

Welcome to Infant Swimming Resource®
ISR Fort Myers LLC
Kathy Cole, ISR Senior Master Instructor Candidate



Lesson Guidelines

PLEASE READ CAREFULLY AND SIGN AT BOTTOM.

The Instructor must have a signed copy before lessons begin.

1. **Weekly Tuition** - Weekly tuition is **due in full on MONDAY at the start of each week, starting week #2.** (Your first week was paid when you scheduled your child for lessons.) Invoices are automatically sent through the scheduler on Sunday mornings to the email you provided when you initially signed up. Cash is preferred, checks are accepted (made out to ISR Fort Myers LLC). You have the option to pay the invoice through Paypal, but keep in mind that you are responsible for the transaction fees that Paypal charges. **An automatic \$5.00 late fee will be issued to each overdue account on Wednesday of each week.** Please note that weekly tuition is not part of the \$105 national registration fee.
2. **Respect of Property and Time Schedule** - This pool is at my private home and I ask that you please respect my home and surrounding property as you would if it were your own. The gate is on a timer and will not open until 10 minutes prior to the first scheduled lesson of the day. Be aware there are cameras on the premises. Please drive **slowly** on Homestead Lane. It is a private road and owned by those who live along it. Please be respectful of other cars as the road is narrow and it will likely be another swim parent or one of my neighbors you are passing. If you are coming towards my home, you need to pull over to allow those leaving my neighborhood to pass as they are leaving to go to work or school. This is the **RULE OF THIS PRIVATE ROAD**. I recommend arriving at the pool 5-10 minutes before your time slot in order to have your child ready for their scheduled time. Due to a full lesson schedule, your lesson cannot be guaranteed if you are not on time. If it happens that you are late, of course, I will do my absolute best to fit you in, but again it cannot be guaranteed.
3. **Parking-** Please follow the blacktop drive around the right side of the fire-pit area and park on the backside of the loop near the pole barn (but **NOT** inside the pole barn). If you park to the far right on the back side of the loop, others can come and go freely around you since there should be enough width for a car to pass on your left. Pull up to the farthest available spot closest to the pole barn but **not** inside the pole barn. Use the paver pathway to walk up to the screen pool door on the right side of the home. Please be sure to share these parking directions with caregivers who will be bringing the child to lessons.
4. **Attendance Policy-** Consistency is crucial to not only the learning process but also to the retention of learned skills. Bringing your child every day will increase the rate of progress and retention of skills. Missing lessons may result in adding weeks to the lesson set. I am aware that your family's calendar is dynamic, therefore please let me know as far in advance as possible if you know of lessons your child will be missing. I want to do everything I can to make sure your child's lesson experience is second to none. Please also keep in mind that I only allow 2 free missed absences per 4-6 week lesson set. You will be

required to pay for all scheduled lessons outside of these two free misses. Lessons cancelled by the instructor for illness, weather, pool closures, vacation, etc. are full credited back to you.

5. **Illness-** If your child has a runny or stuffy nose or a temperature under 100 degrees, it is okay for them to swim. If your child has a temperature of 100 degrees or more, or has had vomiting or diarrhea in the past 24-48 hours our protocol is to not have them swim. You may bring them back once the fever, vomiting or diarrhea has been gone for 48 hours. If your child must miss a lesson unexpectedly, please text or email me. Should it result in an extended absence from lessons, we will need to make arrangements to hold or reschedule your child's time slot. **If your child misses lessons for 3 days or is placed on medication, lessons will be put on hold and you will be required by ISR to update your child's medical information for the ISR medical team to review to ensure your child receives the safest, most effective lesson possible. You will need to do a Missed Lesson Update at the registration link <https://register.infantswim.com/register.php?k=66b584fc2231673bc42506976c65dc18> and wait for the ISR RET team to approve them to return to lessons. Be sure to use your original log in and password to do this.**

6. **Daily BUDS-** BUDS stands for bowel, urine, diet and sleep. This information is no longer done in paper format and we will go over it poolside on my iPad.

7. **Parent Resource Book (PRB)-** You will be emailed a .pdf version of the PRB upon completion of the ISR Registration Process. **Please take the time to read it.** This guide is full of useful information about what to bring to lessons, what to expect, as well as information about creating a safe aquatic environment for your family. Understanding the program is vital to your child's success. If you have any questions, I would be happy to discuss them with you and to supply you with additional information.

8. **Attire -** In-water potty accidents do happen, and due to the fact that we cannot continue with any lesson if the sanitation of the pool has been compromised, ISR requires that each child 3 years and younger, or any child who is not fully toilet trained, be dressed in 2 layers of washable swim diapers. You may use your \$15 coupon towards an approved swim diaper at the www.isrstore.com website. This code is in the body of the registration approval email from the ISR Registration team. **Please also keep your child's fingernails trimmed and hair pulled back for girls.**

9. **Towels-** ISR **requires** 3 towels per child each day. The first towel is used as a germ buffer on the pool deck. The child is placed on the second towel once they are done with their lesson, and the third towel is used to cover and dry the child. This policy is in place to prevent the transmission of bacteria from the pool deck. At the conclusion of the lesson, your child will be placed on his/her left side to allow for air release and to recover from the hard work they just did. Please stay with your child while he or she rests and enjoy a little snuggle time with them while praising them for their success that day.

10. **Diet-** Please do not give your child anything to eat or drink at least 2 hours prior to lessons, and no dairy products for at least 3 hours prior to lessons. No one works well on a full stomach, and your child will be working hard. It is recommended that you do not feed your child any **APPLES OR APPLE PRODUCTS**, pineapples, papayas, passion fruit, peaches, spinach, honey or celery in any form. should be given to the child throughout the

course of lessons. These foods can cause excessive gas buildup in the abdomen leading your child to experience distention and discomfort.

11. **Sibling/Child supervision-** Please keep all children that are not having a lesson seated quietly next to you. Do not allow them in or near the pool. There should be absolutely **no** venturing or running around the sides of the pool as this is distracting to the child in the water as well as the instructor. This is to ensure the safest environment possible for all children.

12. **Video/Photographs-** You may take photographs at any time. **Videotaping is only allowed on Fridays or at the instructor's discretion.** This is due to the proprietary nature of our lessons. Please ask your instructor if you would like to record a small segment of your child's lesson other than on Fridays.

13. **No HAIR GEL or SUNSCREEN/LOTION-** Gels and lotions come off in the pool and cause eye irritation to other students, and can throw off the chemicals in the pool and cause damage to the pool filter. Your child is only in the pool for a brief amount of time and sunscreen and lotion makes them slippery which will affect the safety of their lesson. If you must apply sunscreen, please do so at least 30 minutes in advance of their lesson time so it is fully absorbed.

14. **Adverse Weather-** I will make every effort to contact you ahead of time to cancel the lesson if weather is very bad. I try to work around rainstorms and lightning, possibly delaying lessons instead of canceling altogether. It is best to watch a weather app such as WeatherBug so you can see the radar directly over my pool to know what to anticipate. If you don't hear from me you should assume that lessons are on for the day. You will not be charged for lessons cancelled by me due to weather.

15. **Restrooms/Dirty diapers-** I will provide plastic bags for disposal of soiled diapers if you do not have one. Since I only have garbage pickup once per week and an average of 150 students/week, I ask that you please place soiled diapers in the plastic grocery bags and take them home to your "Genie". The restroom in my home is available for emergency purposes **only** as I have two dogs in my house and the only accessible bathroom belongs to my adult son. It will require that I have to stop lessons to assist you getting into my home as well. Please bring along a potty seat in your car for children who are unpredictable with bathroom schedules in order to alleviate this issue.

16. I understand that while my child/children are in the water with Kathy Cole during ISR Self-Rescue swimming lessons, Kathy Cole shall be responsible therefore, and that at all times that any child is not in the water, I or my designated agent shall be totally responsible for their safety and well being. I completely and totally release Kathy Cole and/or ISR FORT MYERS LLC for any potential liability for any possible personal injuries suffered by any child I or my designated agent brings to Kathy Cole and/or FORT MYERS LLC.

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

Parent Signature

Print Name

Date

If for any reason you have a concern or question now or at any time throughout lessons please feel free to call or email me. We are partners in your child's aquatic safety and together we can make this a safe and pleasant experience for everyone involved. Thank You again for choosing ISR!

Kathy Cole, ISR Senior Master Instructor Candidate

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