

WELCOME TO INFANT SWIMMING RESOURCE

2010 Pool Rules / Student Contract

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Student(s) Name(s) _____

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.*

- _____ 1. **Payment** – ISR Weekly fees are **\$70** per child for all students and payable by check (to Jill MacIsaac) or cash. Payment is due in full every Monday.
- _____ 2. **Time Schedule** – You should arrive at the pool **5 minutes** before your time slot and have your child ready for lessons at his/her scheduled time. A lesson cannot be guaranteed if you are not ready on time. Out of respect for all parents/students, if you show up 5 minutes late for a lesson, you can expect to have a 5 minute lesson that day. When your lesson is finished, your child is rested, dry and dressed, please depart promptly to make room for arriving students.
- _____ 3. **Attendance Policy** – Consistency is crucial when learning survival swimming skills. Bringing your child every day will increase the rate of progress and retention of skills. Lessons are not pro-rated and you are required to pay for all scheduled lessons. Remember you are paying for a time slot and it is important that you strictly adhere to the attendance policy as there is most likely another student waiting for your child's time slot. Your child is allowed to miss two (2) lessons without penalty; any missed lessons beyond two will be charged as usual. Lessons cancelled by the Instructor (for illness, weather, pool closures, vacation, etc.) are fully credited back to you. If you need special arrangements or have a planned vacation, please feel free to discuss this with me.
- _____ 4. **Daily BUDS** – BUDS stands for Bowel, Urine, Diet, 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 must have a full BUDS completed daily. All students must also have the poolside BUDS completed daily. Additional full BUDS sheets are available from me.
- _____ 5. **Parent Resource Book (PRB)** – You will be mailed a PRB as 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.
- _____ 6. **Attire** – Children who are not potty trained, must wear two (2) swim diapers (cloth preferred). ISR requires that two (2) layers of protection be worn at all times when in the pool. A swimsuit may be worn over the two forms of protection but does not count as a layer. These can be found at most retail outlets. You will receive one swim diaper from ISR – you can use a disposable swimmer under the cloth diaper but 2 cloth swim diapers are preferred, and less expensive. Please keep your child's fingernails trimmed and hair pulled back for girls.
- _____ 7. **Towels** – ISR requires 3 towels per child every day. Two towels to lie on and one to dry the child. This policy is in place to prevent the transmission of germs on the pool deck. Your instructor will place your child on his/her left side to allow for air release and proper rest.

- _____ 8. **Diet** – No eating or drinking anything 1½ hours prior to lessons. No dairy products for 2 hours prior to lessons. **NO APPLES OR APPLE PRODUCTS** throughout the course of lessons.
- _____ 9. **Sibling/Child Supervision** – Please keep all children who are not having a lesson seated quietly next to you. Do not allow them in or near the water. It is distracting (not to mention unsafe) to the instructor and student if other children are running around or trying to play in the water.
- _____ 10. **Video/Photographs** – Videotaping is no longer allowed except with prior permission and providing ISR protocols are followed. ISR Video protocols are available poolside. Still pictures are allowed on Fridays.
- _____ 11. **Restroom** – Please have your child use the restroom at your home BEFORE coming to lessons. My home bathroom should be used only in emergencies. “Going potty at Ms. Jill’s” quickly becomes a habit or stall tactic and should not be reinforced in any way.
- _____ 12. **Adverse Weather** – If it is raining hard or lightning in the area, I will not swim your child. I will make every effort to contact you ahead of time to cancel the lesson if this occurs. I will attempt to reschedule the lesson later in the day when possible. You will not be charged for lessons cancelled due to weather.
- _____ 13. **Parking** – Parking is a problem and teaching from my home creates a shortage of parking spaces. Please limit yourself to one car per family. Please do not arrive more than 5 minutes before your scheduled time and exit promptly after your child is rested and dressed. Please park in my driveway (should fit 2 cars) or in front of my house. Follow the paved walkway on the left side of the house and come in to the pool area.
- _____ 14. I understand that while my child/children is/are in the water with Jill Maclsaac during swimming lessons, Jill Maclsaac shall be responsible therefor, and that at all times that any child is not in the water, I or my designated agent shall be solely and totally responsible for their safety and well being. I completely and totally release Jill Maclsaac and/or Robert Maclsaac for any potential liability for any possible personal injuries suffered by any child I or my designated agent brings to the residence of Jill Maclsaac/Robert Maclsaac, while on that premise, other than that time only that the child is in the water during lessons with Jill Maclsaac.

I HAVE READ THESE RULES AND I ACCEPT AND AGREE TO FOLLOW THEM. I ALSO ACKNOWLEDGE THAT THIS IS A BINDING CONTRACT.

Print Student(s) Name(s)

Parent Signature

Print Name

Date

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 e-mail me. 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!



Jill Maclsaac, ISR Instructor