

THE WHOLE HAND RULES LAS REGLAS DE LA MANO



Hi, I'm Colin &
this is Buddy!
Let's learn about
Water Safety!



THE WHOLE HAND RULES

The Whole Hand Rules will increase water safety knowledge!
 These life-saving skills create safer behaviors around all types of water.
 Use this page to teach The Whole Hand Rules.
 Ask caregivers to take the **Water Safety Quiz** at
www.colinshope.org/quiz



BLUE text: English lesson script GREEN text: Spanish lesson script

These are The Whole Hand Rules. Estas son Las Reglas de la Mano. They can help keep you safer around water. Te pueden ayudar a mantenerte seguro cerca del agua. When we talk about water safety we mean making choices around water that keep you from getting hurt. Cuando hablamos de seguridad en el agua, nos referimos a tomar decisiones en torno al agua que evitan que usted se lastime. Can you think of some places where you can find water? ¿Puedes pensar en algunos lugares donde podrías encontrar agua? Answers: The pool, bathtub, beach, river, a backyard, buckets, ponds

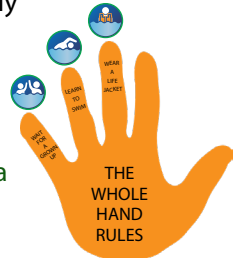
The 1st Whole Hand Rule is Wait For A Grown Up. La 1^a Regla de la Mano es Esperar a Un Adulto. You should wait for an ADULT before going in or around water, even at home. Debes esperar a un ADULTO antes de entrar o estar cerca del agua, incluso en casa. Who are some adults you know? ¿Quiénes son algunos adultos que conoces? Answers: A Grown Up, Mom, Dad, Grandparents, Babysitter, Aunt, Uncle, NOT a friend your age



The 2nd Whole Hand Rule is Learn to Swim. La 2^a Regla de la Mano es Aprender a Nadar. Stay safer around water by learning how to float and move in the water. Manténgase más seguro cerca del agua aprendiendo a flotar y moverse en el agua. Adults and swim lesson instructors can teach you basic swim and safety skills. Los adultos y los instructores de lecciones de natación pueden enseñarte habilidades básicas de natación y el seguridad. If you want to be safer around water, what should you do? Si quieres estar más seguro cerca del agua, ¿qué debes hacer? Answer: Learn how to swim, float, and exit the water safely



The 3rd Whole Hand Rule is Wear A Life Jacket. La 3^a Regla de la Mano es Chaleco Salvavidas. You should wear a U.S. Coast Guard approved life jacket around water, especially in open water and on boats, docks, and shores. Debe usar un chaleco salvavidas aprobado por la Guardia Costera de los EE.UU. alrededor del agua, especialmente en aguas abiertas, botes, y muelles. Life jackets help you float. Los chalecos salvavidas te ayudan a flotar. What should you wear if you will be around water? ¿Qué debes ponerte si estarás cerca del agua? Answer: A life jacket, NOT arm floaties, noodles, or other toys



The 4th Whole Hand Rule is Grown Ups Should Watch You. La 4^a Regla de la Mano es Supervisión Adulta. There should ALWAYS be an ADULT Water Guardian on duty. SIEMPRE debe haber un Guardián Acuático ADULTO en servicio. Water Guardians should be completely undistracted and within arms reach. Los Guardianes Acuáticos deben estar completamente distraídos y dentro del alcance de las armas. What should your grown up do when you are at home or around water? ¿Qué debe hacer tu adulto cuando estás en casa o cerca del agua? Answer: Watch me and not be distracted by phones, conversations, or other electronics



The 5th Whole Hand Rule is Stay Away From Drains. La 5^a Regla de la Mano es Aléjate de los Drenajes. ALWAYS stay away from drains and ask an adult if you need help. SIEMPRE manténgase alejado de los drenajes y pregunte a un adulto si necesita ayuda. If you see a drain, what should you do? Si ves un drenaje, ¿qué debes hacer? Answer: Stay away. TIP: To explain how drains work and why they can be dangerous, drains can be compared to vacuums. Drains suck dirt and small items from water. If you completely cover the opening of a drain the suction becomes stronger, like a vacuum tube.



OPTION: Open water safety is essential for those who have or visit natural water sources. Teach The Whole Hand Rules in the order pictured on the left to incorporate open water safety.

Another Whole Hand Rule is Follow Water Safety Rules in Open Water. Otra Regla de la Mano es Sigue las Reglas en Agua Abierta. "Open water" is a big body of water without walls. "Agua Abierta" es un gran cuerpo de agua sin paredes. Can you name some examples? ¿Puedes nombrar algunos ejemplos? Answers: Lakes, beaches, rivers, ponds. Open water can be dangerous because you can't see below the surface. Agua abierta puede ser peligroso porque no puedes ver debajo de la superficie. Wear life jackets, swim on life guarded beaches, and follow the rules. Use chalecos salvavidas, nade en playas vigiladas, y sigue las reglas. Look for hazards in the water like uneven surfaces, holes, and drop offs. Busque peligros en el agua, como superficies desiguales, agujeros y caídas.



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<p>WAIT FOR A GROWN UP --- ESPERAR A UN ADULTO</p>	<p>LEARN TO SWIM --- APRENDER A NADAR</p>
<p>WEAR A LIFE JACKET --- CHALECO SALVAVIDAS</p>	<p>GROWN UPS SHOULD WATCH YOU --- SUPERVISION ADULTA</p>
<p>STAY AWAY FROM DRAINS --- ALEJATE DE LOS DRENAJES</p>	<p>FOLLOW WATER SAFETY RULES IN OPEN WATER --- SIGUE LAS REGLAS EN AGUA ABIERTA</p>