

ISR FORT WORTH

COVID-19 Safety Precautions

ISR Fort Worth would like to take a moment to share with you some of the measures we are taking to protect your family from COVID-19, while at the same time continuing our important work. Giving your children the skills they need to save themselves if the need were to ever arise, is our **top priority**. At the same time, we recognize this is an extraordinary time, and as such, we are going to do our best to protect all of our ISR families.

In 2020, we were able to successfully teach over 125 students. We had the opportunity to explore a variety of safety measures and to determine what was and was not working for us. We appreciate all of the families who provided us valuable feedback in such challenging times. This year, we have opted to follow the guidelines and standards set forth by Governor Abbott for outdoor activities, while still recognizing this is a private location. We feel confident we can keep ourselves and our families safe in this spacious, outdoor environment.

We are also hopeful we can all work together to return to some sense of normalcy this season, while still respecting those around us. Below, you will find the measures we are taking to help prevent the spread of COVID-19. ISR Fort Worth will also require your signature of the **COVID-19 Guidelines** and **COVID-19 Liability Waiver** found at the bottom of this document.

Measures being taken by ISR Fort Worth include, but are not limited to:

- Opening doors/gates to prevent the need for touching doors/knobs/latches
- Recognizing social distancing by limiting number of people on the premises
- Designated areas for those waiting for lessons and actively participating in lessons
- Wearing a face mask for your child's lesson (upon request)
- Removal of all post lesson treats and asking all ISR families to please refrain from eating/drinking in the pool area
- Providing individual folders for daily paperwork and necessary documents

As always, we are available to discuss any questions or concerns you may have prior to beginning lessons or at any time during the lessons process. We are committed to your child's safety and well-being and appreciate your compliance with these additional safety measures.



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Visitors - no visitors will be permitted at lessons. Only the parent(s) or student's caretaker may attend lessons with the student. If siblings must attend, prior approval must be given by your instructor. If approved, they will be expected to remain off of the pool step, sides and deck. _____ (initials)

Post Lesson Treats - treats will no longer be offered at lessons. This is a total bummer for us, but we want to limit any forms of cross contamination. If your child needs a snack or is going to be upset with the removal of my treat box, you are encouraged to keep something in your car for them after lessons. No snacks or drinks will be permitted inside the pool area. _____ (initials)

Backyard Gate - the gate to the backyard is to be propped open at all times. Please do not touch the handle and do not open or close the gate. _____ (initials)

Poolside Changing - to avoid the potential spread of germs, please arrive to lessons with your child already in their swim gear. After lessons, please wrap them in their towel, take them back to the car (or to the grassy area near the deep end) to change their clothes. _____ (initials)

Waiting - if you arrive to lessons early, please wait in your car. You will be permitted to enter the pool area **10 minutes prior** to your lesson time. This will help prevent a backup of people in and around the pool area. Please be mindful of social distancing when coming and going from lessons. _____ (initials)

Masks - if you wish for Kelsey to wear a mask during your child's lesson, please contact her prior to your first day of lessons. While masks will **not** be required while on the premises, we do ask that you follow social distancing guidelines. _____ (initials)

Swim Diapers - please do not wring out your child's swim diapers in the pool area. We kindly ask you take your child in their swim gear to your car (or to the grassy area near the deep end) and place their wet diapers in a bag to be handled at your home. _____ (initials)

Temperature Monitoring - each day, prior to your child entering the pool, you will be required to report your child's temperature within 1 hour of lessons. We welcome you to take your child's temperature at home or to utilize our contactless thermometer located poolside. _____ (initials)

BUDS Folder - you will be given a folder to hold important papers and your daily BUDS information sheet. If you have multiple children, they will share a folder. There will be a pen inside for your exclusive use. We are hopeful this will help keep everyone from touching the same pens, notebooks, etc. Kelsey will discuss the documents with you daily and collect the folders each Friday. _____(initials)

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Pool Deck - only parents will be permitted to sit on the pool deck. After handing your child to Kelsey and placing their towel on the deck, please sit at least 6 feet from the edge of the pool. Once your child's lesson is complete, you may come sit next to them. Please exit the pool area as soon as possible after they are placed onto their towel. We recommend they rest for a minimum 1-2 minutes. _____ (initials)

Payments - at this time, we will only be accepting Venmo or Check payments. If you are paying by check, we kindly ask you place your payment in your child's folder. _____ (initials)

Family Travel or Exposure - if at anytime anyone in your immediate family has traveled outside of the U.S. or is believed to have been exposed to COVID-19, please let your instructor know immediately. We will determine the best course of action based on the exposure. Your child will be permitted to return to lessons once they meet the CDC guidelines and a Missed Lesson Update form has been approved by the ISR registration team. _____ (initials)

I understand these lesson guidelines are a supplement to ISR Fort Worth's Standard Lesson Guidelines, due to the outbreak of COVID-19. I acknowledge they will remain in effect until the end of my child's session or until notified by my ISR instructor.

Name of Parent: (please print) _____

Parent Signature: _____

Date Signed: _____

ISR FORT WORTH

Assumption of Risk and Waiver of Liability Relating to Coronavirus/COVID-19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

As a Certified ISR Instructor and owner of **Fort Worth Infant Swim, LLC.**, I have put in place preventative measures to mitigate the risk of exposure to COVID-19, ISR has released guidance and additional safety measures I have implemented as additional layers of protection, and will continually update, as warranted, protocols, practices, and guidance in an effort to be as safe as possible; however, it would be impossible to guarantee that you or your child(ren) will not be exposed to COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 and that such exposure or infection may result in personal injury, illness, disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 may result from the actions, omissions, or negligence of myself and others, including, but not limited to, other program participants, and/or their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)'s attendance or participation ("Claims"). On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless both **Kelsey Strieby** as well as **Fort Worth Infant Swim, LLC.**, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence,, whether a COVID-19 infection occurs before, during, or after participation in ISR Lessons.

Signature of Parent or Legal Guardian

Date