



THE DEPTH SIGNS POCKET CARD

Read the swimmer. The body reports before the person can.

THE FACE. Eyelids flutter, then still. Features smooth out. The small muscles around the eyes let go.

THE BREATH. Slower. Lower in the body. More even, wave after wave.

THE BODY. Stillness settles. Sometimes a swallow. Sometimes one tear of pure relaxation.

THE RESPONSE. Answers come a beat late, in a smaller, softer voice.

The iron rule: **stop at the closed gate.**
Light water does beautiful work.

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