



ISR Swim School

featuring:

INFANT SWIMMING RESOURCE

The finest aquatic survival instruction for infants and children

ISR Mission: "To prevent drowning and enrich the lives of children by teaching them to swim."

Welcome to ISR Swim School and congratulations on your choice of Infant Swimming Resource, the safest, most effective swimming program for you child. Before we get started, I think we can all agree that YOUR child is the most important person there is. In order for me to do the best job I can and concentrate fully on the most important person there is, it is necessary that these few rules be followed.

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.*

- **Forms:** Please bring the National Registration Form, the Liability Waiver and these Pool Rules (all signed) to your child's first lesson. If one form is missing we cannot begin lessons.
- **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.
- **Payment:** Please pay your lesson fee every Monday. If paying by cash, please put it in an envelope with your name on it. Checks are made out to Jens Trumpa or Jenni Matheson (CGMWR at Coast Guard facility)
- **Time schedule:** ISR Swim School is a service provided by a Certified Instructor. I expect you and your child to gain the maximum benefit by being consistent and on time for the duration of the lessons. Please arrive at least 10 minutes prior to your scheduled lesson time. If arrival time is up to 5 minutes into the lesson time, your child will receive the remainder of the lesson. If arrival time is over 5 minutes into the lesson time, the lesson is forfeited.
- **Attendance Policy:** Consistency is crucial when learning self-rescue skills. Bringing your child every day will increase the rate of progress and retention of skills. Please give your instructor a two-week notice before any planned vacations and contact your instructor directly if your child has a prolonged illness. If you are unsure as to your child's ability to safely participate in lessons, call your instructor for verification of your child's readiness to swim. Children can safely take swim class if they have a runny nose or low-grade temperature (under 100 degrees).
When in doubt as to whether class is being held with regards to weather, call your instructor a half-hour before your class time to confirm. Do not assume class is cancelled as weather may differ at your instructor's pool location. Make Up Lessons will be offered only in the case of pre-announced family vacations, prolonged illness, weather cancellation, or instructor cancellation. No credit will be given for days missed due to car trouble, over-sleeping, parent or sibling illness, beach outings etc.
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.
- **DIET:** Be sure your child's DIET RESTRICTIONS are followed carefully. 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.

