

WELCOME TO INFANT SWIMMING RESOURCE

Pool Rules

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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 lesson fees are **\$75** per child per week and are payable by cash, check (made out to Kathy Cole), or via PayPal. Payment is due in full every **Monday** at the start of each lesson week.
- ___ 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 usually very full and a lesson cannot be guaranteed if you are not ready on time. **Timeliness is extremely important**, particularly when teaching from my home and with the limited parking available. If you are earlier than 5 minutes prior to your lesson time and you see that there is no parking available in the designated areas, please drive around a bit until a space opens up for you to park. 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. I have to remain on schedule at all times while teaching from my home. When your lesson is finished, your child is rested, dry and dressed, please depart promptly to make room for arriving students. ***NOTE: I have had past parents drive down to the end of Winkler (it is a dead end with a circle) to get their children ready for lessons and then come on over to the house to be here a few minutes prior to lesson time. This is also a suggestion in case you arrive in the area a little early.
- ___ 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. **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 for free during a 4-6 week course. **All other absences must be paid for.** 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 discuss this with me **before** starting lessons. Please Note: If your child is out sick for 3 or more consecutive lessons you **MUST** complete an update registration at the registration link that was provided to you when you initially registered your child. There is no fee involved, however the Registration Team requires that if a child misses 3 or more lessons in a row due to illness there must be an update completed prior to the child returning to lessons. You will need to explain the nature of the illness and what medications have been prescribed in this update.
- ___ 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 30 months and under must have a Full BUDS completed daily. **ALL** students must have the Poolside BUDS completed daily in my Poolside notebook. 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 Target in the swimming/snorkeling section or at Babies R Us. You can use a disposable swim diaper 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 at the conclusion of each lesson.

- ___ 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** should be given to the child throughout the course of lessons. These cause excessive gas buildup and make swimming, floating, and rolling over difficult. Please read Chapter 2 in your PRB for more important dietary guidelines.
- ___ 9. **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 water and absolutely **no** climbing near the waterfall or hot tub area. It is distracting (not to mention unsafe) to the instructor and student if other children are running around or trying to play in the water.
- ___ 10. **Video/Photographs-** You may take photos **ONLY** at any time. ISR has recently instilled very strict videotaping rules. Videotaping is **NOT** allowed **AT ALL** except the very last lesson and must be done with **written** permission from the instructor. Unauthorized video uploaded to the internet can be detrimental to the ISR program as well as your child's instructor. ISR wants to protect the integrity of the program.
- ___ 11. **Restroom-** Please have your child use the restroom at your home **BEFORE** coming to lessons. My home bathroom should be used **only** in emergencies, particularly because I have a dog in my home that I cannot be in charge of if I am in the pool and you enter to use the restroom. "Going potty at Ms. Kathy's" can quickly become a habit or stall tactic and should not be reinforced in any way. Please limit the bathroom use to emergencies only.
- ___ 12. **Diaper Changing-** Please use a barrier (towel, changing pad, etc.) underneath your child at **all** times when you are changing your child's diapers as this will prevent any transmission of germs to your child or to other visitors to my home.
- ___ 13. **Teaching from my home-** Please be respectful of my home and personal property (ie: furniture, screens/screen door, etc.) while visiting my home for lessons. This is much appreciated. Also, please be respectful of my next door neighbors as the right side of my home is also their back yard.
- ___ 14. **Adverse Weather-** If it is raining hard or lightning in the area, I will not swim your child. I will make every effort to contact you ahead of time to cancel the lesson if this occurs. You will not be charged for lessons cancelled due to weather. I will do lessons if there is only light rain/drizzle and no lightning or thunder.
- ___ 15. **Parking-** Parking is a problem and teaching from my home creates a shortage of parking spaces. You **MUST** limit yourself to one car per family. **Please do not arrive more than 5 minutes before your scheduled time and exit promptly after your child has rested and is dressed.** Please park in my driveway or in the driveway directly across the street at the one-story home (8546 Sumner Ave). **DO NOT park in the street ever!!** Come around the **right** side of my home and in through the screen porch door. If you have someone who wants to observe lessons with you, please meet them somewhere nearby and have them ride with you to the lesson. If you have someone else who will be bringing your child to lessons, please discuss the parking rules with them.
- ___ 16. I understand that while my child/children are in the water with Kathy Cole during 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 Steve Cole for any potential liability for any possible personal injuries suffered by any child I or my designated agent brings to the residence of Kathy Cole/Steve Cole, while on that premises, other than that time only that the child is in the water during lessons with Kathy Cole.

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

Print Student(s) Name(s)

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 Instructor