



For General Safety Overview

Not One More Child Drowns

Our Core Values:

Safety: To honor safety as the #1 priority by strictly following the proven ISR protocols and policies.

Integrity: To consistently model trustworthiness, professionalism and accountability in all ISR interactions.

Respect: To act with dignity, fairness, consideration and caring in all ISR interactions.

Communication: To respectfully send and receive messages that result in a clear understanding and positive outcome.

Accountability: Within our leadership roles, to have the confidence and freedom to accept responsibility for our performance, results, and impact on those who rely on us.

Safety Before the Lesson

- **Registration & Registration Evaluation Team (RET) review:** All students complete the RET review questionnaire on-line prior to scheduling lessons. The parents of students who indicate a need for further review will be contacted by the RET to obtain additional information. Determination of appropriateness for lessons is not based on a particular condition or diagnosis, rather on the unique characteristics of the child.
- **Video Review:** The RET may request video review of a small number of student's initial lessons to evaluate the need for certain accommodations.
- **Protocols:** The parent and the instructor will be notified if additional safety protocols or modifications to the lesson plan are indicated based on the RET's assessment of the registration information. Protocols indicated by the RET are mandatory.
- **BUDS** Monitoring of the child's **B**owel, **U**rine, **D**iet and **S**leep is required at the poolside for all students and at home for students 36 months of age and younger and students that are identified by the RET as requiring additional BUDS monitoring. All BUDS monitoring information **MUST** be reviewed by the instructor prior to beginning the lesson. Incomplete or inaccurate BUDS information may indicate a need to cancel the lesson. Non-compliance with dietary restrictions or RET recommendations will indicate that no lesson be given that day.
- **Lesson Environment:** Instructors will inspect the entrance and deck areas daily to ensure a clean and accessible area. Please keep in mind that by nature, pool decks are slippery and caution should be taken on all wet surfaces.
- **Pool Environment:** Instructors will monitor chlorine and Ph levels of the pool water daily to ensure clean and chemically balanced water. Pool interior will be free of algae and debris.
- **Water and Air Temperature:** Water temperature will be maintained between 78-88° F. Temperatures above and below this range do not allow for adequate safety monitoring. Lessons will not be given if the air temperature is below 60° F due to rapid chilling of the child when they are out of the water. Care should be taken to apply appropriate sunscreen when necessary.

Safety Before the Lesson (continued):

- **Getting into the Pool:** Each parent will hand the child to the Instructor who is already in the pool. The child will not walk down steps, jump or enter the pool without hands-on assistance from the parent.
- **Instructor Health:** Lessons will not be conducted if the instructor is experiencing an illness or injury that would compromise the safety of the student.
- **Student Health:** Students who are experiencing fever, diarrhea, vomiting, open skin lesions, new rashes or other obvious signs of illness or injury will be asked to stop lessons until the condition can be evaluated by the child's physician and by the RET. Determination will be at the sole discretion of the instructor.
- **Missed Lessons/ Medical Update (MLU):** Students who miss 3 or more lessons in a row due to a medical condition OR who have changes to the health information questions in the on-line registration form will need to complete a Medical/ Missed Lesson update on-line prior to resuming lessons. The RET will respond to these requests within 24 hours. An e-mail indicating clearance and any applicable safety protocols will be sent to the parent together with a new registration form, which should be signed and brought to the lesson for the instructor's review.
- **Weather:** Lessons will not be conducted when lightning, heavy rain, high winds or other potentially dangerous conditions have been reported in the area within a minimum of 30 minutes of the lesson time. Parents and instructors will observe for sudden changes in weather throughout the lesson. Lessons must be stopped if thunder is heard or lightning is observed. If there is 30 seconds or less between an observed lightning strike and an audible thunder clap, students, parents and instructors should seek appropriate shelter immediately. (NOAA Updated Lightning Recommendations, 1998). Follow facility guidelines for indoor pools.
- **Parent Resource Book:** Each student is given a [Parent Resource Book](#) containing extensive information on the lesson and general aquatic safety. This is required reading for all parents.

Safety During the Lesson:

- **Seven Second Rule:** No student will be submerged for greater than 7 seconds (approximately 1/3 of the time frame which defines apnea).
- **Precise Behavioral Observation:** ISR instructors are extensively trained to observe for small behaviors and present learning opportunities to students that emphasize proper breath control, posture and movement within the water.
- **Management of Abdominal Distention:** Students may gulp air or occasionally sip water at the surface while learning swimming and floating skills. This air or water in the abdomen may cause discomfort, vomiting or significant physical changes if not relieved. ISR instructors are trained specifically to monitor and manage this type of situation. A lesson may be stopped if abdominal distention cannot be relieved through burping. **Vomiting should never be a part of the lesson sequence.** Please discuss any vomiting issues with your instructor or you may communicate with the RET directly through www.ISRHELP.com
- **Temperature and Physical Fatigue:** Instructors will monitor for temperature or physical fatigue throughout the lesson by pressing on the child's foot or back and observing the reaction of the blood vessels. Instructors also monitor such things as skin color, level of alertness and muscle strength and coordination throughout the lesson. When their observations are outside of safety parameters for that student, the lesson will be stopped.
- **Chin Protection:** The Instructor will use their hand to protect the chin from accidental injury as the student comes to take the wall with their hands.

Safety During the Lesson (continued):

- **Swim Diapers:** Students who are not potty trained must wear a swim diaper that has elastic waist and leg openings PLUS an additional layer of protection such as plastic pants to prevent accidental fecal contamination of the pool water. Swim diapers specifically designed to prevent fecal contamination, such as the ISR Swim Diaper, will be considered sufficient if they are well- fitting and there is no suspicion of illness. If there is an incident where BM has gotten in the pool, the pool must be sanitized and filtered for a minimum of 12 hours prior to resuming lessons or as determined by the facility or local Health Department rules.
- **Bowel/ Vomiting Accidents:** If there should be an incident where fecal material leaks from the swim diaper into the pool water or where the child vomits into the water, the lesson must end, the pool be chemically shocked, the water filtered for at least 12 hours and the chlorine levels/ pH returned to normal prior to resuming lessons. A small amount of spit up or vomit containing a large amount of solids that can be completely cleaned manually likely do not present a contamination hazard.
- **Siblings and Visitors:** It is the responsibility of the parent to ensure that all siblings or other visitors to the pool area remain seated safely away from the pool edge throughout the lesson. Excessive noise or movement outside of the lesson is distracting to the instructor.
- **Communication with the Instructor:** For the safety of the student who may currently be working with the instructor, we ask that any questions or concerns that arise during a lesson be addressed via email or telephone with the instructor when they are away from the lesson environment.
- **Parent Surveys:** You will receive three Customer Satisfaction Surveys via email during your child's lessons. Please take a few moments to let us know how we are doing. If you have questions or concerns, you may address them with ISR staff at that time. If you do not receive a survey at week 2 of lessons, please discuss with your instructor or email RETQuestions@infantswim.com.

Safety After the Lesson:

- **Left-side recovery:** After the lesson, all students will be handed out to the parent, allowing them to rest lying on their left side for a period of a few minutes. This posture allows for the muscles to recover from this period of intense exercise, blood flow and balance to return to patterns normal for dry land and for any remaining air or water to be expelled from the abdomen prior to the student standing and resuming normal activity.
- **The 3 Towel Rule:** Parents are required to bring 3 towels to the lesson for placement in the area designated for after- lesson recovery. Towel 1 is to prevent person- to person contact on the deck surface and allows for the prevention of disease transmission. Towel 2 is for absorption of pool water and any stomach contents that may be expelled during the recovery process. Towel 3 is for drying and warming after the lesson, with special attention paid to the head as heat- loss occurs most rapidly from the child's head.
- **BUDS Monitoring:** Information recorded on the BUDS sheet will allow your instructor to monitor the student's reaction to the previous day's lesson. Please discuss this information in detail with your instructor.
- **Weekly Updates:** The RET may ask that Weekly Updates be completed by your instructor on select students to monitor progress.
- **Refresher/ Maintenance Lessons:** Students are asked to return to the pool from time to time throughout the year to review skills and make adjustments as the child grows and develops. Please discuss the appropriate skill maintenance recommendations for your child with your instructor.

General Lesson Information:

- **The safest lesson may be no lesson today.**
- The lesson may proceed at a slower pace base on the child's behavior or what the instructor is observing.
- Lessons may also be shorter based on observations of fatigue or abdominal distention by the instructor.
- BUDS information and compliance with RET recommendations and Missed Lesson/ Medical Updates is required prior to each lesson.

Notify the RET through your online ISR account using your instructor's URL if:

- A Missed Lesson Update is required due to 3 or more missed lessons.
- There are changes to the registration information such as medications, ER visits or new physician recommendations.
- There is a marked lack of progress in the lessons, persistent abdominal distention or behaviors that are concerning to you.