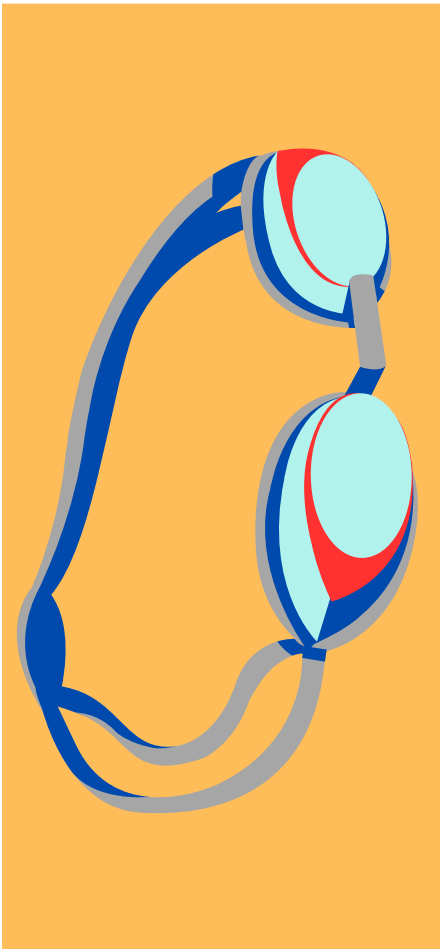




SWIM LESSON

PARENT HANDBOOK



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SUN SPLASH

500 West Lake Kennedy Drive
Cape Coral, FL 33991



FOR MORE INFORMATION, CONTACT US AT (239) 574 - 0558

SUN SPLASH SWIM LESSONS

Thank you for choosing us to join you on your child's swim lesson journey! Our goal is to promote safety through a fun and informative environment. Please use this handbook as a guide to any questions or concerns you may have. The Sun Splash staff is always available to answer any questions you may have via email, phone, or in person. We look forward to meeting you.

WATER SAFETY INFORMATION

Here are some key parts of water safety, some of these topics may be covered in your child's lesson. We encourage parents to review this material with your child continually. Water safety is everyone's responsibility.

- Always swim with a buddy in a supervised area.
- Be cool, follow the rules.
- Look before your leap.
- Think so you don't sink.
- Reach or throw, don't go.
- Don't just pack it, wear your jacket.
- Learn about boating before you go floating.

Parents, please help the instructor by keeping your child out of the water until their instructor says it is okay to get in.

OUR INSTRUCTORS

All instructors are StarFish Swim School certified and StarGuard ELITE licensed lifeguards. Starfish Swim School instructor certification is an internationally recognized certification given after completion of rigorous training that entails a mastery of the swimming curriculum, emphasizes class management, and time-on-task methods of teaching. The lifeguard certification includes first aid, CPR, AED, and oxygen use.

We strive to provide a positive learning environment for all students, and we believe that the relationship between the instructor and the student is important to their development and progress. If you have any concerns regarding an instructor or lesson, please speak with our swim coordinator on deck.

SUN SPLASH SWIM LESSON POLICIES

SWIM LESSON DETAILS

- Classes will start at the scheduled start time. We recommend arriving 5-10 minutes early to have enough time to use the restroom and prepare before class.
- Different locations throughout the park may be used to teach lessons. These locations could include the teen pool, the family pool, and the green slide receiving pool.
- In addition to swim instructors being trained lifeguards, there will always be a lifeguard on duty during lessons.

HEALTH & HYGIENE

- Have your child use the restroom before entering the pools and wash their hands with soap and water.
- Do not allow your child to use the pools if they are suffering from an illness that causes diarrhea or have had diarrhea in the past two weeks.
- Children who are ill, severely sunburned, have an eye infection, open wounds, or diarrhea will not be allowed in the water.
- Gum and candy must be thrown out before the lessons begin.
- Do not drink the pool water.
- Dry skin can result from regular exposure to sun and water. To alleviate dry skin, have your child shower after class and apply a moisturizing lotion.

MEDICAL CONCERNS & SPECIAL NEEDS

- If your child has a medical condition or special needs, please complete the information section on the registration form with any information we should be aware of. We recommend speaking with the program coordinator on the first day of class. This knowledge will aid our staff in giving appropriate care.
- In case of an emergency, please allow the highly trained Sun Splash lifeguards and EMTs to handle all situations.

LOST & FOUND

- Sun Splash Family Waterpark is not responsible for lost or stolen articles; please leave all valuables at home.
- You may inquire about lost and found articles with the program coordinator or by calling the Sun Splash office at 239-574-0558.

SUN SPLASH SWIM LESSON POLICIES

WATER QUALITY

- The water quality, chlorine, and pH levels of our pools are checked and documented regularly.
- Our pools are inspected by the Lee County Health Department. At times, eyeburn is mistakenly associated with a high chlorine level. However, eyeburn is due to extended eye contact with pool water which may have a different pH than the eye. Using goggles is recommended for anyone with sensitive eyes or extended underwater swimming.

DIAPERS & DIAPER AGED CHILDREN

- All diaper-aged children must wear a swim diaper
- Take your child to the bathroom often to minimize accidents.
- Change all diapers in the bathroom, not poolside. Germs can spread to surfaces and objects in and around the pool and spread illness.

SWIM ATTIRE

- Swimsuits should allow for ease of movement.
- Swim trunks should be above the knee, and secure enough to stay in place while jumping into the water.
- No jeans or cut-off shorts allowed.
- T-shirts restrict movement and are discouraged from being worn as swimming attire. Rash guards or swim-material shirts are preferred.
- Long hair should be pulled back and secured.
- Sunscreen should be worn at every lesson, even when it is cloudy.
- Children should bring a towel and change of clothes to get warm after the lesson.
- Diaper-aged children must wear a swim diaper.

GOGGLES

- Goggles may be worn (no masks with nose covered pieces though).
- The child must be able to put the goggles on themselves and maintain them. The instructors would like to avoid disrupting class time with goggle problems.
- Instructors may ask children to remove their goggles for some skills.

PERSONAL FLOATATION DEVICES & TOYS

- Personal toys and floatation devices should be left at home unless approved by the instructor in advance. This includes but is not limited to lifejackets, puddle jumpers, noodles, dive sticks and water guns

SUN SPLASH SWIM LESSON POLICIES

OBSERVING THE LESSON

- Parents may watch the swim lesson but are encouraged to stay at least 10 feet away from the pool in the designated observation areas.
- One exception is a parent who is participating in a Waterbabies lesson. That parent would be in the water with their baby.
- Some parents may be asked to wait in an area that the student cannot see, to assist the instructor with behavior concerns.
- Additional siblings or children may watch the lessons with the parent if they remain within arm's reach of the parent. They must not become a distraction to the students, instructors, or the waterpark operation. No
- Observers need to be in the observation area, they may not wander around the waterpark, and cannot enter any body of water.

BEHAVIOR PROBLEMS

- The instructors are taught basic classroom management skills for dealing with any disciplinary problems.
- The instructor may remove students from the water for a "time out" if they feel that is necessary. They may also consult with the parent/guarding or the swim coordinator regarding their concern.

INCLEMENT WEATHER

- Most often, all program classes will continue during inclement weather. Classes will only be canceled if there is lightning in the immediate area (within 10 miles). If you are ever unsure about the status of a class due to weather, please call the Sun Splash office at 239-574-0558.

REGISTERING FOR CLASS

- Each student has the option to participate in four classes at dates and times of their choice. Each class must be preregistered to guarantee a spot in class. If your student does miss a class that they were previously registered for no make-ups or refunds will be issued. If you signed up for a class that you did not intend to attend please call of office to resolve this issue at 239-574-0558

FREQUENTLY ASKED QUESTIONS

Q: WILL MY CHILD BECOME "DROWN PROOF" AFTER PARTICIPATING IN SWIM LESSONS?

A: Participating in any swim lesson program does not "drown proof your child. It is only the first step in developing your child's water safety and swimming skills. It is extremely important to have a parental supervisor around water of any kind and with kids of all ages.

Q: WHAT IF MY CHILD HAS A FEAR OF THE WATER?

A: Respect your child's feelings. Teasing or getting angry only makes matter worse. Progress slowly using these guidelines:

- Provide plenty of time for your child to adjust to the new setting
- Concentrate on activities you child is already comfortable and ready to participate in.
- Expose your child to other children who are having fun.
- Enjoy the water with the child.

Q: WHAT CAUSES A FEAR OF THE WATER?

A: Some of the more common cases for fear of the water have to do with the way parents / guardians relate to the child in and around water. Some cause could be:

- Being raised by a parent / guardian who is afraid of the water and have either knowingly or unknowingly communicated this fear to their children.
- Being raised in an environment that prevents childhood water play because of lack of opportunity or parental actions.
- Being forced into water activities beyond the ability or comfort level.
- Being involved in or witnessing a traumatic water accident.
- Having a fear of the unknown or a great fear of new experiences.

Q: HOW MANY LESSONS IS IT GOING TO TAKE MY CHILD TO SWIM?

A: Children vary widely when it comes to learning a skill. In general, each child's readiness is influenced by physical development, previous experiences, home environment, parental attitudes, and individual preferences. For most skills, some simple prerequisites and activities can prepare the child for these skills. For example, before children are ready to put their entire face in the water, they may need to practice blowing bubbles, splashing in their face, or even just putting parts of their face in the water to help get used to the feeling of water. It may take multiple lessons before a child can swim independently. Having your child finish all program levels would help ensure they learn to swim well.

Q: WHAT IF MY CHILD CANNOT KEEP UP WITH THE CLASS?

A: The instructors will do their best to adapt and work with the child or adjust the level to meet the individual child's needs. This will keep your child included in the groups and get to practice at their own level. If you believe your child needs to be in a different level consult with the swim coordinator on deck.

PRACTICING AT HOME

Homework is an opportunity for the parent/guardian to be involved in their child's swimming process. It gives both the parent and child a better understanding of the skill in relation to body movement and placement in the water. These tips can be practiced at home in the bathtub/pool with your help and supervision.

WATER BABIES & SEA SPRITES

- Wash face - encourage child to get their face wet themselves.
- Shower - parent gently pour water over your child's head.
- Blow bubbles - pretend they are blowing out candles in and out of water.
- Point toes - have child point their toes at objects while sitting.
- Kicks - have child practice kicking with the entire leg.
- Hold breath - practice in or out of water. Count to keep track of improvement.

STARFISH

- Blow bubbles - pretend they are blowing out candles in and out of water.
- Hold breath - practice in or out of water. Count to keep track of improvement.

Kicking - lie on the bed with legs off the side and practice kicks while concentrating on keeping legs straight. Emphasize kicking from the hip.

- Arm strokes - Make big arm circles (scoops) or freestyle arms while walking around.
- Arms with side breathing - Sit child in parents lap keeping head down as if they were in the water. They then pretend to take a breath to the side, blow bubbles down while making big circles with arms.