

ISR SURVIVAL SWIM LESSONS
INSTRUCTED BY Samantha Bense
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Lesson Guidelines

PLEASE READ ALL OF THE GUIDELINES COMPLETELY.
It seems like tons of information but all is important for your child's safety

1. Your child should have one bathing suit for lessons and another suit for play. This will help your child decipher between going to play and going to lessons.
2. All children who are not fully potty trained must wear a swim diaper under their swimsuit, or two swim diapers (both non-disposable or a disposable and non-disposable).
3. Do not allow your child to eat or drink 1 ½ hours prior to his/her lesson. No dairy products 2 hours before the lesson. Children should not consume any **apple or peach products** within 24 hours of a lesson. Please refer to chapter 2 of your Parent Resource Book for more information regarding these and other foods that may cause problems during lessons once you receive it. You will receive this book thru the mail once your child's registration process is completed.
4. A **BUDS** sheet is required for all children. The **BUDS** sheet is a critical source of information for your instructor to provide your child with the safest and most efficient aquatic lesson possible. The **BUDS** sheet is required to be brought to each and every lesson. If not, the lesson may not take place. This is strictly enforced for your child's safety.
5. If your child becomes ill or needs medication, please contact me for information regarding the safety protocol that we must follow. If your child has a temperature of 100 degrees or more or is simply not "feeling well", please consider keeping him/her out of lessons since their energy level may not be adequate for working in lessons.
6. Once received, please read Chapter 5 in the Parent Resource Book regarding "Interference". Don't let your child practice swimming or floating in the bathtub or any shallow water, (kiddie pools, pool steps etc...). Avoid any posturing in water that resembles a turtle (on belly-head up). These can definitely interfere with the skills learned or may add time to lessons.
7. Please bring three towels to lessons each day. One, as a buffer between the out mat and the towel your child will lay on. The third towel is to cover your child up and dry off with. The two layers under your child may be a larger towel folded in half. This is for your child's health and safety.
8. Family and friends are welcome to come and observe – I encourage this. Please make sure all visiting children sit with an adult so they do not become a distraction to the child in lessons. **ISR** lessons are hard work and require the student's full attention.
9. If you have any questions or concerns regarding a lesson, please let me know at once. **ISR** lessons are very much a team effort between the instructor and the parent. I want these lessons to be a positive experience for you as well as your child. Please refrain from making any negative comments regarding lessons in front of or to your child as this can cause he or she to develop a negative attitude toward lessons.
10. Instructor and pool provider take no responsibility for any injuries to any persons sustained while on the pool deck or surrounding area.
11. Picture taking and Videotaping are permitted only on Friday. Instructor approval is required before sharing any video via the internet.

WHAT TO HAVE READY EACH DAY

- BUDS Sheet, 3 Towels, 2 Swim Diaper Layers, Registration Form Signed (only on the 1st day of lessons) (PDF from ISR entitled with child's name)