



Welcome To Infant Swimming Resource Lesson Guidelines

Honey Hartleb, Certified ISR Instructor

Student(s) Name(s) _____

IMPORTANT LESSON INFORMATION-PLEASE PRINT A COPY, READ CAREFULLY AND INITIAL EACH ITEM. SIGN AND SUBMIT TO YOUR INSTRUCTOR.

_____ **1. Lesson Fees - Lesson Fees are due in full on MONDAY at the start of the lesson week.** Please note that lesson fees are not part of the \$105 registration fee. ISR lesson fees are **\$100** per child per week for both refreshers and new students and are payable by cash (preferred), check (made out to Honey Hartleb), or via Paypal.

_____ **2. Time Schedule -** I recommend arriving at the pool 5 minutes before your time slot in order to have your child ready for lessons at his/ her scheduled time. Your lesson cannot be guaranteed if you are not on time. If it happens that you are late, of course, I will do my absolute best to fit you in, but again it cannot be guaranteed.

_____ **3. Attendance Policy -** Consistence 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. Please let me know as far in advance as possible if you know of lessons your child will be missing. I want to do everything I can to make sure your child's lesson experience is second to none. Please also keep in mind that I only allow 2 free missed absences per 4-7 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 fully credited back to you.



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- _____ **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. If your child must miss a lesson unexpectedly, please text or email me. 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 can update this at the registration link I provided you initially.
- _____ **5. 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 36 months and under must have a Full BUDS completed daily. ALL students must have the Poolside BUDS completed daily in their Poolside folder. Please make sure you discuss any unusual issues and/or concerns with me prior to the lesson. This will help me to provide the safest possible lesson each day for your child.
- _____ **6. Parent Resource Book (PRB)** - You will be mailed a PRB upon completion of the ISR Registration Process. This guide is full of useful information about what to bring to lessons, what to expect, as well as information about creating a safe aquatic environment for your family. Understanding the program is vital to your child's performance.



___ **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 swim diapers, washable or disposable. You may use your \$15 coupon towards an approved swim diaper at the www.isrsealstore.com website. **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 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.

___ **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** - 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 venturing around the dive shop equipment or down near the deep end of the pool. I am renting the dive shop pool and need to keep on excellent terms with the owner and management staff. Thank you for your help with this!

___ **11. Video/Photographs** - You may take photographs at any time. Videotaping is only allowed on Fridays or at the instructor's discretion. Please ask your instructor if you would like to record a small segment of your child's lesson other than on Fridays.



____ **12. Parking - Lynnhaven pool parking:** The dive shop is not open in the early mornings. So you will need to park in the back of the building and come into the back door (enter and walk straight ahead to the pool door).

Chesapeake Bay pool parking: When parking, you will need to **PARK** in the **FRONT** of this lot (where the shoppers park). Enter the dive shop and head to the door in the back to the pool. Bathrooms are in the hallway along the way. Please **DO NOT** use the locker rooms to change.

____ **13.** I understand that while my child/children are in the water with Honey Hartleb during swimming lessons, Honey Hartleb shall be responsible therefore, and that at all times that any child is not in the water, I or my designated agent shall not be totally responsible for their safety and well being. I completely and totally release Lynnhaven Dive Center / Chesapeake Bay Diving for any potential liability for any possible personal injuries suffered by any child I or my designated agent brings to Lynnhaven Dive Center 1413 N. Great Neck Rd & Chesapeake Bay Diving 1725 Laskin Rd, Suite 515 Virginia Beach, Va 23454

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 me. We are partners in your child's aquatic safety and your child's success is my utmost concern! Thank You again for choosing ISR!