

# Paddling at the Ala Wai

By Michele St. John and Alice Lunt, Canoe Racing Committee Co-Chairs

The Ala Wai is a great “tool” for paddling. There are at least five canoe clubs, including the Outrigger, that have used the Ala Wai for many years. That being said, we hear members concerns and recognize that there are issues for some due to water quality.

We have investigated other alternatives including property run or owned by DLNR, Kapiolani Trust and the City. We have talked to other canoe clubs. We have also consulted with the Oahu Hawaiian Canoe Racing Association. After all of this research we have determined that the Ala Wai is our best location.

Going forward we are taking a proactive approach to address members' issues. We have equipped each of the coaches with a complete first aid kit, which includes Hibiclens, an antibacterial cleanser along with first aid supplies. There are four hose hook-ups supplied to the coaches which can be used to rinse off with fresh water after practice

You can help to insure that your family is not susceptible to any negative reaction from the Ala Wai. Please educate your family members and make sure that if they have any cuts, scratches or abrasions they should be covered before practice. The coach should be made aware of these. Always rinse off after practice and wash paddling clothes, gloves and shoes.

By taking these steps we can continue to use the Ala Wai as the great training tool that it is.

If you would like further information on Staph, you can search Google for an article by Dr. Alan Tice, entitled *Swimming with Staphylococci at Waikiki*.