

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

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MEANING	SIGNAL	FIGURE
_____	Both arms raised, palms open, fingers extended, at a 45° angle to the side of the swimmer's head	
_____	Both arms outstretched, palms up	
_____	One palm cupped over mouth and nose, clenched fist in front	
_____	Both arms raised, palms overlapping and touching top of head	