can overwhelm our small community.

Treat the aina with respect. Leave the beach cleaner than how you found it, park thoughtfully. Use sunscreen that does not pollute the water or harm the reef.

By following these simple guidelines, you are more likely to have a deep, sacred experience in the presence of the Nai'a