

	ISR Self-Rescue® Lessons	Traditional Swim Lessons
Registration Process	A team of Medical Doctors and Nurses review your child’s unique medical history to assure that he can safely participate in lessons. Any medical issues that may affect the safety of lessons, will be further reviewed and discussed with your child’s highly trained ISR Instructor. Any additional protocols that are necessary, are implemented during each & every ISR Lesson	Front desk staff answers the phone, take your child’s name, age and your information down and your child is ready to begin lessons. Very rarely is health information ever considered, except for when you sign the waiver at your child’s first lesson
Instructor Training	Instructors are the most highly trained & qualified in any swimming program internationally and must undergo strict re-certification testing annually. Each instructor is academically trained & tested in areas such as child development & learning theory, behavioural science, anatomy, physiology & physics as they relate to infants & young children in the aquatic environment to provide the safest lesson possible for your child. Each instructor spends a minimum of 60 hours of hands-on, supervised, in-water training with actual students and are also CPR & First Aid Certified.	Instructors are often high school or recreational swimmers who teach swimming during the Summer months. They may or may not be CPR and First Aid certified and may or may not have prior experience with children in or out of the water.
Lesson Structure	ISR’s lessons structure is based on extensive research in the areas of child learning. Short (10-minute lessons), frequent (5 days a week) lessons have been proven to maximize sensorimotor learning and retention in children at this age. Not only does the child accommodate to the instruction because of the repetitive nature of lessons, but the short lessons take into account the body’s physiological response to exercise in the water. Even though the water is heated, it is still cooler than a child’s body temperature, so anything longer than 10 minutes, a child would get cold. Muscle fatigue follows temperature fatigue & learning becomes inefficient. No ISR lesson is ever longer than 10 minutes.	Usually 30 minute lessons once per week, based on convenience. Children take half of the lesson getting used to the instruction & by then, their attention is somewhere else. They take a week off, forget the instruction, return for lessons & start the cycle again. Even though the water is heated, their muscles become too cold to even learn efficiently for the remaining 15 minutes that they share with a group of 3+ students to their one instructor.

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Safety Protocols	<p>ISR is Internationally recognised as the safest swim program for infants & children. Aside from its International Registration as described above, our highly trained Instructors are vigilant in assessing your child's physical response to lessons, temperature/muscle fatigue & hyponatremia. Your child is the ONLY child in the pool with his/her Instructor. No child is ever put in a situation where he/she is struggling for air. If your child shows signs of fatigue, his/her lesson ends, & he/she recovers outside the pool. Instructors monitor bowel, urine, diet & sleep patterns in order to assure there are no signs of dehydration, hypernatremia, pending illnesses, or other factors affecting safety & efficiency of learning.</p>	<p>Instructors are often recreational or high school swimmers giving lessons over the Summer months. They most likely do not know about a child's physiological response to the water and exercise. They are both supervising and teaching 3+ students at one time. Health questions are not asked prior to each lesson, and little or no measures are taken to assure that your child is not drinking water for 30 minutes, or becoming fatigued or dehydrated.</p>
What your child will learn	<p>Every child of every ability learns how to save him/herself in the water. Infants 6 months to 12 months learn to hold their breath, roll back to float, rest and breathe unassisted, and maintain this lifesaving position until help arrives. Children 1 – 6 years old learn to swim with their head in the water, roll to their back to float, rest, and breathe, and flip over to continue swimming – repeating this until they reach the side of the pool or the steps. ISR does not make use of any flotation devices during instruction. Each child practices their skills fully clothed to assure he/she can save him/herself. Children first develop COMPETENCE in the water, then CONFIDENCE, which then turns into fun and enjoyment! ISR has over 800 documented cases of children using their skills to save themselves in the water.</p>	<p>Traditional swim lessons teach the child that the water is a warm and fuzzy place where someone or something else will support them & keep them afloat. They learn to use flotation devices that provide a false sense of security & can easily fall off or put children in a compromising position. Fun & enjoyment comes first, confidence second. Competence in the water is often not ever assessed or given the importance it warrants. There are many cases where children who have taken traditional swim lessons, have drowned or nearly drowned because their survival skills were non-existent.</p>
Duration	<p>Your child will have the skills to save him or herself in the water typically after 6 to 8 weeks</p>	<p>This depends on the teacher and most Instructors can't really give you a time frame</p>