

Welcome to Infant Swimming Resource® ISR Fort Myers LLC



Lesson Guidelines

PLEASE READ CAREFULLY

The Instructor must have a digitally 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 and checks (made out to ISR Fort Myers LLC) are accepted and can be placed into an envelope in the Suncoast Credit Union bank bag poolside. If paying by cash, please put your child's name and the amount on the front of the envelope. You have the option to pay via credit card through Paypal at the link in the invoice, but keep in mind that you are responsible for the transaction fees that Paypal charges. **An automatic \$10.00 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 - Please treat the lesson location as if it were your own home and be respectful of property. We 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, we will do our absolute best to fit you in, but again it cannot be guaranteed.

3. 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. We are aware that your family's calendar is dynamic, therefore please let us know as far in advance as possible if you know of lessons your child will be missing. We want to do everything we can to make sure your child's lesson experience is second to none. Please also keep in mind that we only allow 2 free missed absences per 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.

4. **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. Please refer to the childhood illnesses protocol form for specific oral, temporal, ear temp reading guidelines. **If your child must miss a lesson unexpectedly, please text or email your instructor.** (Kathy: 239-267-7495, k.cole@infantswim.com; Steve: 239-297-7961, s.cole@infantswim.com). 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 you used to initially register them through ISR 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.**

5. **Daily BUDS-** BUDS stands for bowel, urine, diet and sleep. We will go over this on the iPad daily. Please update anyone bringing your child to lessons on how to answer the BUDS for that day.

6. Parent Resource Book (PRB)- In the ISR Registration approval email, you will receive a link to download the PRB. This is why it is important to get your child registered through ISR at least one week in advance of the start date, so you have time to review it. **Please take the time to read it.** This guide is full of useful information about what to bring to lessons, what to expect each week, 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, we would be happy to discuss them with you and to supply you with additional information.

7. 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. TIP: If your child has already had a BM, you can dress them in their two swim diapers prior to arriving at the pool and place a regular diaper over top (to avoid pee leaking in their car seat). This limits the anxiety of getting them dressed for their lesson poolside. You may use one disposable swim diaper as the bottom layer, but you must use a fitted, snug cloth SWIM diaper for the top layer. A regular cloth diaper is NOT the same as a cloth swim diaper so make sure it is an approved swim diaper. 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.**

8. 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 and virus 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. Please bring **clean** towels daily to prevent germ transmission to your child.

9. **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.

10. **Sibling/Child supervision-** Due to COVID-19 we ask that we only have one adult accompany the child who is swimming, and if possible, please leave other children at home or have them wait in your vehicle. 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 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.

11. **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.

12. **No HAIR GEL or SUNSCREEN/LOTION-** Gels, lotions, and leave-in conditioners 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.

13. **Adverse Weather-** We will make every effort to contact you ahead of time to cancel the lesson if weather is very bad. We 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 or My Lightning Tracker so you can see the radar directly over our pool to know what to anticipate. If you don't hear from us you should assume that lessons are on for the day. You will not be charged for lessons cancelled by us due to weather.

14. **Restrooms/Dirty diapers-** Restroom availability varies depending on location. Due to COVID-19, the restroom in our private home is unavailable for use. Please bring along a portable potty in your vehicle for your child's restroom needs. Additionally, please bring along plastic bags for soiled diapers and take them home with you so we do not leave behind soiled garbage.

15. I understand that while my child/children are in the water with Kathy Cole or Steve Cole during ISR Self-Rescue swimming lessons, Kathy Cole or Steve 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 Steve Cole, ISR FORT MYERS LLC for any potential liability for any possible personal injuries suffered by any child I or my designated agent brings to lessons with ISR 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 us. 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! ISR FORT MYERS LLC www.isrfortmyers.com

Kathy Cole

Senior Master Instructor Candidate

239-267-7495

k.cole@infantswim.com

Steve Cole

Certified ISR Instructor

239-297-7961

s.cole@infantswim.com