

IMPORTANT LESSON GUIDELINES AND INFORMATION- Please print 2 copies of this document. **You must provide a copy of this document with original signatures and initials from BOTH parents prior to your child beginning lessons.** Please retain a second copy for your records. Your child will not be able to start lessons without a signed copy of this document, a signed copy of the waiver of liability AND a copy of the national registration approval.

Initials BOTH parents

____ 1. **Payment-** The fee for lessons is not prorated, as you are paying for a weekly time slot whether or not your child comes to lessons. Lesson payments are due on MONDAY of the current week. You may pay by credit card via PayPal, check, cash (preferred) or money order.

____ 2. **Time Schedule-** You should arrive at the pool 5 minutes before your time slot and have your child ready for lessons at his/her scheduled time. The schedule is very full and our ability to stay on time is contingent on our clients being on time. If you are late, we will do our best to fit you in but it cannot be guaranteed. When your child has completed his/her lesson, please take the necessary steps to dry off, allow for recovery, redress and safely exit the pool area so that the next students may arrive and get set up for their scheduled lesson.

____ 3. **Attendance Policy-** Consistency is crucial to not only the learning process, but also the retention of those learned skills. Bringing your child every day will increase the rate of progress and retention of skills. Lessons are not prorated and you are required to pay for all scheduled lessons. Your initials indicate that you have read/understand this policy.

____ 4. **Daily BUDS-** BUDS stands for bowel, urine, diet and sleep. This daily information is required and must be presented to the instructor before each lesson. This information is essential as instructor uses the information provided by you to insure that each lesson is custom tailored to your child's specific needs for that day in addition to ensuring the safest possible lesson for your child. All children 30 months and younger must have a Full BUDS completed daily. **All students** must complete the short version poolside BUDS on a daily basis and prior to each lesson. **Please make sure you discuss any unusual issues and/or concerns with me PRIOR to the lesson.**

____ 5. **Attire-** SOS requires that each child, 3 years and younger or anyone not toilet trained be dressed in two layers of washable swim diapers. This "double protection" will help to ensure a safe pool environment for everyone. The disposable "swimmers" do not hold anything in and, therefore, are not acceptable attire. You can typically find these at Walmart. We may also have some so feel free to ask. If your child is not wearing double layers of swim diapers and has a bowel movement that compromises the pool facility, you will be responsible for the fees for the lessons cancelled for the following 24 hours. The health and safety of all our students is of the utmost importance. We will not compromise safety.

____ 6. **Towels-** SOS requires **3 towels** per child every day, **2** towels to place on the deck upon which your child will be placed after the lesson and **1** to dry the child with. This policy is in place to prevent the transmission of germs on the pool deck. At the conclusion of the lesson, your child will be placed on his/her left side to allow for air release and proper rest. Please do not leave your child unassisted, as there may be some minor temperature fatigue as well as a need to briefly rest following the lesson. Safety before, during and after your child's lessons is a priority and your ongoing compliance is appreciated.

____ 7. **Diet-** Please do not give your child any food or drink at least **2 hours prior to lessons.** No dairy/milk products for at least 3 hours prior to lessons. No one works well on a full stomach and your child will be working hard. **No APPLES OR APPLE PRODUCTS, pineapples, papayas, passion fruit, peaches, spinach, honey, or celery in any form for the entire duration of lessons.** The foods listed in can cause the buildup of gases in the abdomen leading to distention and discomfort to your child.

