



ISR Survival Swimming Enrollment Packet

Janna Wertz, Certified ISR Instructor
303-725-9712

Student Name(s)

IMPORTANT LESSON RULES AND INFORMATION: You must provide a copy of this document with original signatures 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, a signed copy of the Waiver of Liability, AND a signed copy of the national registration approval.

Initial of parent

- _____ 1) **Payment:** The fee for lessons is not prorated (unless cancelled due to weather), 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. Please make checks payable to the YMCA and leave them in the zipper envelope attached in the Poolside BUDS binder. If you wish to pay via credit card, please see Sue in the front office of the YMCA to make a payment.
- _____ 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. My schedule can be very full and my ability to stay on time is contingent on my clients being on time. If you are late, I will do my 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 and allow for recovery. It is the YMCA policy that no children should be changed pool side. The Y has a great family locker room area that can be used for dressing. It is also the YMCA policy that only Y members are allowed to use the pool outside of 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 pro-rated and you are required to pay for all scheduled lessons. Your initials indicate that you have read/understand this policy.
- _____ 4) **Daily BUDS:** BUDS stand 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 insure 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. **Any student younger than 36 months** must have a Full BUDS completed daily and complete the short version poolside BUDS on a daily basis prior to each lesson. **Please be sure to discuss any unusual issues and/or concerns with me PRIOR to the lesson.**
- _____ 5) **Parent Resource Book (PRB):** You will be mailed a PRB upon completion of the national registration. **It is an important requirement that you read the PRB completely.** Understanding the program is vital to your child's performance. If you have any questions, I will be happy to supply you with additional information or clarification.
- _____ 6) **Attire:** Each child 3 years or younger or anyone not toilet trained must be dressed in swim diapers to ensure a safe pool environment for everyone. Once you have completed the national registration, you will receive an email with a code for one free approved swim diaper which has anti-microbial protection (you will have to pay a minimal charge for shipping).

_____ 7) **Towels:** ISR requires **3 towels** per child every day (2 towels are placed on the deck upon which your child will be placed after the lesson and 1 towel to dry the child with). 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/her left side to allow for air release and proper rest. Please do not leave your child unattended, 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 2 hours prior to lessons.** No dairy/milk products for at least 3 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 for the entire duration of ISR lessons.** The foods listed in the PRB can cause the build-up of gases in the abdomen leading to distention and discomfort to your child.

_____ 9) **Video/Photographs:** Videotaping and pictures are allowed **ONLY** on Fridays due to protection of ISR trade secrets. Your instructor will direct you as to what skills are appropriate to film at the time of the lesson.

Photo/Video Release: I authorize Infant Swimming Resource to utilize any photos, digital images and/or video of my child for promotional and/or educational purposes including but not limited to, printed and/or electronic publications or presentations and web site publication. If you **DO NOT** want your child's photos/videos published, please sign here and verbalize this to your instructor. "I do not authorize use of my child's image." _____

_____ 10) **Adverse Weather:** If there is lightening in the area, the YMCA will temporarily close the pool until the storm has passed. If you have questions as to whether the pool is closed, please call the front desk at 720-898-1673. If the instructor knows ahead of time, she will call or email you to let you know of the cancellation. Please make sure the instructor knows the best way to contact you. If a lesson is cancelled due to weather, the lessons will be prorated for the week or a make-up lesson offered at the end.

_____ 11) **Illness:** If your child must miss a lesson unexpectedly, please send an email or leave me a voicemail so that I 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 me as soon as possible so that arrangements can be made 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 to update your medical information for the ISR Medical Team to review to ensure no problems could arise in lessons. If your child is ill or misses a lesson or two throughout the lesson series, the lessons must be paid for and are not pro-rated.

_____ 12) **Questions:** If for any reason you have a concern or problem, I would be happy to discuss your needs by phone at the end of the day. **Parents and their children in lessons will be my first priority when returning calls.** I will be happy to discuss your child's progress with you. In consideration of other parents who are scheduled after you, please try to help me stay on schedule.

_____ 13) **Survey:** You will receive two surveys throughout the course of your lessons. Week 2 survey will cover safety protocols. Week 5 survey will cover the overall ISR experience. I would appreciate your feedback. As always, if you have any questions or concerns, please let me know. I am dedicated to making your experience the best it can be.

I understand that while my child is in the water with Janna Wertz during swimming lessons, they shall be responsible for said child. Therefore, all times that my child or any other child with me is not in the water, I or my designated agent, shall be totally responsible for their safety and well being. I completely and totally release Janna Wertz any potential liability for any possible property damage and/or personal injuries suffered by any child I or my designated agent brings, while on the premises where lessons are held.

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 EARS AS MY CHILD IS IN LESSONS.

Mother Signature_____
Print Name_____
Date_____
Father Signature_____
Print Name_____
Date