



# ISR PARENT GUIDELINES

Pamela McPherson, Certified ISR Instructor  
Phone: (251) 391-4799  
[www.swimfants.com](http://www.swimfants.com)

Student Name(s) \_\_\_\_\_

**IMPORTANT LESSON RULES AND INFORMATION-** Please print 2 copies of this document. You must provide a copy of this document with the original signature and initials prior to your child beginning lessons. Please retain a second copy for your records. Your child will not be able to start lessons without a signed copy of this document AND a copy of the national registration approval.

\_\_\_\_ 1. **Payment-** ISR lessons are \$85.00/week per child. The weekly fee for lessons is not prorated, as you are paying for a weekly time slot whether or not your child comes to lessons. Lesson payments are due on MONDAY of the current week. You may pay by check, cash, or PayPal. Please make checks to PAMELA MCPHERSON and put them in the payment box. \*\*Instructor cancellations due to pool closures, illness, inclement weather or an emergency are fully credited back to you.

\_\_\_\_ 2. **Time Schedule-** You should arrive at the pool 10 minutes before your time slot and have your child ready for lessons at his/her scheduled time. Your instructor's schedule is very full with back-to-back lessons and her ability to stay on time is contingent on your being on time. If you are late, she will do her best to fit you in, but it cannot be guaranteed. When your child has completed his/her lesson, please take the necessary steps to dry off, allow for recovery, redress and safely exit the pool area so that the next students may arrive and get set up for their scheduled lesson.

\_\_\_\_ 3. **Attendance Policy-** Consistency is crucial to not only the learning process, but also the retention of those learned skills. Bringing your child every day will increase the rate of progress and retention of skills. Lessons are not prorated and you are required to pay for all scheduled lessons. Lessons missed as a result of pool closures, illness, inclement weather or an emergency are made up at the end of the lesson sequence.

\_\_\_\_ 4. **Daily BUDS Sheet-** BUDS stands for Bowel, Urine, Diet and Sleep. This daily information is required and must be presented to the instructor before each lesson. This information is essential, as the instructor uses the information provided by you to ensure that each lesson is custom tailored to your child's specific needs for that day, in addition to ensuring the safest possible lesson for your child. All children 30 months old and younger must have a Full BUDS completed daily. **All students** must complete the short version poolside BUDS on a daily basis and prior to each lesson. **Please make sure you discuss any unusual issues and/or concerns with your instructor PRIOR to the lesson.**

\_\_\_\_ 5. **Parent Resource Book (PRB)-** You will be mailed or emailed a PRB upon completion of the national registration. ***It is an important requirement that you read the Parent Resource Book completely.*** Understanding the program is vital to your child's performance. You will read in the PRB about the importance of your attitude and emotions with regards to lessons. Please keep in mind that your child is constantly observing you and taking his or her emotional cues from you. It is important that you maintain a positive, supportive attitude throughout your child's ISR Lesson experience. If you have any questions, your instructor will be happy to supply you with additional information or clarification.

\_\_\_\_ 6. **Attire-** Children 3 years and younger, or anyone not toilet trained for at least 6 months, should be dressed in TWO layers of washable swim diapers. This "double protection" will help ensure a safe pool environment for everyone. Once you have completed the national registration, you will receive a code for one approved swim diaper that has anti-microbial protection. Your instructor does not require that the washable diapers be ISR diapers specifically, just something equivalent. The health and safety of all ISR students is of the utmost importance. You may see your instructor peek into your child's swim diaper before lessons - she is checking for bowel movements that may compromise the safety the swim environment. It would be helpful to your instructor if you too could double check the diapers for bowel movements before you hand your child to the instructor.

\_\_\_\_ 7. **Towels-** ISR requires **3 towels** per child every day, **2** towels to place on the deck upon which your child will be placed after the lesson and **1** towel to dry your child. This policy is in place to prevent the transmission of germs on the pool deck. At the conclusion of the lesson, your child will be placed on his or her left side to allow for air release and proper rest. Please do not leave your child unassisted, as there may be some minor temperature fatigue as well as a need to briefly rest following the lesson. Safety before, during and after your child's lessons is a priority and your ongoing compliance is appreciated.

\_\_\_\_ 8. **Diet** - Please do not give your child any food or drink at least **1.5 hours prior to lessons**. No dairy/milk products for at least 2 hours prior to lessons. No one works well on a full stomach and your child will be working hard. **No APPLES OR APPLE PRODUCTS, pineapples, papayas, passion fruit, peaches, spinach, honey, or celery in any form during the weeks (M-F) your child is in lessons**. The foods listed in the PRB can cause the buildup of gases in the abdomen, leading to distention and discomfort to your child.

\_\_\_\_ 9. **Sibling/Child Supervision**- It is important that you do not allow siblings or others in your party to enter the water environment during lessons. This greatly interferes with everyone's concentration, including your child who may be working hard at the time. Your child, who is having a lesson, deserves your attention, support and cheers. If you have additional children in the pool area, it is recommended that they bring an activity to quietly occupy their time for the 15-20 minutes that you are at the pool. Your cooperation is greatly appreciated and will only add to our own efforts in being as efficient and safe as possible. If you allow your child or any child in your care to play on the property including the swing and playhouse, you or your designated agent must take full responsibility for any and all injuries that may occur due to said activity and hold harmless the property owners.

\_\_\_\_ 10. **Video/Photographs**- Videotaping and pictures are allowed, but in an effort to protect ISR trade secrets, your instructor asks that you not post videos of your child to social media until they have achieved a level of independence in which they no longer need prompting from your instructor to complete the life saving skills. If you are interested in videotaping your child's lesson, please let your instructor know before videoing. Your instructor reserves the right to ask you to take down any videos that include either the instructor or the swim facility that you have uploaded to social media. If using Facebook, please tag the Gulf Coast Swimfants page so we can review and share with any current and future clients.

\_\_\_\_ 11. **Adverse Weather**- Even though the pool is indoors, we still cannot swim with thunder or lightning in the area. Because of the volatile weather in our area, we will try to have lessons even if it means waiting a few minutes for a local storm to pass. (If the weather is too severe, we will call to cancel the lessons. If you don't receive a call or text, please come.) In our area, it may be raining over you, but not necessarily over the pool area. Please make sure your instructor knows the best way to contact you in the event of a cancellation. *Cold*: If the weather is deemed too cold outside to be comfortable inside, we will not swim.

\_\_\_\_ 12. **Illness**- If your child must miss a lesson unexpectedly, please text your instructor or call at 251-391-4799 so that she won't worry about why your child has not come to the pool. If a week or more is missed due to illness, please contact your instructor as soon as it is feasible so that arrangements can be made to hold or reschedule your child's time slot. If your child misses lesson for 3 days and visits a doctor, lessons will be put on hold and you will be required to update your medical information for the ISR Medical Team to review to ensure no problems could arise in lessons due to these events. If your child is ill or must miss a lesson or two throughout the lesson series, the lessons must be paid for and are not prorated.

\_\_\_\_ 13. **Surveys**- You will receive three surveys throughout the course of your lessons. Your feedback is greatly appreciated. As always, if you have any questions or concerns, please discuss them with your instructor first. Your instructor is dedicated to making your experience the best that it can be.

\_\_\_\_ 14. **Questions**- If for any reason you have a concern or problem, your instructor would be happy to discuss your needs by phone as soon as she gets out of the pool or has a break. **Parents and their children in lessons will be her first priority when returning calls**. In consideration of other parents who are scheduled after you, please try to help your instructor stay on schedule.

**I understand that while my child is in the water with Pamela McPherson for a swim lesson, Pamela McPherson will be responsible for my child at that time only. Therefore, all other times that my child or any other child is with me in the swim facility, I, or my designated agent, shall be totally responsible for their safety and well being. I completely and totally release Pamela McPherson, ISR and any ISR representatives from any liability for any possible personal property damage and/or personal injuries suffered by any child I or my designated agent brings into the swim facility, by myself or by my designated agent, while on the premises of said lessons.**

I ACKNOWLEDGE THAT I HAVE READ AND UNDERSTAND THESE RULES AND I ACCEPT AND AGREE TO FOLLOW THEM. I ALSO ACKNOWLEDGE THAT THIS IS A BINDING CONTRACT THAT WILL BE VALID FOR THE ENTIRE DURATION OF LESSONS FOR AS MANY YEARS AS MY CHILD IS IN LESSONS.

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Parent Signature

Print Name

Date