



INFANT SWIMMING RESOURCE

"to prevent drowning and enrich the lives of children by teaching them to swim"

Gretchen Schild-Ellgren

Certified ISR Instructor

Licensed Nurse

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Please read over the guidelines, and the BUDS information. The BUDS sheet needs to be filled out 24 hours prior to swim lessons, this is very important as it provides very important safety information. Please bring the Infant Swimming Resource National Registration Form with you on the first day, otherwise Ms. Gretchen cannot swim your child.

INFORMATION AND GUIDELINES

INFANT SWIMMING RESOURCE

🕒 **PARENT RESOURCE GUIDE:** Please review your ISR Parent Resource Book carefully and completely. This will answer most of your questions and will educate you about the ISR approach used to teach an infant/child aquatic survival skills. Please remember this program does not go by weeks but actual lessons. If your child has inconsistent absent lessons, this can add on time to mastering the aquatic survival skills.

🕒 **LESSONS:** The first lesson will be spent 5 minutes with parent for education, and the last 5 minutes MS. Gretchen will spend time with your child in the water establishing trust. There will be no submersion the first day. Lesson time can vary due to abdomen distention and/or VCF checks (will be explained on first day of lesson). Lessons are a maximum of 10 minutes per day.

🕒 **COMMUNICATION:** Please communicate with any concerns or questions with Ms. Gretchen away from the pool, either by email or phone. 904-616-8075 or waterlillys@gmail.com Communication is the key to success 😊

🕒 **LESSON FEES:** All lesson fees are due in advance on the Friday before the next week's lessons begin. Weekly lesson fees are to be made by cash or check only or via credit card through WaterlillySwimSchool.com. Please place your payment in the designated box, with your child's first and last name(s). If you pay with cash please place in an envelope with your child's name on it. The fee is \$65.00 per week or if you pay via credit card, \$68.00.

The policy of Waterlilly Swim School, Inc., is that dishonored checks will be assessed a minimum charge of \$15.00, with a maximum charge double the amount of the check, and the cost of collection. Dishonored checks must be redeemed with cash or money order.

⌚ **BEFORE THE LESSON:** Please do not allow your child to eat anything 2 hours prior to lessons; they can have clear liquids up to an hour prior to lessons. **No apples, pineapples, papayas, passion fruit, peaches, spinach, honey & celery in any form during the period your child is involved in ISR lessons.** Please refer to Chapter 3 in your Parent Resource book for more information on this ISR safety protocol. If your child is potty trained please make certain they use the restroom immediately before they leave to come to lessons. There will not be a bathroom facility available.

Please do not put lotion/suntan lotion on the day of lessons, as it makes the child very slippery to hold onto in the water. Spray-on alcohol based is ok. The screen house does block a lot of the UV's. Please do not have any band-aids on either, as they fall off and end up clogging the pool filter. If your child has a severe cut that requires bandages, please call Ms. Gretchen to discuss further.

⌚ **BUDS SHEETS:** This sheet must be filled out daily and presented to the instructor before the lessons begins. This sheet is used as a safety tool for the instructor to monitor your child's bowel, urination, diet and sleep. In addition, at the poolside there will be a BUDS binder. Attached is the BUDS form for your child that will need to be filled out daily prior to the child's lesson. This safety protocol adds to the high standard that set ISR apart from the others. The acceptable BUDS forms are to be used for each and every student, by all ISR instructors on a daily basis. **I am unable to take you child in the water with out viewing their BUDS forms.** My insurance company will not allow me to swim a child without a daily BUDS sheet. I will lend out booklets to keep these organized, and must be given back to Ms. Gretchen, once the survival skills have been mastered. There is also a Poolside BUDS that Ms. Gretchen will ask you questions daily and will need you to sign it.

⌚ **SWIM DIAPERS:** If your child is not fully potty trained, then they must wear two layers of a swim diapers during lessons. I highly recommend the use of two reusable plastic swim diapers; you can find them generally at Target or Wal-Mart. It is important that the swim diapers fit your child correctly. The outer layer must have elastic around the waist and legs. **A disposable swim diaper may not be used for the outer layer of protection; they will not contain a bowel movement.** ISR's welcome box will contain an appropriate set.

⌚ **COME PREPARED:** Infant Swimming Resource has a three towel protocol. The 3 towel protocol requires one towel to buffer the pool deck from the students after the lesson. The second towel is on top of the buffer that the child lies down on and the 3rd towel is used to cover the child and dry them off. Waterlilly Swim School and ISR requires three towels. By this protocol, we have no common wet surface shared by students on the deck of the pool, such as a mat or changing area. Rotavirus and many other pathogens are passed through baby to baby by unsanitary conditions. These viruses and pathogens are difficult to eradicate from a pool deck. Please bring three clean/dry towels with you to each lesson each day.

⌚ **BE ON TIME:** Please arrive at least 10 minutes prior to your child's lesson appointment time. You will need to allow time to change your child into his or her suit prior to the lesson. If Ms. Gretchen allows a student in late, then this causes Ms. Gretchen's schedule to go behind. If you do arrive a few minutes late, I can only take your child in the water for the time remaining in their lesson. There are no make up days given for late days.

⌚ **FACILITIES:** There will not be a bathroom facility available; *I am not allowed to have anyone inside my home per insurance carrier.* Please be certain that your child uses the restroom just before you come for swim lessons.

⌚ **CANCELLATIONS:** Cancellations/Refunds/Credit: Only lessons cancelled by the instructor (personal/holiday) will be pro-rated. Credit lessons will be given for a child's prolonged illness (more than 2 days) with a doctor's note. If there are **more than 2 cancellations due to inclement weather conditions or pool conditions in one week's period, credit** will also be issued. Otherwise 'weather' cancellations will be credited for maintenance lessons for that calendar year. All other missed lessons will NOT be refunded or credited. It will be the parent's responsibility to check for weather cancellations, you can check by either calling 904-616-8075 for a recorded message or check the website home page, there will be a message on the top. We live in Florida, sometimes the weather cannot be predicted until you arrive and have to cancel on the spot.

ILLNESSES: Please contact Ms. Gretchen if your child is ill prior to coming to lessons. If your child is out for more than three days due to illness, you will need to update with ISR prior to resuming lessons.

⌚ **SAFETY REQUESTS:** Please keep all children (including the student) under your control when in the pool area. Keep siblings and other children out of the water. Please remain in the screened pool area in the backyard and do not allow any sibling to exit the screen house while your lesson is in progress. DO not allow your child to enter the pool prior to or immediately after the lesson. Your child (if younger than 3) is to be handed to me by the parent, and I will hand the child out on his or her towel after the lesson. Immediately after the lesson your child will be placed on top of your two towels lying on his or her left side. This will allow your child to rest, and allow any air that is swallowed during crying, to be burped out easily. Please refer to Chapter 3 in your Parent Resource book for more information on this ISR safety protocol.

⌚ **PARENTAL INTERVENTION:** Water playtime usually counteracts appropriate responses being shaped by your instructor. This is usually evident on Mondays following an extended time in the pool over the weekend. Please limit the amount and type of water play outside of the lessons until the skills are mastered. Please do not try and teach your child while in lessons with Ms. Gretchen, there is a lot of psychology behind our individualized lessons. If a child is taught by two different techniques, this can confuse them and ADD time onto their lessons. Please do not

use any water wings or any other floatation devices outside of lessons in a pool setting; if a child is using anything that promotes vertical position while in water, it can extend your child's lessons. **Please discuss with the instructor about water activities that will not interfere with lessons.**

☺**Parent Role:** We strongly encourage parents to encourage and be very supportive during their time in the water. Applause, cheer your child right at pool side for their accomplishments, even if they are crying. Fear is a learned behavior; if you show fear your child will pick up on that. After your child gains confidence in the water, their cries will be replaced with rewarding smile☺

☺**DISTRACTIONS:** Children who are not involved in lessons must be seated at all times. Do not allow them to play in the water or walk around the pool deck. You are paying for the services of a professional; please help to create and maintain a learning environment free from distractions and unnecessary disruptions. There will be designated areas where siblings can be.

☺**PARKING:** To ease parking flow, do not arrive more than 10 minutes before your child's scheduled lesson time. When possible, please use the driveway for parking. If you must park on the side road, **please be careful NOT to park on any neighbors' grass. Also please drive slow, as there are children around.** Everyone's cooperation is appreciated. Please see diagram. Please go directly around back to poolside (follow the diagram) and be seated until your child is called.

☺**VIDEOS & PICTURES:** It is ISR's policy that video taping only on the 1st day and last day of lessons and Fridays only with permission from Ms. Gretchen prior. ISR finds that this distracts both the instructor and student. **ALSO, PLEASE GET PRIOR PERMISSION FROM MS. GRETCHEN BEFORE POSTING ANY IMAGES WITH MS. GRETCHEN ON THE INTERNET IN ANY FORM.**

I realize that your child is the most important thing in your life. Please feel free to contact me if you have any questions or concerns about his or her lessons. I look

forward meeting you!

Sincerely,

Gretchen Schild-Ellgren



I understand Waterlilly Swim School, Inc. Guidelines and have read the Infant Swimming Resource Parent Resource Book and will follow those guidelines.

Parent/Guardian

Signature: _____

Child's Name: _____

Child's Name: _____

Child's Name: _____

Date: _____