

# SPINNER DOLPHIN RESTING AREA

**Hawaiian spinner dolphins are protected under the Marine Mammal Protection Act.**

Spinner dolphins spend their daylight hours in coastal waters, generally in calm bays. They use these areas to rest, care for their young and to avoid predators, before traveling to deeper water at night to hunt for food.



**PLEASE DO NOT  
SWIM WITH DOLPHINS.**

Scientific research has shown that dolphin behavior is negatively affected by human disturbances such as swimming with or other interactions.

**PLEASE report sightings of injured or entangled marine mammals to  
NOAA's toll-free 24-hour Hotline - (888) 256-9840.**

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**Show Dolphins Aloha.  
Let them rest without disturbance.**