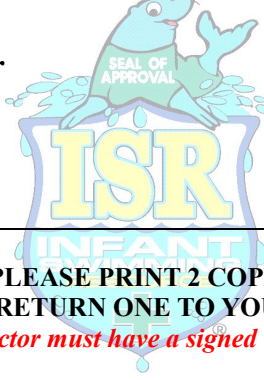


# WELCOME TO INFANT SWIMMING RESOURCE

## Pool Rules

**Kathy Cole, Certified ISR Instructor**  
**8545 Sumner Avenue**  
**Ft. Myers, FL 33908**



**Phone- 239-267-7495**  
**Email- k.cole@infantswim.com**  
**Web- www.isrfortmyers.com**

**Student(s) Name(s)** \_\_\_\_\_

**IMPORTANT LESSON INFORMATION-PLEASE PRINT 2 COPIES, READ CAREFULLY AND INITIAL EACH ITEM. SIGN BOTH COPIES AND RETURN ONE TO YOUR INSTRUCTOR. KEEP THE OTHER COPY FOR YOUR RECORDS. *The Instructor must have a signed copy before lessons begin.***

- \_\_\_\_ 1. Payment- ISR weekly fees are **\$70** per child and payable by cash (preferred), check (to Kathy Cole), or PayPal. Payment is due in full every Monday.
- \_\_\_\_ 2. Time Schedule- You should arrive at the pool 5 minutes before your time slot and have your child ready for lessons at his/her scheduled time. My schedule is very full and a lesson cannot be guaranteed if you are not ready on time. Out of respect for all parents/students, if you show up 5 minutes late for a lesson, you can expect to have a 5 minute lesson that day. When your lesson is finished, your child is rested, dry and dressed please depart promptly to make room for arriving students.
- \_\_\_\_ 3. Attendance Policy- Consistency is crucial when learning survival swimming 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. Remember you are paying for a time slot and it is important that you strictly adhere to the attendance policy as there is most likely another student waiting for your child's time slot. Your child is allowed to miss 2 (two) lessons without penalty. Any missed lessons beyond 2 will be charged as usual. Lessons cancelled by the Instructor (for instructor illness, weather, pool closures, vacation, etc.) are fully credited back to you. If you need special arrangements or have a planned vacation; please feel free to discuss this with me.
- \_\_\_\_ 4. Daily BUDS- BUDS stands for bowel, urine, diet and sleep. This information is essential to ensure the safest possible lesson for your child. This information could alert your instructor to problems or potential problems that could interfere with lessons. Present the completed BUDS to your instructor daily before your child swims. All children 3 and under (and some older children) must have a Full BUDS completed daily. All students must have the Pool-side BUDS completed daily. Additional Full BUDS sheets are available for download on my website.
- \_\_\_\_ 5. Parent Resource Book (PRB)- You will be mailed a PRB as a part of an ISR welcome package. The PRB should be read in its entirety. This book will answer most of your questions and educate you about the approach used to teach aquatic survival skills.
- \_\_\_\_ 6. Attire - Children that are not potty-trained must wear 2 swim diapers (cloth preferred). ISR requires that 2 layers of protection be worn at all times when in the pool. A swimsuit may be worn over the 2 forms of protection but does not count as a layer. These cloth swim diapers can be found at most retail outlets. You will receive one swim diaper from ISR-you can use a disposable swimmer under the cloth diaper but 2 cloth swim diapers are preferred, and less expensive. Please keep your child's fingernails trimmed and hair pulled back for girls.
- \_\_\_\_ 7. Towels- ISR requires 3 towels per child every day, 2 towels to lie on and 1 to dry the child. This policy is in place to prevent the transmission of germs on the pool deck. Your instructor will place your child on his/her left side to allow for air release and proper rest.
- \_\_\_\_ 8. Diet- No eating or drinking anything 1 ½ hours prior to lessons. No dairy products for 2 hours prior to lessons. **NO APPLES OR APPLE PRODUCTS** throughout the course of lessons. Please read Chapter 2 in your PRB for more important dietary guidelines.

