



Information for Childcare Providers

Student Name: _____ Lesson Time: _____

Is currently enrolled in Infant Swimming Resource (ISR) Self- Rescue survival swimming lessons. ISR is dedicated to providing safe and effective lessons to infants and toddlers worldwide, all with the hope that one day NOT ONE MORE CHILD DROWNS.

In order to deliver the safest and most effective lesson possible, we ask our parents to observe certain guidelines for dietary intake and monitor other daily functions such as sleep and elimination. Accurate reporting of this information is essential to maintain the highest level of safety standards that has become the hallmark of ISR.

You have been provided with a BUDS monitoring sheet to complete for _____ while he/ she is in your care each day. Please review the below guidelines on how to complete the form. If you have any questions be sure to ask, or feel free to make notes in the margin.

DIET:

There are certain foods and fluids that can create an upset stomach or interfere with the lesson performance by creating gas in the stomach, and or making the foods difficult to digest.

- Dairy products such as milk, yogurt, ice cream and cheese. (these should not be consumed close to lesson time).
- Food with a high fat content, such as those consumed at a fast food establishment. High Fat foods are not broken down as easily and are harder to digest.

Foods that should not be eaten in any amount in any form during the period that the student is involved with ISR lessons, or if they are swimming on a regular basis at home:

Apples, Peaches. Papayas, Passion Fruits, Pineapples, Honey, Celery and Spinach

Foods that are consumed should be listed on the lines and the time noted on the timeline

12 30 1 30 2 30 3 30 4 30 5 30 6 30 7 30 8 30 9 30 10 30 11 30 NOON 30 1 30 2 30 3 30 4 30 5 30 6 30 7 30 8 30 9 30 10 30 11 30

No food or drink should be consumed within 1 ½ hours of lesson time. This includes water and other beverages.

Sleep and Elimination:

Likewise, times when the child is asleep and times of any diaper changes/ potty breaks should be noted on the timeline as well. Anything unusual should be noted in the lines area below the timeline for that day.

There is a code box at the top of the sheet to use to reference these events on the timeline.

Injury or Illness:

If the child looks or acts ill, please note their activity level or complaint on the timelines so that the parent and instructor can discuss if the lesson needs to be cancelled for the day.

If the child falls or is injured during the day, please describe the details such as bleeding, crying, change in level of consciousness, response of the child and any treatment given.

Thank you for taking such excellent care of our student. If you would like more information about ISR or for an ISR instructor to visit your facility to discuss pediatric drowning prevention or family water safety, please contact us at www.infantswim.com.