

WELCOME TO INFANT SWIMMING RESOURCE POOL RULES

Fernanda Whitney, Certified ISR Master Instructor

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Pool Location; 3711 31st AVE SW, Naples FL 34117

_____ Student(s) Name(s)

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

The Instructor must have a signed copy before lessons begin.

____ 1. Payment- ISR lesson fees are \$100 per child per week for refreshers and new students and are payable by cash, Venmo , Zelle, Paypal or check (made out to Fernanda Whitney) .Payment is due in full on MONDAY prior to the week's lessons.

____ 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 is usually full and 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 you arrive for lessons, please park in front of the shed and just walk on the right side of the house towards the pool on the back yard

____ 3. Attendance/Missed Lessons Policy- Consistency is crucial when learning survival swimming skills. Bringing your child every day will increase the rate of progress and retention of skills. 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 2 free missed lessons during a 4-6 week course. All other absences must be paid for. Lessons cancelled by the Instructor (for instructor illness, weather, pool closures, vacation, etc.) are fully credited back to you.

____ 4. Vacations- If you need special arrangements or have a planned vacation; please discuss this with me before scheduling lessons. If we have not made arrangements prior to your child beginning lessons, you will be responsible to pay for your child's missed lessons beyond the two free misses.

____ 5. What to do if your child is not feeling well- 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 hours our protocol is to not have them swim. You may bring them back once the fever, vomiting or diarrhea has been gone for 24 hours.

____ 6. Extended Illnesses- If your child is out sick for 3 or more consecutive lessons you MUST complete an update registration at the registration link that was provided to you when you initially registered your child. There is no fee involved, however the Registration Team requires that if a child misses 3 or more lessons in a row due to illness there must be an update completed prior to the child returning to lessons. You will need to explain the nature of the illness and what medications have been prescribed in this update.

___7 Parent Resource Book (PRB)- You will be mailed a PRB as a 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.

___8. Attire - Children that are not potty-trained must wear 2 swim diapers (cloth preferred). ISR requires that 2 layers of protection be worn at all times when in the pool. A swimsuit may be worn over the 2 forms of protection but does not count as a layer. These cloth swim diapers can be found at Target in the swimming/snorkeling section or at Babies R Us. You can use a disposable swim diaper 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.

___9. Towels- ISR requires 3 towels per child every day, 2 towels to lie on and 1 to dry the child. This policy is in place to prevent the transmission of germs on the pool deck to your child. Your instructor will place your child on his/her left side to allow for air release and proper rest at the conclusion of each lesson.

___10. Diet- No eating or drinking anything 2 hours prior to lessons. No dairy products for 2 hours prior to lessons. NO APPLES OR APPLE PRODUCTS should be given to the child throughout the course of lessons. These cause excessive gas buildup and make swimming, floating, and rolling over difficult. Please read Chapter 2 in your PRB for more important dietary guidelines.

___11. Sibling/Child supervision- Please keep all children that are not having a lesson seated quietly next to you or they can play on the yard under your supervision. Do not allow them in or near the water. Please make sure they clean up after playing. Thank you for your help with this!

___12. Video/Photographs- You may take photographs at any time. ISR has recently instilled very strict videotaping rules. Videotaping will only be allowed on the last day of the program with instructor's discretion. You MUST inform your instructor that you would like to videotape prior to filming. Unauthorized video uploaded to the internet can be detrimental to the ISR program as well as your child's instructor. ISR wants to protect the integrity of the program.

___13. Restroom- Please have your child use the restroom, in your house, before it is time for him/her to get in the pool. Going potty can quickly become a habit or stall tactic at lesson time and should not be reinforced in any way. You are welcome to bring a portable potty.

___14. Diaper Changing- Please use a barrier (towel, changing pad, etc.) underneath your child at all times when you are changing your child's diapers as this will prevent any transmission of germs to your child or to other children
Also, please dispose of poopy diapers in a plastic bag and take it with you. Please help me out by sticking to this. Thank you!!!!

___15. Adverse Weather- If it is lightning in the immediate area, I will not be able to swim your child. I will make every effort to contact you ahead of time to cancel the lesson if this occurs. You will not be charged for lessons cancelled due to weather.

___16. I understand that while my child/children are in the water with Fernanda Whitney during swimming lessons, Fernanda Whitney shall be responsible therefore, and that at all times that any child 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 Barbara Godleski, George McCrain, Miguel Whitney and the owners of the house for any potential liability for any possible personal injuries suffered by any child I or my designated agent brings to the property located at 3711 31st AVE SW. I understand that the names mentioned above are not affiliated in any way with Infant Swimming Resource other than providing pool hosting to Fernanda Whitney.

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 together we can
make this a safe and pleasant experience for everyone involved. Thank You again for choosing
ISR!