

INFANT SWIMMING RESOURCE LESSON GUIDELINES & INFORMATION 2012

(Generic)

Print out two copies. Initial both, keep one and leave one with instructor.

- _____ 1. **Please read your Parent Resource Book (PRB) carefully.** 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 skills. Your book will be in the box that you receive after on-line registration is completed.
- _____ 2. **Do not allow your child to eat 2 hours before your child's lesson. No milk, dairy products or soy 2 hours before the lesson.** No apple products (check juice labels before serving) recommended during the lessons series. Recommended liquids are white grape juice, water and diluted Gatorade. Check the PRB for other options. The lesson time may have to be reduced if your child is full or bloated.
- _____ 3. **A BUDS Sheet 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 . **ISR Safety Protocols require a review of FULL BUDS by the instructor before every lesson for children under 31 months old.** Everyone needs to fill in a simpler poolside BUDS and initial it each day, these are provided.
- _____ 4. Children that are not potty-trained must be dressed in 2 swim diapers. Disposable swim diapers are not allowed in the pool; you will need two Speedo-type (cloth) swim diapers. Health code requires "double layer" of protection. Children should not be changed poolside as it provides a health risk for other children and parents. Indoor facilities have changing tables in their bathrooms and do not allow for a child to be changed poolside. Swim diapers can be found at Target, Wal-Mart, ISR's Seal Store. New registrations will receive a promo code to use online at the ISR Seal store. Swim diapers can be purchased there as well.
- _____ 5. Please bring **three** towels to the lessons. (Two to place on the deck, 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.
- _____ 6. I am confident (but cannot guarantee) that your child can be completely skilled in 6-8 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 for a full understanding of interference. If, prior to the completion of the 6-8 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.
- _____ 7. Consistency is very important in our system. Bringing your child every day will increase the rate of progress and retention of learned skills. **Please arrive 10 minutes early for your lesson** so as to allow time to get your child ready to be in the water at their appointment time. This prep time should include completing your BUDS and Poolside BUDS. If you are late to the lesson, please be courteous to those scheduled at the present. Remember, you are paying for a time slot. I cannot credit 'No Show' lessons.
- _____ 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.
- _____ 9. If your child will miss a lesson due to illness, please contact me @ tammy@mybabycanswim.com or send me a text message on my cell phone (214.864.2430).
- _____ 10. Payments (price varies by location) are due every Friday. Cash is preferred but checks are also accepted. Please make checks payable to Tammy Borunda.
- _____ 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 Fridays only. Any parent attempting to videotape on any other days other than Fridays will be asked to stop. The lesson will not continue until the camera is put away, therefore taking time away from

your child's lesson. I will invite you to get in the water with your child during the last week of lessons in order to educate you on the proper way to swim with your child to maintain the skills learned through ISR, this is optional, but recommended. I will invite you to get in the water with your child during the last week of lessons in order to educate you on the proper way to swim with your child to maintain the skills learned through ISR, this is optional, but recommended.

- _____ 12. Parents are required to read the video guidelines (as required by ISR Corporate) and sign a video release form before taping and/or posting any lessons online. Please give the signed video release form to your instructor if you plan on videotaping your child's lesson on Friday.
- _____ 13. Please keep your child's nails trimmed.
- _____ 14. Makeup lessons are issued when you contact me via email of an absence prior to the day of missed lesson(s). Makeup lessons can be used at the end of the lesson series, after the fully clothed checkout lessons, these can be used as maintenance lessons later in the swim season. These must be used within 6 months. Makeup lessons are non transferable from outdoor location to indoor- they are transferable from indoor location to outdoor.
- _____ 16. It is your responsibility to monitor any children you bring that are not in lessons.
- _____ 17. Sunscreen is allowed, however, if it makes your child slippery in-water, you will be asked to apply it at least an hour prior to the lesson. Do not use sunscreen at the indoor pool.
- _____ 18. Log on to your child's registration. Print out, sign at bottom and bring to first lesson. There is no lesson without this sheet. The registration link is in the "ISR Registration" email.
- _____ 19. Weather Cancellations: Show up regardless of weather conditions (barring flash flooding, tornadoes). Even with thunderstorms, I wait 20 minutes and then we can get in the water. Whoever is scheduled for the time slot when we can get back in the water will have a lesson. If that person is not there, then the person with the earliest time slot that is present will have a lesson. You are welcome to call me to find out, however, I could be in the water, it may not be foul weather at my place, I will tell you to plan on showing up. If the weather is fine for lessons during your time slot, and you are not present, there is no Makeup Lesson issued (even with a call). If your lesson is canceled by the instructor due to weather conditions, there is a Makeup Lesson issued if you are present or you called (or emailed the day before).
- _____ 20. You are responsible for each week's tuition. Tuition is not discounted due to child illness, weather conditions, vacations, or for any other reason.
- _____ 21. When needed, lesson times will be consolidated to accommodate unfilled time slots. Working with little ones can at times be unpredictable. However, I will make every effort possible to start and end your child's lesson on time.
- _____ 22. The BUDS Sheet from the previous week must be turned in every Monday and placed in your child's assigned folder. We must keep the filled out sheet for record-keeping purposes. This applies to children who are 31 months or younger)

***There will be no lessons on the following dates: Memorial Day and Fourth of July**

Print name of Parent / Guardian

Signature

Thank you,
Tammy Borunda * Certified ISR Instructor * c: 214.864.2430 * e: tammy@mybabycanswim.com