Share in the culture, history, cuisine and attractions of Hawaii.
**PROTECT SEA TURTLES**

Green sea turtles, known locally as honu, are part of the identity of the islands and hold a special place in the minds and hearts of the people of Hawai‘i. These reef residents can be seen while swimming, snorkeling or surfing. Get too close and a swift-swimming honu will leave you with just a brief glimpse of its tail. Instead, be a honu hero and show turtles aloha:

- **Sea turtles are protected under State and Federal laws; do not touch, ride or pursue.** This causes stress and disrupts their natural behavior.
- **Honor the six-foot approach distance, give honu room to rest and feed.**
- **Keep wild turtles wild; avoid the temptation to feed honu!**
- **Keep trash off beaches and out of the ocean.**
- **Avoid sea turtle products when traveling abroad.**
- **Share what you know with friends and family.**

To learn more about ocean wildlife viewing, visit: [www.nmfs.noaa.gov/pr/education/viewing.htm](http://www.nmfs.noaa.gov/pr/education/viewing.htm)

---

---

**ウミガメの保護**

ホヌ (Honu)とし知られる緑海亀は、ハワイ諸島を象徴するアイデンティティの一つであり、ハワイの人々の心の中で特別な場所を占めています。游泳、シュノーケリング、またはサーフィンをしている時に、ホヌに遭遇することがあります。接近しすぎた場合、泳ぎがはやいホヌの尻尾で一撃を受ける事もあるかもしれませんが、ホヌにはアロハの気持ちを示してください:

- **ウミガメはハワイ州、そして合衆国連邦政府の法の下で保護されています。触れない、乗らない、また亀の後追いはしないでください。これらのが行為はストレスを与えるだけでなく、ウミガメの自然な行動を妨げます。**
- **最低でも6フィート（約182cm）以内には近寄らず、亀がリラックスして餌を食べられる距離を保ってください。**
- **野生のウミガメの自然の姿を尊重し、餌などは与えないでください。**
- **ビーチや海にゴミを持ち込んだり、また捨ててはください。**
- **海外旅行中などウミガメ製品の購入を避けてください。**
- **皆様がウミガメに関して得た知識を友人や家族と共有してください。**

海洋野生生物の生態に関しての詳細は下記サイトをご覧ください：[www.nmfs.noaa.gov/pr/education/viewing.htm](http://www.nmfs.noaa.gov/pr/education/viewing.htm)

---

---

**Center for Sustainable Coastal Tourism**
**University of Hawai‘i Sea Grant College Program**
http://sct.seagrant.soest.hawaii.edu/

---

---

**Center for Sustainable Coastal Tourism**
**University of Hawai‘i Sea Grant College Program**
沿岸保護センター・ハワイ大学・海洋グランフ・プログラム
http://sct.seagrant.soest.hawaii.edu/
10 SIMPLE STEPS TO HELP HAWAII'S REEFS DURING YOUR VISIT

Divers, snorkelers, and other recreational users can harm coral reef ecosystems if they behave carelessly and do not show respect for marine life. Hundreds of thousands of people visit Hawaiian reefs every year, so small individual actions can add up to have a significant effect.

Please pledge to minimize your impact to the sensitive coral ecosystem by following these rules for responsible marine recreation:

1. Never touch, stand on, or kick the coral reef or live coral.
2. Carefully select points of entry and exit to avoid damaging reefs.
3. Secure all dangling equipment/accessories.
4. Maintain neutral buoyancy at all times (divers).
5. Maintain a comfortable distance from the bottom so that you do not kickup sediments or come into contact with the reef while SCUBA diving or free diving.
6. Never feed fish, turtles, or marine mammals and never throw food or rubbish into the water.
7. Never chase, move or manipulate marine life or habitat.
8. Move slowly and deliberately in the water.
9. If you are new to Hawaiian waters, go with a guide the first time you visit a reef. At a minimum, seek local knowledge to orient yourself to local waterways, ocean conditions, marine life and local guidelines and regulations.
10. Dive, snorkel, kayak or surf with a company that is part of the West Hawai’i Voluntary Standards!

To learn more about the West Hawai’i Voluntary Standards, visit www.WestHawaiiMarineTourism.org