

KEEP IN YOUR POOLSIDE NOTEBOOK

2010 Infant Swimming Resource RULE Parent Education

Three Towels RULE

We at Infant Swimming Resource take a great deal of pride in our impressive safety record for what we do and have done in the water with the last 150,000+ babies who have participated in our 6+ million lessons to date. We also want to make sure that we do all we can after the lesson to assist your child's and your family's health as well as address public health issues. Water can be a reservoir for lots of things that can influence the health of swimmers. Chlorine or bromine or other balanced chemical treatments for pool water keep us protected from the vast majority of these influences. We have many health related protocols for lessons that include; conducting lessons in water that is clean and temperate, the BUDS sheets, use of plastic pants, swim diapers and swimming suits in various combinations, not swimming children with diarrhea, fevers, open sores etc. Now, we want to address these health protocols to situations AFTER each lesson to protect your child and all the other children in lessons as well as all of the families involved. Since all of the students must rest on their side following each lesson we need to make sure that there is no "common surface" that they all share. You have probably seen or read about the controversy concerning changing tables for infants and young children at malls and other public places. Many parents wipe these areas down with a treated disposable cloth to protect their child from the germs that are otherwise present. For the same reason, we want to make the pool deck that your child lays down on immediately following the lesson as safe as possible. Since you realistically cannot wipe the pool deck down before or after the lesson each day, we have a protocol that will address all of the concerns both for your child and all of the other children in lessons at the same pool. It is called the three towel rule.

Each day, bring 3 fresh towels to the lesson.

As the lesson nears completion your Instructor will indicate this to you and at this time put the first towel (the largest of the three) down onto the deck at the spot your Instructor has pointed out to you. Spread this towel out completely as it serves as the "buffer towel."

If the size of the second towel permits it, fold it over once and place it on top of the buffer towel. This second towel is the "absorption towel" and

your child will end up resting on this towel directly. By the hand out procedure your Instructor uses, your child will end up resting on his or her left side, facing away from the pool.

The final towel is used to dry your child off with and it can be draped over the child initially and then used to rub/dry specific areas. (Remember, wet hair is a significant site of heat loss for a baby or young child.)

You can see this in a picture format in your Parent Resource Book.

All three towels are bundled up by you and taken home to be washed and dried. By this protocol, we have no common wet surface shared by students on the deck of the pool such as a mat or "changing area." If your Instructor uses a mat or cushion at the pool, it will be covered or enclosed with a plastic bag.

Thank you for enrolling your child in Infant Swimming Resource lessons. We know that we have some fairly demanding protocols and procedures but you have chosen the best and safest for your child and your family. We do not take that honor and responsibility lightly and this 3 towel protocol is another reason why we are the best and the safest. We have to be, your child and you deserve it.

If you have any questions, suggestions, concerns or comments, please contact me directly at [HYPERLINK "mailto:drbarnett@infantswim.com"](mailto:drbarnett@infantswim.com) drbarnett@infantswim.com.

Thank you.

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