

Throughout the course of lessons the safety, comfort, and well-being of your baby are our top priority. To custom tailor each lesson for your baby every day, your instructor will rely on information from you about how he is doing and feeling. This BUDS sheet is the tool we created and have used for over 25 years to facilitate your responsibility of providing this information to your child's Instructor.

BUDS stands for Bowel, Urination, Diet and Sleep. The information you record on this form allows the Instructor to further customize each lesson by providing him or her with a glimpse at what is going on between lessons. This document explains how you collect and record the information that your Instructor will need before each lesson. We appreciate your effort to carefully record the information for your baby and submit it on the BUDS form each day to your Instructor. We want to assure you that the information gathered here will only be shared with ISR personnel for the express purpose of creating the safest, most efficient lesson possible for your baby. We know this may seem like a lot to do, but it is really quite user friendly and your instructor can show you how to move right through the process.

Please print the FULL BUDS SHEET attachment to the email you just received from ISR.

Once you have it, please read it over and then come back to this document so that you can learn more about this vital tool.

Let's look at and identify one day on the BUDS SHEET and what we need for each part.

Monday Date _____ Instructor initial here _____

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

at the lesson on Monday: Float Rollback Wall work Swim Flipovers Swim /Float/ Swim Sequence Clothes 1 2 3 4 5

The FULL BUDS has a line for the date and an area where the Instructor will initial after a review of the information each day.

Monday Date _____ Instructor initial here _____

The FULL BUDS has a time line ...

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

three diet lines ...

and a series of skills and lesson conditions in a list.

at the lesson on Monday: Float Rollback Wall work Swim Flipovers Swim /Float/ Swim Sequence Clothes 1 2 3 4 5

At the top of page one and two, there are protocols and symbols used to record almost everything else that our student can experience prior to today's lesson. When these are put together as they are here, you can see how we have standardized the possible events and situations with notations for each ...

B Above the sleep-time line to indicate a bowel movement, circle the B if something was unusual about it.

U Above the sleep-time line to indicate urination, circle the U if something was unusual about it.

_____ DRAW A LINE through the sleep-time line to indicate any periods your child was asleep.

b Under the sleep-time line to indicate when he or she ate breakfast

l Under the sleep-time line to indicate when he or she ate lunch

d Under the sleep-time line to indicate when he or she ate dinner

s Under the sleep line to indicate any snack

DR Above the sleep line for a medical appointment

* Above the sleep-time line to indicate the time when any injury was sustained

M Above the sleep-time line to indicate any medication that was given.

Identify it within the 3 diet lines

using parentheses.

F Above the sleep-time line to indicate when a fever was noticed and a circled F when the fever was gone.

V Above the sleep-time line to record when a vomiting episode occurred, circle the V for a spit-up episode

R Above the sleep-time line to indicate when a skin rash was noticed.

< > Above the line to show when the child was not with you directly (day care, mom's day out, baby sitter)

^^ Above the time line for any period the child was in the water other than in ISR lessons

The time line - this FULL BUDS uses a time line for recording all sleep intervals and uses the same time line to indicate when your child ate, had a bowel movement and a urination episode. The time line starts at midnight to the far left and ends beyond 11:30 PM to the right with NOON in the middle.

The Diet lines are below the time line and on these three lines you write down everything your child ate at

Breakfast, Lunch, Dinner and any snacks. Fluids drunk by you child are also recorded on the Diet lines.

This is an example of a BUDS for a single day on a FULL BUDS form...

In a written format, this is what the above represents on a FULL BUDS sheet ...

The date of this information was for Wednesday, March 21, 2007 and the Instructor confirmed the evaluation

with the initials "AB"

Sleep- The child was asleep from midnight until 7:30 AM ... had a nap from 2 PM until

3:30 PM... went to bed at 8 PM and got up briefly at around 10:30 PM and went back to sleep at 11 PM.

Bowel- There were bowel movements at 7:30 AM, 1 PM, around 4 PM and a final one at 10:30 PM

Urination- There were wet diapers at 7:30 AM, 11 AM, 4 PM (unusual, "strong odor"), 7:30 PM and a final one at 10:30 PM

There was a doctor appointment "DR" at 9:30 AM and "M" Tylenol was given at 10:30 PM

Breakfast was at 8 AM and consisted of oatmeal, toast and orange juice

Lunch was at 12:30 and was a peanut butter and jelly sandwich with water and cookies

A snack of bananas was eaten at 4 PM

Dinner was at 6:30 PM and consisted of meatloaf, potatoes, milk, ice cream and cake.

At Wednesday's lesson this student practiced (underlined) floating and worked on (circled) rollbacks, wall

work, swim and flipover skills. Skills that are practiced are underlined and skills that are being worked on are circled.

We also need a "quick reference" BUDS that the Instructor keeps poolside. As you come into the pool area,

find the file or notebook that your Instructor uses to organize the poolside BUDS and record the information

from your FULL BUDS onto the poolside BUDS form for your baby. It takes a few seconds to do this and

again, your Instructor will look at both the FULL BUDS and the poolside BUDS information that you have

recorded for your baby. For the data in the above example for Wednesday, March 21, 2007 the poolside BUDS

would look like this...

(assume the lesson was at 11 AM and understand that the form itself has been edited to show just Wednesday)

Again, the poolside BUDS is a quick reference form that the Instructor keeps poolside as a summary of your child's previous 24 hours.

You and your Instructor can add to and customize the FULL BUDS form with other symbols for a specific situation that is not covered with a symbol on the standardized FULL BUDS form. Even the poolside BUDS can have information added to it. Again, the Full BUDS form stays with you but you are asked to bring it to the pool everyday and let your

Instructor examine it prior to each lesson. You still must fill out the poolside BUDS too even if you are using the FULL BUDS in order for your instructor to maintain an ongoing summary record of data. Once completed, please hand your completed FULL BUDS sheets to your instructor to securely and privately store with your child's signed registration that you provided on your child's first day in order to begin lessons. This information will never be shared with any entity outside of ISR and can then be reviewed by your instructor if necessary when your child returns for any subsequent future lessons.

On the Registration form you completed and submitted to ISR, there were 10 questions that are extremely important.

They are copied for you here;

1. Does this child have any handicaps or exceptionalities? _____
2. Has this child ever lost consciousness? _____
3. Has this child ever been revived via CPR? _____
4. Has this child ever had a seizure of any kind? _____
5. Has this child ever had a "breath-holding" episode? _____
6. Has this child ever had a kidney or bladder infection? _____
7. Has this child's health ever required the attention of a medical specialist or health care provider other than the pediatrician or family doctor? _____
8. Has this child ever taken a medication for longer than 2 weeks?

9. Has this child had recurrent respiratory problems? _____

10. Has this child ever had surgery? (other than circumcision) _____

... if the answer to any one of those questions changes, after you filled out the registration form, you must bring that fact to the attention of your Instructor IMMEDIATELY.

As your family continues to progress toward more and more aquatic safety, you will understand more about Infant Swimming Resource. You will realize as the thousands and thousands before you have, that safety is our number one priority. We know that FULL BUDS and poolside BUDS take time but they help us provide the safest possible lesson for your baby.

Thank you !

Harvey Barnett, Ph.D.

Founder, Infant Swimming Resource