

# ISR Swim Lesson Quick Sheet

## Be Prepared for Each Lesson

- Bring 3 Clean Towels (1 for the child, 2 for the pool deck)
- Apply waterproof sunscreen (if outdoors) 1 hour before lesson
- Have 2 Swim Diapers (not disposable swim diapers)
- Know the BUDS for the day (bowel movement, urination, diet, and sleep)
- Note any signs of illness or any recent injuries
- List of medications taken in the last 24 hours
- Note how the child feels and acts between lessons
- Show excitement for each lesson

## Foods to Avoid While Having Lessons

- Apple (any form)
- Pineapple
- Papaya
- Peach
- Passion Fruit
- Celery
- Honey
- Spinach
- High Fat foods
- Processed Foods
- Refined Sugars

\*Do NOT feed your child any food at least 1 hour prior to the lesson and no milk products at least 2 hours prior.

## During Each Lesson

- Your child will probably cry, which is a completely age appropriate behavior in response to a new and challenging situation.
- Show your enthusiasm, even if your child is crying
- Give verbal praise when the instructor gives praise
- Show support with positive reactions like smiling and clapping
- Avoid giving instructions

## After Each Lesson

- The instructor will place your child on their left side on the 2 towels on the deck to help release any air swallowed.
- Use the third towel to dry them off and massage their back
- Offer lots of encouragement to the child for their effort that day
- Give only small quantities of food or drink directly after the lesson
- Contact your Instructor via phone or email at the end of the day with any concerns, as they may have to move on to the next child on their schedule

## Please Keep in Mind

- If the instructor discovers anything before the lesson that raises a concern, they may decide to change the length or the pace of the lesson, or advise that you child not have a lesson that day.
- Because the lessons are individually tailored to your child, the focus during the lesson is more on your child's ability, accomplishment, and safety, rather than a set amount of time in the water.
- Floatation devices should never be used to play or practice swimming. These devices teach poor body mechanics in the water which may prevent them from effectively using their skills if they fall into the water.
- Regardless of how well your child can swim, no child is EVER "drown proof." Your child must be effectively supervised ANY TIME he or she is around water