\_\_\_\_\_ 1. Parents MUST print, sign, and scan/email a copy of on guidelines form and the digital release prior to your first day of lessons . Your child will NOT be able to start lessons on the first day if these documents have not been read, signed and emailed to your instructor.

\_\_\_\_\_ 2. You should have received a copy of the digital Parent Resource Book (PRB) from ISR (it is included in your ISR ‘Welcome’ email that you received after registering your child). Please review the PRB carefully, especially section 3, ‘Keeping Your Child Safe’. This book will answer most of your questions, and it will educate you about the approach used to teach an infant or child aquatic survival.

\_\_\_\_\_ 3. Do NOT allow your child to eat or drink any food or beverage for 2 hours before your child’s lesson. The lesson time may have to be reduced if your child is full or bloated. Children are not permitted to roam around, climb on furniture, or bring food/snacks into the pool area.

\_\_\_\_\_ 4. Children that are not potty-trained must be dressed in TWO washable swim diapers (to ensure “double protection” and no leakage). I prefer the adjustable washable swim diapers and they can be purchased through Amazon. Do NOT wait until the day before lessons begin to do this, as you MUST have these in order for your child to participate in lessons. Parents, please do NOT wring out your child’s swim diapers poolside, or anywhere on the property. Again, changes of clothing/diapers should be taking place in your vehicle.

\_\_\_\_\_ 5. Bring 3 (yes, three) towels to the lessons. (Two for under your child, one to cover your child). I will be strictly enforcing this rule, as the two towels placed underneath your child will serve as a protective barrier from other fluids that could be present on the surface. I will place your child on his/her LEFT SIDE immediately after the lesson to allow air to be released from the stomach slowly as well as to allow a proper rest for the child. Section 3 in the PRB has additional information about Safety After the Lesson.

\_\_\_\_\_ 6. Lessons are given in the backyard of a private residence. Please be sure that your child (and anyone else that is with you) uses the restroom prior to coming to lessons. For liability reasons, no one will be allowed to enter the residence, NO exceptions.

\_\_\_\_\_ 7. Consistency is very important and a key to your child’s success. Please be sure that you are able to attend all the lessons, and don’t have vacations scheduled during lessons. Bringing your child every day will increase the rate of progress and better the retention of learned skills. If you are late to the lesson, please be courteous to those scheduled at the present. (Out of respect for everyone’s schedules, if you show up 5 minutes late you can expect to only have a five minute lesson that day.) Remember, you are paying for a time slot. Missed lessons will not be credited.

\_\_\_\_\_ 8. Please inform the instructor of any medications your child is taking during the lessons and give no medications within two hours of the lesson time. Also, please keep your child’s fingernails trimmed.

\_\_\_\_\_ 9. If lessons must be cancelled due to weather, or temperature of the pool water dropping too low or too high, the days will be made up at the end of the session. If the weather looks or feels questionable, or your child will miss a lesson due to illness, please call/text the instructor as soon as possible.

\_\_\_\_\_ 10. Payments are due on Monday each week, before your child gets in water for lesson.. If you have questions about tuition and rates, please ask BEFORE lessons begin. Cost for per child is 100. I accept Cash only.

\_\_\_\_\_ 11. Friday of each week your child will review skills that have been worked on or stabilized throughout the week. You are welcome to take photographs/videos on Friday ONLY.

\_\_\_\_\_ 12. In order to maintain the support of my neighborhood, please park in my driveway ONLY. I have large driveway that can easily accommodate up to six vehicles at a time. Please be sure you leave room for other vehicles to park. If you see a car parked in close to the garage door, please feel free to park behind them. My house is located at 2719 S, Birch St., Gilbert, AZ 85295

\_\_\_\_\_ 13 .Lets limit the number of people at the pool, so that all families feel comfortable around lessons.. If you want to bring a visitor, please talk with me about it before bringing them to the pool. If siblings must come along, please make sure they adhere to all the poolside rules listed above. Strollers are highly encouraged (and a lifesaver) for children who are less willing to follow the rules.

\_\_\_\_\_ 14. Students must arrive “dressed out” and ready for lessons (changing your child in your vehicle is highly encouraged). There will be no changing of clothing or diapers in the pool area.

\_\_\_\_\_ 15. After lessons are completed, and your child has had sufficient time to rest/recover on the poolside mat, please exit the property quickly. Again, if any clothing changes are needed, please do this in your vehicle.

\_\_\_\_\_ 16. Please notify the instructor immediately if the parents of the student, or anyone in the household, has had any fever, cough or shortness of breath in the last 14 days. Or, if parents or anyone in the household has had known exposure or close contact with anyone that has or is suspected of having Covid-19.

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (please print parent/guardian name) agree to hold the Instructor and Home Owner (Holly Nelson & Brad Nelson) harmless for any liability resulting from the use of the premises offered for lessons. I agree to be solely responsible for the care of my child (and any other child I bring with me).

I HAVE READ THESE RULES AND I ACCEPT AND AGREE TO FOLLOW THEM. I ALSO ACKNOWLEDGE THAT THIS IS A BINDING CONTRACT.

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Parent/Guardian Signature

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Date