



A Guide to Safe & Successful ISR Lessons

ISP 01 General
Safety Overview

Welcome to ISR

Thank you for completing ISR's Online Registration Form. We are thrilled that your child has been approved to start lessons. Please review the Registration Form attached to your approval email with your Instructor before lessons begin.

Depending on the individual needs of your child, additional safety protocols may be assigned that let you and your Instructor know how your child's lessons may need to be adjusted to meet their physical, medical or developmental requirements. The Registration Evaluation Team (RET) nurses are available to Instructors and parents as a support resource for students that might require lesson modifications based on individual needs.

HOW THE ISR METHOD HELPS YOUR CHILD LEARN AND MAINTAIN THEIR SELF-RESCUE SKILLS

- ▶ ISR lessons are held 5 days a week. This gives your child the opportunity to practice their new skills in a focused way without becoming bored or tired. This is exactly the way kids learn to walk or ride a bike, just a little at a time!
- ▶ ISR lessons are no more than 10 minutes long. This lets us take advantage of their focus and energy without them becoming cold or tired. This is real exercise for your little one and they are working very hard. Lessons are often shorter than 10 minutes based on how your child is responding that day. This is a normal part of ISR lessons and will not adversely affect learning to swim or float over the entire course of lessons.
- ▶ Lesson Modifications: From time to time there may be responses on the BUDS form that require lessons to be adjusted to meet the needs of your child. Sometimes, modifications may be required by the RET based on your child's medical or developmental history. Your Instructor may also make adjustments to the lesson based on how your child is responding that day.
- ▶ Refresher and Maintenance Lessons: We recommend that you return to lessons from time to time to help your child adjust their ISR skills to their growing bodies. FULLY SKILLED students are eligible for occasional maintenance lessons to keep skills strong.

THE DAILY BUDS DISCUSSION

This daily discussion about your child's health status is unique to ISR and is one of the most important ways we have at our disposal to keep every ISR lesson safe and effective. Before taking your child into the water each day, your Instructor will ask about several different health criteria, such as:

B: Bowels U: Urination D: Diet S: Sleep

- ▶ Your Instructor will also ask about your child's activity and energy level immediately after and since the last lesson, medications, illnesses, medical visits and how they are responding to lessons in general.
- ▶ If you have any concerns, please discuss them with your Instructor at this time. It is also helpful to let your Instructor know about any major changes ahead of lesson time. For example, notify them if there is a new medication or injury so that they can let you know if the lesson should be cancelled that day or if a medical update is needed.
- ▶ Some medical and developmental issues require more extensive activity and/or temperature monitoring. Your Instructor will let you know if this is the case and provide additional instructions.



AVOIDING MISHAPS

- **Swim Diapers:** Students who are not fully potty trained must wear a swim diaper that has an 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 do not present a contamination hazard.
- **Weather Concerns:** Lessons will be cancelled when the air temperature is less than 60 ° F or when there is heavy smoke, extreme heat advisories, high winds or other adverse local conditions. If thunder or lightning are in the area (if you can hear or see it or radar indicates a strike within 10 miles) all students and Instructors **MUST EXIT THE POOL AREA AND SEEK SHELTER** for a period of 30 minutes from the last strike. Facility guidelines should be followed for indoor pools regarding weather policies.
- **Pool Conditions:** Pool chemicals will be checked by the Instructor daily and must be within accepted parameters in order for a lesson to proceed. The pool should be free of algae and debris. Safe water temperature is between 78° and 88° F and lessons will be cancelled if the water temperature is outside of that range.
- **Siblings and Visitors:** 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 and student.
- **Getting in and out of the water:** Parents will be asked to hand their child to the Instructor in the water once the BUDS Discussion has concluded and again after the lesson is completed. Your Instructor will hand them out to rest on their left side on top of 2 of the 3 towels that you have been asked to bring. For safety, this must always be a hand-to-hand process. Students are not allowed to enter or exit the pool on their own.
- **Instructor Health:** Lessons will not be conducted if the Instructor is experiencing an illness, injury or any other condition that could compromise the safety of the student.



SAFETY DURING THE LESSON

A hallmark of an ISR Self-Rescue lesson is our focused attention to safety. Your Instructor has received extensive training and is expected to adhere to several safety protocols throughout every lesson. If you have questions about why your Instructor does or does not do something with your child in the water, please ask!



Things you will see in lessons that allow us to provide the safest lessons possible for your child:

- ▶ Lessons are scheduled 5 days a week and never longer than 10 minutes a day. Lessons may often be shorter depending on lesson customizations.
- ▶ Instructor will ensure appropriate breath control as the top priority. Students are never without an effective breath for more than 7 seconds. Your instructor will also observe for normal breaths when floating and in between submersions. Any abnormal breathing patterns will signal an end to the lesson.
- ▶ Your instructor will protect your child's face with their hand when they are approaching a hard surface. Kids move fast and we are always expecting them to do the unexpected!
- ▶ Students will be monitored for fatigue, circulation and body temperature changes through vasoconstriction (VC) checks and careful observation. The lesson will end when our parameters are met for temperature and fatigue.
- ▶ Instructors will watch for and manage abdominal distention. Students learning to hold their breath in the water often take in gulps of AIR. Your child's diet and the timing of their meals can also lead to abdominal distention. Your Instructor is trained to observe for this and manage this through burping. If there is visible distention and it cannot be relieved through burping, the lesson must end. We want to avoid a situation where the amount of abdominal distention or air or water your child takes in leads to discomfort, interferes with effective breathing or leads to vomiting. Vomiting should never be a normal part of the ISR experience. If there is vomiting during the lessons, the lessons **MUST STOP**, as this can lead to choking or dangerous changes in body temperature or a change in consciousness. Please discuss any vomiting or spitting up with your Instructor or the RET.
- ▶ Breath Control is a priority at all times. Students may get small sips of water as they learn to hold their breath or if they are congested, teething or if they are used to drinking tap water. If this becomes a concern, please discuss with your Instructor or the Registration Evaluation Team (RET).
- ▶ Watch lessons! In some cases, it might be okay to be out of your child's direct view, but it's important they know you are there and cheering them on!

SAFETY AFTER THE LESSON

- ▶ Left-side recovery: After the lesson, all students will be handed out to you 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: Please 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.

KEEPING YOUR CHILD'S REGISTRATION CURRENT

There are 2 types of registration updates, FULL REGISTRATION UPDATES and MEDICAL LESSON UPDATES (MLUs). All updates are completed by logging into your ISR Account by using your Instructor's registration link and following the instructions for the appropriate update. Until approved by the RET, lessons must stop. Your Instructor will let you know when to complete Updates and MLUs, as waiting periods may apply.

Students will need a FULL REGISTRATION UPDATE for any of the following reasons:

- IF it has been more then 6 months since the last registration or update
- IF you need to change Instructors
- IF information on the most current registration has changed

Students will need a MEDICAL LESSON UPDATE (MLU) for any of the following reasons:

- IF your child is currently in lessons and has required any type of medical attention (other than a well child visit); this includes any new diagnosis, new medications, illnesses or injuries
- IF your child develops a rash, has a seizure, has a medical, dental or eye procedure or has received a referral to a specialist

WHEN TO CANCEL LESSONS

Your child cannot have a lesson if:

- they have had signs of illness within the past 48 hours such as vomiting or diarrhea or fever
- they have eye infections or drainage, a new rash, an open wound, stitches, glue or steri-strips
- they are wheezing or have severe coughing or congestion
- they have used a rescue inhaler or EpiPen the day of lessons
- they have had an antihistamine within 4 hours of the lesson
- a Medical Lesson Update (MLU) or Registration Update is required or is awaiting approval
- an MLU has been done but the conditions given by the RET have not been met
- they have had a new vaccine on the same day
- the Instructor determines that the information provided in the BUDS Discussion warrants cancelling the lesson

QUESTIONS?

ISR's Parent Resource Book is a great resource for more details on all of these issues. Please read this short Ebook before the first lesson. Links are in the attached to your ISR approval email and can be accessed here:

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

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

Your ISR Instructor will form an incredibly close relationship with your child and is the best source of information about their lesson progress, individual lesson policies and schedules. Please contact them outside of lesson time with any concerns so that their full attention can be on the student in the water.

[CONTACT US](#) if you have any concerns regarding medical or safety issues, your online account or to let us know how we are doing and how we can better serve your family.

