



ISR Parent Guidelines

Thank you enrolling your child with Infant Swimming Resource. The following Guidelines have been outlined and created to allow you to provide your child with the best and safest experience during his or her participation in ISR Lessons. Many of these Guidelines have been established based on 41 years of research and experience and thus, they exist to protect the health and wellbeing of your child.

Please review the following list carefully and address all questions to your instructor.

THANK YOU!

1. The second phase of the ISR National Registration Processing System is the shipment of an ISR Welcome Kit to your home. This Kit will contain your ISR Parent Resource Book (PRB). Please read the ISR PRB in its entirety. This book will answer most of your questions and educate you about our method for teaching aquatic self-rescue™ skills, as well as general water safety and safeguarding your home aquatic environment.
2. You will read in the PRB about the importance for your child of your attitude and emotions with regards to lessons, so please keep in mind that your child is constantly observing you and taking his or her emotional cues from you. So maintain a positive, supportive attitude throughout your child's ISR Lesson experience. If you have a question or a concern regarding lessons, please contact your instructor directly.
3. Remember that you are required to bring a signed copy of your child's ISR National Registration form to your instructor on the first day of lessons. If you cannot locate the original email from ISR that contained this document as an attachment, you can log back onto the ISR National Registration Website and log in to retrieve and print the form.
4. You received with your Confirmation of Registration Clearance email from ISR the "How to complete the BUDS" and the "ISR FULL BUDS" forms as attached documents. (If you cannot locate this email, another copy is available to download from the forms to download page of my website. www.firstswimlesson.com) Please review the "How to" document, as well as the additional information regarding the BUDS contained within your ISR PRB. The Poolside BUDS will be completed, *in addition to the FULL BUDS*, on the pool deck with your instructor. The completion and submission of the FULL BUDS to the instructor and the completion of the POOLSIDE BUDS is *required* before EVERY lesson. If the BUDS forms are not complete and available to the instructor, your child will not be able to swim that day. This is a requirement of ISR's insurance and is non-negotiable.
5. Diet is an important aspect of your child's ISR Lesson Experience. Your child should not eat or drink milk within 2 hours of their lesson time slot. In addition, infants and toddlers should avoid apple products throughout the duration of their ISR Lessons. Apple products are high in fiber, which can cause gas and bloating that will make the floating and swimming maneuvers practiced during ISR lessons difficult and sometimes painful. Please review the Diet section of your ISR PRB for more information.
6. All children (who are not potty trained) participating in ISR Lessons must wear a properly fitting reusable swim diaper. There should be no gaps around the legs or waist. No disposable swim diapers! Unless used as a second layer of protection. This helps to eliminate fecal and urine contamination of the swimming pool. Access to a restroom is limited. Please plan accordingly. Please keep your child's fingernails trimmed and hair pulled back for girls.
7. For your child's safety, we require every parent to bring *three (3)* towels to each lesson. The use of three towels on the pool deck helps to reduce the risk of spreading communicable disease. Please read your PRB for more information regarding this protocol.
8. Lesson Fees Payments must be paid on Mondays in advance for that week. **Cash or Paypal only** is accepted. Please enclose the cash in an envelope with your child's first and last name on the front. Payment is due each Monday at the start of lessons.
9. Consistency is crucial when learning self-rescue skills. Bringing your child every day will increase the rate of progress and retention of skills. Lessons are not pro-rated and you are required to pay for all scheduled lessons weather you attend or not.
 - Please give your instructor a two-week notice before any planned vacations and contact your instructor directly if your child has a prolonged illness.
 - If you are unsure as to your child's ability to safely participate in lessons, call your instructor for verification of your child's readiness to swim. Children can safely take swim class if they have a runny nose or low-grade temperature (under 100 degrees).
 - When in doubt as to whether class is being held with regards to weather, call your instructor a half-hour before your class time to confirm. If you hear the regular message lessons are still going on. Do not assume class is canceled as weather may differ at your instructor's pool location.
 - Make Up Lessons will be offered only in the case of pre-announced family vacations, prolonged illness, weather cancellation, or instructor cancellation. These lessons should be arranged between the Instructor and you, the Parent. No credit will be given for lessons missed due to car trouble, oversleeping, parent or sibling illness, beach outings, etc.
10. Videotaping or photos of Lessons is allowed once a week on Fridays.
11. Please keep all children, not currently participating in lessons, seated quietly next to you. Do not allow them in or near the water. It is distracting and unsafe to the instructor and student in the water if other children are running around or trying to play in the water.
12. **I agree to hold the Instructor and Home 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.

Parent Signature _____ Date _____

Parent Full Name (print) _____ Child Name _____