

2010 Epic Molokai World Championships Safety Precautions

Mandatory:

- Escort Boat – Each Race Participant is required to have a personal escort boat unless you check with Geoff Graf.
- Leash – Paddler must be leashed to their surfski
- Cell Phone or VHF Radio (waterproof or in waterproof container)

While not mandatory, it is highly recommended to take the following precautions:

- Carry a Coast Guard approved personal location device
- Carry a GPS Device
- Carry adequate fluids & nourishment needed to complete at least a 6.5 hour race
- Make sure additional fluids & nourishment is on your escort boat in the even of an emergency
- Make sure at least one person in your escort boat is CPR certified and has basic first aid knowledge and equipment
- Have all persons on your escort boat wear personal flotation devices. Inspect your escort boat, make sure it is safe
- Make sure your boat has binoculars, flares, and other emergency equipment
- Meet with your escort boat captain at least 3 days before the race (the Thursday pre-race meeting is a good time). Discuss all safety procedures, race route, where to meet before the race starts (you should give the escort boat race # to your escort captain prior to the race for easy identification on race day) so you can get your stuff on board, and how to hook up after the race starts. Make sure the race # sticker is on your escort boat in a clearly visible area. Make sure your boat shows up early enough to get your stuff on board
- Make sure you carry your boat captain's contact info with you at all times - this includes, boat description/name, HA #, cell phone #, and home phone #.