



JANET MCKEE ISR INSTRUCTOR

WWW.BEWATERSAFE.COM

Lesson Guidelines

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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 and payable by cash (preferred), check (to Janet McKee, or PayPal. 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. My schedule is very 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. Your child's lesson is a maximum of 10 minutes for safety reasons. The lesson may be shorter based upon my assessment of your child during the lesson. 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 2 (two) lessons without penalty. Any missed lessons beyond 2 will be charged as usual. Lessons cancelled by the Instructor (for instructor 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 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 31 months and under (and some older children) must have a Full BUDS completed daily. All students must have the Pool-side BUDS completed daily. Additional Full BUDS sheets are available for download on my website.
- ___ 5. 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.
- ___ 6. 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 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, 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. 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 1 ½ hours prior to lessons. No dairy products for 2 hours prior to lessons. NO APPLES OR APPLE PRODUCTS throughout the course of lessons. Please read Chapter 2 in your PRB for more important dietary guidelines.
- ___ 9. 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** climbing near the waterfall. 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 allowed one day per week, preferable on Fridays. You may take pictures any time.
- ___ 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. Janet's" quickly becomes a habit or stall tactic and should not be reinforced in any way.
- ___ 12. 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 visitors to my home.
- ___ 13. Adverse Weather - If it is raining hard or lightning in the area, I will not swim your child. I realize that here in Florida the weather can dramatically change in a short amount of time so come to the lesson unless you have spoken with me. I will make every effort to contact you ahead of time to cancel the lesson if this occurs or call me if possible. You will not be charged for lessons cancelled due to weather.
- ___ 14. 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 has rested and is dressed. Please park in my driveway or on the street on the same side of the road as my home.
- ___ 15. I understand that while my child/children are in the water with Janet D. McKee during swimming lessons, Janet D. McKee 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 Janet D. McKee and or David C. McKee for any potential liability for any possible personal injuries suffered by any child I or my designated agent brings to the residence of Janet D. McKee/David C. McKee, while on that premises, other than that time only that the child is in the water during lessons with Janet D. McKee.

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 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!

Janet D. McKee, ISR Instructor