



Te Tikanga Haumaru Wai

Me pēhea kia noho haumaru tonu koe



1. Me mōhio ki te rewarewa

Mēnā ka raru koe, me rewarea i tō tuara me ō taringa i roto i te wai – mā konei ake te tūpono ka ora koe. Me whakatā, me noa tō hāhā. Ki te kore koe e mōhio ana me pēhea te rewarewa, me whiwhi akoranga, me haratau hoki koe i mua i tō kuhu atu ki te wai.



2. Me rapu i te wāhi tino haumaru

Me tūtari koe hei arotake i ngā ahuatanga, hei tiro ake ki ngā mōrearea pērā i ngā au kaha. Me rapu i te wāhi tino haumaru kei kuhu atu ki roto i te wai, hei puta mai hoki. Ko ngā wāhi kei reira ngā manapou e mahi ana ko ngā `wāhi tino haumaru. Me whakarongo atu ki ngā manapou, me aro atu ki ngā tohu me ngā haki whakatūpato.



3. Ki te kore koe i te tino mōhio, me kaua e kuhu atu

Me tiro te huarere i mua i tō wehe atu i te kāinga. Ki te kore koe i te tino mōhio ki te kaha o ō pūkenga, ki te huarere, ki ng`āhuatanga o te wai rānei, he pai ake kia tāria tētahi atu rā. Ka tere pea te huri a te huarere, a ngā āhuatanga wai.



4. Me tiaki i a koe, i ētahi atu hoki

I ngā wā katoa me haere ngātahi ki tētahi hoa, ā, me whāki atu ō mahere ki tētahi. Ina mau ana i tētahi hāketē whakaora, whakaritea kia pai ai te rahi. Ina rō wai ngā tamariki, e tat ana ki te wai rānei, me āta mataara tētahi pakeke haepapa ki a rātou i roto tonu i te toronga o te ringa.



5. Me mōhio me pēhea e whiwhi āwhina ai

Ki te raru koe, whakatūria tō ringa me te karanga atu ki te āwhina. Ki te kite koe i tētahi e hiahia ana ki te āwhina, waea atu ki 111 me te tonu i ngā Pirihimana.