



## General Safety Overview

ISR Information Sheet/  
Protocol 01

### Before The Lesson

**Registration Review:** All students complete a medical questionnaire online prior to scheduling lessons. Students who indicate a need for further review will be contacted by the Registration Evaluation Team (RET) to obtain additional information. Determination of appropriateness for lessons is not based on a particular condition or diagnosis, but rather on the unique characteristics of the child. 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 an important safety protocol required for all students. This information is gathered by the ISR Instructor daily through a comprehensive and targeted BUDS Discussion. The data gathered from this discussion allows the Instructor to make modifications to the lesson based on the specific needs of each child. Incomplete 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/Pool 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. Instructors will monitor chlorine and pH levels daily to ensure chemically balanced water. Pool interior will be free of algae and debris.

**Water/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.

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Guidelines to ensure lesson safety before, during, and after ISR lessons.



### Questions?

Please contact your Instructor directly for any questions concerning your child's scheduling or progress. Medical and safety questions or progression concerns can be emailed to the ISR Registration Evaluation Team at [ret@infantswim.com](mailto:ret@infantswim.com)



**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 and everyone should seek appropriate shelter immediately. Facility guidelines should be followed for indoor pools regarding weather policies.

**Instructor/Student Health:** Lessons will not be conducted if the Instructor is experiencing an illness or injury that would compromise the safety of the student. 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 online registration form will need to complete a MLU online prior to resuming lessons. The RET will respond to these requests within 24 hours. An email 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.

**Getting in 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 in, or enter the pool without hands-on assistance from the parent.

## PARENTS – NOTIFY THE RET THROUGH YOUR ONLINE ISR ACCOUNT IF:

- three or more lessons are missed due to illness or injury and the student is ready to return to lessons. This is called a Missed or Medical Lesson Update (MLU).
- there are changes to the registration information such as medications, ER visits, a new diagnosis, or new physician recommendations.
- there is a marked lack of progress in the lessons, persistent abdominal distention, or behaviors that are concerning to you.

To access the online MLU form, login using the same URL/ Link that was used during the online registration process. You can get this link directly from your Instructor. Choose Missed/Medical Lesson Update and then answer the questions with as much detail and specifics as possible. You will receive a response from the ISR RET within 24 hours.



**Parent Resource Book (PRB):** Each parent is given links to the ISR Parent Resource Book containing extensive information about lessons and general aquatic safety. This is required reading for all parents. The electronic version of the PRB may be downloaded to your computer or mobile device using the following links:

iBooks format for your iPad: <https://itun.es/i6655HP>

PDF Format for your computer and mobile devices: <http://goo.gl/GVLKNH>

## During The Lesson

**Seven Second Rule:** No student will be submerged for more than 7 seconds. Seven seconds is approximately 1/3 of the time period that defines apnea (or cessation of breathing) by the American Academy of Pediatrics.

**Managing 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 experience. Please discuss any vomiting issues with your Instructor or you may communicate with the RET directly through [www.isrhelpp.com](http://www.isrhelpp.com).

**Monitoring for 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 skin color, level of alertness, muscle strength, and coordination throughout the lesson. Lessons will be stopped if the Instructor determines the student's fatigue level is outside of normal parameters.

**Chin Protection:** The Instructor will use their hand to protect the chin from accidental injury as the student comes to take the wall or any hard surface with their hands.

**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 or an additional swim diaper 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.

**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 immediately. 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. Small

amounts of spit up or vomit containing solids that can be completely cleaned manually likely does 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, or during your child's scheduled lesson time before or after your child is in the water.

## 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, blood flow and balance to return to normal, 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 each lesson for placement in the area designated for recovery. Towel 1 is a barrier 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.

**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.