

**DIAGRAM SHEET 4.3-1a  
DAY HAND SIGNALS**

<b>DAY SIGNALS</b>		
<b>MEANING</b>	<b>SIGNAL</b>	<b>FIGURE</b>
_____	<b>Clenched fists, arms crossed overhead</b>	
_____	<b>Hand held to ear</b>	
_____	<b>Clenched fist, arm pumping motion</b>	
_____	<b>One arm raised with open palm, fingers extended, other arm raised over the swimmer's head and touching the first arm at the elbow</b>	