

INFANT SWIMMING RESOURCE LESSON GUIDELINES & INFORMATION

Student Name(s)

Parent/Guardian Name

Date

Please read carefully and initial each item.

- _____ 1. **Make sure to print out a copy of your registration form and bring it with you on the first day of lessons.** Your child's lessons can not begin until your instructor has received a copy of your registration form.
- _____ 2. **You will receive a copy of the Parent Resource Book in your welcome kit from ISR. Please review it carefully, especially section 4, What to Expect During ISR Lessons and section 3, Keeping Your Child Safe.** This book will answer most of your questions, and it will educate you about the approach used to teach an infant or child aquatic survival.
- _____ 3. **Do not allow your child to eat or drink any food or beverage for 2 hours before your child's lesson.** No apple products (check juice labels before serving) recommended during the lessons series. Recommended liquids are white grape juice, water and diluted Gatorade. The lesson time may have to be reduced if your child is full or bloated. Review Keeping Your Child Safe and What to Expect During ISR Lessons for more information on dietary guidelines.
- _____ 4. **A BUDS Sheet (PRB: Keeping Your Child Safe) must be filled out daily** and presented to the instructor before the lesson begins. This sheet is used as a tool for the instructor to monitor your child's bowel, urination, diet and sleep behavior to determine progression of the lessons. If you forget the BUDS sheet, please fill one out at the pool before your child swims. **ISR Safety Protocols require a review of BUDS by the instructor before every lesson.**
- _____ 5. **Children that are not potty-trained** must be dressed in a re-usable swim diaper. The ISR swim diaper is sufficient as long as it fits snugly around the legs and waist, otherwise a secondary layer, such as a disposable swim diaper, is necessary. Disposable swim diapers alone do not provide an adequate barrier. Please bring **three towels** to the lessons. (Two for under your child, one to cover your child) Your instructor will place your child on his/her **LEFT SIDE** immediately after the lesson to allow air to be released from the stomach slowly as well as to allow a proper rest for the child. Section 3 in the PRB has additional information about Safety After the Lesson.
- _____ 6. We are confident that your child will be completely skilled in 6 weeks provided you bring your child to lessons each day and do not allow any interference outside of lesson time. Interference includes such things as "working with your child in the water", allowing your child in the baby pool, or allowing your child to "practice" in the bathtub, etc. Please read PRB: section 6, Having Fun in the Pool, for a full understanding of interference. If, prior to the completion of the 4-6 weeks, there is a reason you must swim (reunion, holiday, etc.) please notify me in advance so that I can get you in the water and teach you how to swim with your child in such a way that will allow for minimal interference. Payment beyond six weeks will be evaluated on attendance and interference.
- _____ 7. Consistency is very important in our system. Bringing your child every day will increase the rate of progress and better the retention of learned skills. If you are late to the lesson, please be courteous to those scheduled at the present. (Out of respect for all parents, if you show up 5 minutes late you can expect to only have a five minute lesson that day.) Remember, you are paying for a time slot. Missed lessons can not be credited.
- _____ 8. Please inform the instructor of any medications your child is taking during the lessons and give **no medications within two hours of the lesson time.** Also, please keep your child's fingernails trimmed.
- _____ 9. If lessons must be cancelled due to weather or temperature of the pool water dropping too low or too high, the days will be made up at the end of the session. If the weather looks or feels questionable, or your child will miss a lesson due to illness, please follow the instructions given on your "Meet Your Instructor" page.
- _____ 10. **Payments are due in full the first day of that week's lessons** (i.e. payments are due Monday for that week). Make checks payable in accordance with instructions given on the "Meet Your Instructor" page.
- _____ 11. Friday of each week your child will review skills that have been worked on or stabilized throughout the week. You are welcome to videotape the lessons on Friday only of each week. Depending on the skills that have been stabilized, you may also be welcome to come in the water and learn how to effectively work with your child on the skills that have been stabilized. Your instructor will let you know each week.
- _____ 12. **I agree to hold the Instructor and Business Owner harmless for any liability resulting from the use of the premises offered for lessons.** I agree to be solely responsible for the care of my child while out of the water, and responsible for the care of any other child I have brought to the pool with me.

I HAVE READ THESE RULES AND I ACCEPT AND AGREE TO FOLLOW THEM. I ALSO ACKNOWLEDGE THAT THIS IS A BINDING CONTRACT.

PARENTS SIGNATURE

DATE