

Infant Swimming Resource
Sherri Monroe
Certified ISR Instructor
386-216-7396



To: Swim Parents
From: Sherri Monroe
Date: 2007 Swim Season

RE: Survival Swim Lessons

Greetings! and Congratulations for choosing Infant Swimming Resource (ISR), the most comprehensive drowning prevention program available today. ISR is the product of more than 30 years of on-going development in the area of aquatic survival for infants and children. ISR's primary focus is to teach your child to become a productive swimmer or floater in any depth of water. As a result of ISR instruction, your child will become an aquatic problem solver. Your baby will experience safe, effective lessons while learning aquatic survival skills. ISR will greatly increase your child's chance of surviving an aquatic accident and provide a foundation for lifelong enjoyment of the water.

Okay! Let's get down to business! Whether your child is returning to our program or you've enrolled for the very first time, it's important you have the information you need to make ISR a valuable and rewarding experience for both you and your child. Please take a few moments to familiarize yourself with the following information. You can also visit us online at www.SwimWestVolusia.com.

Swim lessons take place at the Debary Golf & Country Club located at 300 Plantation Club Drive in Debary. Off 17-92 follow the signs to the clubhouse. The pool is located between the tennis courts and clubhouse.

1. Online Registration. You have most likely already registered your child(ren) using the link emailed to you. If not, please use the following internet address. Certain health issues or history may require additional review by the ISR medical team. As part of your online registration you will pay the National Registration Fee of \$105 (per child). Please register your child as soon as possible to avoid delays in your lesson start date.
<http://register.infantswim.com/register.php?k=0eefc9839336306d4221b36c9fa3e336>
2. Release Form. Enclosed you will find a release form for DeBary Golf & Country Club. Please list the name(s) of your child(ren) who will be participating in lessons this season and sign at the bottom. This form must be completed and returned to me at your child's first lesson.
3. BUDS Sheet. Your infant or young child is learning survival skills in an aquatic environment that requires attention to detail. A BUDS (bowel, urine, diet and sleep) Sheet must be completed each day for all children under 30 months. Believe me I understand this takes time and diligence but it is for your child's protection and to help your child get the most out of each lesson. A Poolside Activity Log must also be completed poolside at your child's lesson. I cannot swim your child that day until this form is

completed. This interview form will inquire as to your child's overall well-being in the previous 24 hours, e.g. eating normally, sleeping normally, fevers, accidents, etc. Your understanding, cooperation and patience in this matter are very much appreciated!

4. Parent Resource Book. Parents of new ISR students will receive the ISR Parent Resource Book, T-shirt and swim diaper, if applicable, prior to your child's first lesson. Everything you need to know about what and how your child will learn is provided through our Parent Resource Book. Please set aside some time to read the material – beginning to end. You are making a significant investment in time, energy and money - reading the Parent Resource Book will help you get the most out of your investment. I might quiz you on why your child can't eat apples while in lessons or why I look at the bottom of their feet while in the water.
5. Scheduled lesson start date and time. Every child brings to lessons his or her own set of experiences, abilities and even apprehensions. For these reasons children progress through lessons at different rates. Occasionally a child may require more time than allotted in scheduling. It is important that each child complete their lessons and demonstrate proficiency with their aquatic survival skills. Sometimes this means that the next child scheduled in that same time slot may need to be rescheduled to begin their own lessons a week later or at a different time. I understand this may cause some inconvenience for you if it is your child that must be rescheduled and I try to minimize these situations. But please understand that your child will also be given that same level of dedication and priority. If this situation occurs I will contact you as soon as possible and I appreciate your understanding.

Payment Policy

Lesson Tuition: \$70/week \$120/week (two siblings)

Please make your check payable to **Sherri Monroe**.

Payment for your child's first week of lessons is required on or before your child's first swimming session. This will cover your child's lessons for the first week. All subsequent payments are due the Monday of each week.

Missed lessons:

Please understand that you are paying for a weekly time slot regardless of the number of times your child is able to attend.

If you cannot attend a lesson at your regularly scheduled time, please give me as much notice as possible. I will make every effort to offer another time slot for the same day, if possible. In the event that a lesson is cancelled by the instructor due to weather or instructor illness, the following week's payment will be adjusted accordingly.

No credit is given for missed lessons unless cancelled by the instructor for weather or instructor illness.

Illness or Family Emergency

If your child becomes ill or you have a family emergency, please let me know ASAP so scheduling arrangements can be made. Every attempt will be made to hold your time slot or to reschedule another slot that is convenient for you.

Cancellation Due to Weather

As the pool is an outdoor pool, lessons will be cancelled if inclement weather is in the area. Make sure I have a way to contact you if cancellation becomes necessary. **Lessons are not cancelled (and no credit given) unless you hear from me.** Due to the patchy weather conditions we experience during the summer, there may be a downpour in one part of town while it may be beautifully sunny at the pool. Rain is not cause for cancellation, lightning is!

Lesson Day!

- 1. Please be on time!** Allow time to get your child changed and ready to swim at your regularly scheduled lesson time. If for whatever reason you do arrive late, I will need to swim your child at the end of the day or possibly during a break in my schedule.
- 2. Complete your child's Poolside Activity Log (and BUDS sheet if required) prior to the lesson.** Remember, if you have not completed the activity log and provided any required BUDS information prior to your child's lesson, I cannot swim your child that day and the lesson will be forfeited.
- 3. Bring three towels to the pool each day – no exceptions.** This is for the safety of your child and the other children in lessons that day. The three towel protocol was devised by Dr. Barnett, the founder of ISR, and the American Academy of Pediatrics. Why 3 towels? One towel is used to cushion the resting child on the pool deck. The second towel is on top of the buffer to provide absorption of water, spit-up, wetting accidents, etc. The third towel is used to cover and dry the child. All three towels are then gathered up, taken home, washed and dried. By this protocol we have no common wet surfaces shared by students.
- 4. Bring weather appropriate dry clothing for your child to wear home.** Remember, your child's small body, wet hair and AC in your car may cause your child to chill more quickly than mom and dad.
- 5. Swim Suit.** It is a requirement that each child (3 years and younger or a child who is not toilet trained) wear a **swim diaper** during lessons. Huggies swim diapers or any type of disposable swim diaper are not acceptable and will not be permitted. Disposable diapers and disposable swim diapers do not meet ISR standards of containment of feces and therefore cannot be used. Proper swim diapers are available at Target or online.
- 6. Do not feed your child within 2 hours before a lesson.** Students tend to swallow small amounts of air during lessons. This can build into an impressive burp. Anything your child has eaten will be under pressure and sure to come out with the burp. The child does not throw up but rather burps up anything that is still in their stomach. No apple products during the weekdays s/he is in lessons. (Refer to the ISR Parent Resource Book for more information).
- 7. Your child may only be in the water during his or her lesson.** Do not allow your child to get in the water before their lesson (not even sitting on the steps) or get back in the water after their lesson unless you are a member of the club and will be supervising your child. Keep all other children present at the lesson under your immediate supervision. This is for both safety and insurance purposes.

ACTIVITY RELEASE AND INDEMNITY AGREEMENT MINOR

THIS RELEASE AND INDEMNITY AGREEMENT (“Release”) is made by the undersigned adult, as parent or legal guardian (the “Representative”) of the below listed minor(s) (the “Participant”), to release and indemnify DeBARY Management Corporation, a Florida, corporation, its parent company, affiliated or subsidiary companies, and all their respective officers, directors, agents, contractors, employees, heirs, successors, and assigns (collectively, the “Club”), as set forth below.

1. **Activity.** Representative, on Participant’s behalf and on behalf of the other members of Representative’s family, including Representative’s spouse, parents, children, heirs, and assigns, (singularly and collectively referred to as “Representative”) hereby grants to the Club this full release and indemnification as consideration in exchange for permitting Participant to participate in the following athletic or physical activity which may utilize Club premises and /or equipment (the “Activity”): Infant Swimming Lessons.

Activity is provided as a convenience to the members of DeBARY Golf and Country Club. Parent or guardian will remain on Club property while Participant(s) is in the Infant Swimming Lessons. Representative agrees to read and cooperate with any and all rules and policies of the Activity, and understands that any and all sick or disciplinary rules shall be enforced at the discretion of the Activity staff.

Representative, on Participant’s behalf, is entering into this release after (i) having viewed or having had the opportunity to view Club premises and/or equipment; (ii) if there is an instructor, having reviewed or having had the opportunity to review the instructor’s qualifications; (iii) having had the scope of the services and/or risks associates with the Activity.

2. **Release and Indemnify.**

- **REPRESENTATIVE PERMITS PARTICIPANT TO PARTICIPATE IN THE ACTIVITY WITH FULL KNOWLEDGE, UNDERSTANDING AND APPRECIATION OF THE RISKS OF INJURY INHERENT IN ANY PHYSICAL EXERCISE, MASSAGE OR THERAPY PROGRAM, PHYSICAL ACTIVITY OR ATHLETIC ACTIVITY AND EXPRESSLY ASSUMES ALL RISKS OF INJURY AND EVEN DEATH WHICH COULD OCCUR BY REASON OF PARTICIPANT’S PARTICIPATION IN THE ACTIVITY.**
- **REPRESENTATIVE AGREES TO RELEASE, INDEMNIFY, DEFEND, AND HOLD HARMLESS, AT REPRESENTATIVE’S SOLE COST, THE CLUB FROM ANY CLAIM FOR LOSS, COSTS, DAMAGES, OR EXPENSES, ARISING FROM **DEATH, BODILY INJURY, OR ANY OTHER DAMAGE TO PERSONS OR PROPERTY, INCLUDING LOSS OR THEFT OF PROPERTY,** THAT OCCURS BY REASON OF PARTICIPANT’S PARTICIPATION IN THE ACTIVITY, OR CAUSED BY:**
 - (i) *THE NEGLIGENT ACTS OR OMISSIONS OF THE CLUB; OR*
 - (ii) *THE NEGLIGENT, GROSSLY NEGLIGENT OR INTENTIONAL ACTS OR OMISSIONS OF REPRESENTATIVE, PARTICIPANT, REPRESENTATIVE’S GUEST(S), OR PARTICIPANT’S GUEST(S); OR*
 - (iii) *THE NEGLIGENT, GROSSLY NEGLIGENT OR INTENTIONAL ACTS OR OMISSIONS OF ANY THIRD PARTY INCLUDING OTHERS PARTICIPATING IN THE ACTIVITY; OR*
 - (iv) *ANY CONDITIONS EXISTING UPON THE PREMISES OR EQUIPMENT WHETHER CAUSED BY THE INADVERTENT, NEGLIGENT, GROSSLY NEGLIGENT OR INTENTIONAL ACTS OR OMISSIONS OF THE CLUB.*
- **REPRESENTATIVE, BY SIGNING BELOW CERTIFIES THAT REPRESENTATIVE FULLY UNDERSTANDS THAT THIS RELEASE WILL PROVIDE AN ABSOLUTE DEFENSE TO ANY LAWSUIT OR CLAIM AGAINST THE CLUB FOR ANY INJURIES OR DAMAGE THAT REPRESENTATIVE OR PARTICIPANT MAY INCUR BY REASON OF PARTICIPANT’S PARTICIPATION IN THE ACTIVITY.**

3. **Medical.** Representative on Participant’s behalf, consents to emergency medical care and transportation in order to obtain treatment in the event of injury to Participant as the Club may deem appropriate. This release extends to any liability arising out of or in any way connected with the medical treatment and transportation provided in the event of an emergency.

4. **Severability.** Representative expressly agrees that the terms of release and indemnity contained herein are intended to be as broad and inclusive as is permitted by the laws of the State of Florida. Any provision or portion of this Release found to be invalid by the courts having jurisdiction shall be invalid only with respect to such provision or portion. The offending provision or portion shall be construed to the maximum extent possible to confer upon the parties the benefits intended thereby. Said provision or portion, as well as the remaining provisions or portion hereof shall be construed and enforced to the same effect as if such offending provision or portion thereof had not been contained herein.

REPRESENTATIVE HAS READ AND VOLUNTARILY SIGNS THIS RELEASE AND INDEMNITY AGREEMENT.

PARTICIPANT(S):

REPRESENTATIVE:

Printed Name

Signature

Printed Name

Printed Name

Printed Name

Date