

Swim Lesson Registration Form



Thank you for choosing the FAST Swim Program for your swimming lessons! Our goals are to develop swimming skills, teach water safety, and provide a safe, fun atmosphere to participants of all ages. We believe in the use of USCG-approved type III life jackets and no forced submersion for all beginning swimmers. All of our instructors are First Aid and CPR certified.

Participant Information – Complete this section for the participant. Please include any relevant medical information. *RETURN BEFORE INSTRUCTION BEGINS*

Name _____ Gender Girl Boy Other
Age _____ Birth Date _____
Address _____
Phone _____ E-mail _____

List any diagnosed medical conditions:

List any medical conditions or special needs which may require modification for participation:

Parent/Guardian Information

Name(s) _____

Waiver of Claims for Participants

I hereby give the FAST Swim Program instructor permission for me/my child to participate in the Swim Lesson Program. The signature below certifies that all information contained in my/my child's registration is correct and true. My signature also affirms my understanding that my/my child's participation in FAST Swim Program and activities may present some risk or injury. The FAST Swim Program and/or the instructor assumes no liability for injuries or damages that result from my/my child's participation in these programs or activities. I agree to indemnify and hold harmless Fast Swim Program and other program participants from liability that may arise from any risk, injury or death that is claimed to be related to this program or its services.

Medical Release: I authorize the FAST Swim Program instructor to act on my behalf if medical treatment for me/my child is necessary. In the event of illness or injury to my child, I authorize the FAST Swim Program and/or Instructor to obtain medical treatment for me/my child and authorize medical services to be provided at the expense of the Responsible Party (Parent/Guardian) identified below.

Signature: _____ Date: _____

Printed Name: _____

Media Waiver

Fast Swim Program™ may use my and/or my child's photograph, voice, and video image for promotions and publications.

I **do not wish** for my and/or my child's photograph, voice or video image for promotions and publications.

Signature: _____ Date: _____

Printed Name: _____

Linda Bolger – Master Instructor
(609) 680-9700

www.fastswimprogram.com
Like us on Facebook!

Swim Registration Packet



Welcome to the Fast Swim Program™ for swimming lessons! Unlike many other available swimming programs, we welcome your participation in your child's swimming education!

Enclosed, please find the following forms:

- Swim Lesson Registration Form – Please complete this form prior to the first swim lesson and return it to the Instructor. If there are any medical conditions, discuss with Instructor at least the day before the lesson.
- Parent/Guardian Participation Guidelines – for your information and expectations
- United States Coast Guard Life Jacket brochure pages – Follow these guidelines to fit the life jacket. Note that we recommend the following manufacturers:
 - Body Glove™
 - Stearns™
 - Speedo™
 - Aquatic Safety Research Group – Note & Float jacket: (available in toddler, youth and adult sizes) <https://www.watersafety.com/store/facility-equipment/toddler-life-jacket.html>
- Note & Float™ Safety Cards – For your next pool party, consider using the Note & Float program to keep all of your guests safe in the water!
- Swim Lesson Survey Form

For Disabled Participants – please complete the questionnaire and furnish a statement from the participant's health care provider.

- Health Conditions Questionnaire – If participant has a classified disability, please complete the Health Conditions Questionnaire provided by the Instructor
- Health Care Provider's Statement that the participant can participate in the program activities

Please address any inquiries to:

Linda Bolger – Master Instructor
(609) 680-9700

www.fastswimprogram.com

Like us on Facebook! www.facebook.com/fastswimprogram

Health Conditions Questionnaire



Participant Name: _____

Parent/Guardian Name: _____

Address: _____

Phone #: _____ E-mail: _____

1. What is the participant's disability and the extent of the disability?

2. Please describe the participant's abilities and limitations regarding fine motor skills (such as grasping or manipulating objects).

3. Please describe the participant's abilities and limitations regarding gross motor skills (such as walking, throwing or jumping).

4. How does the participant communicate?
 Verbally Non-verbally Sign Language Communication Board
5. If the participant has difficulty communicating, what is the degree of difficulty?

6. Are you able to provide a friend/family member/professional for interpretation if necessary?
 Not necessary Friend Family member Professional
7. Is the participant usually able to listen to and follow directions appropriately?

8. Does the participant exhibit any behaviors that might interfere with programming (noncompliance, hitting self or others, or tantrums)?

9. Is the participant currently on a behavior management program? If yes, please describe:

10. What type of reinforcement and/or rewards work best to keep the participant motivated and focused?

11. What is the participant's attention span length?

USCG Life Jacket Brochure

You may also request copies of the entire brochure from the United States Coast Guard, or download it from the USCG website



*A Handy Guide from Your
United States Coast Guard*



Life jackets are available for...

- Cruising, paddling, waterskiing, hunting, angling, racing
- Men, women, children, and even pets
- Swimmers and non-swimmers
- Boaters of all sizes
- Many uses, and come in many colors and styles



If a life jacket fits properly...

It will help keep your head above the water. Too big, and the life jacket will ride up around your face. Too small, it will not be able to keep your body afloat.

Life jackets designed for adults will not work for children!

Try It On For Size

- #1 Check the manufacturer's label to ensure that the life jacket is a proper fit for your size and weight.
- #2 Make sure the jacket is properly fastened.
- #3 Hold your arms straight up over your head.
- #4 Ask a friend to grasp the tops of the arm openings and gently pull up.
- #5 Make sure there is no excess room above the openings and that the jacket does not ride up over your chin or face.

For the best fit, try the life jacket in shallow water under safe and supervised conditions.


Note & Float™ Water Safety Program Cards

*Used with permission from Dr. Tom Griffiths @ www.aquaticsafetygroup.com

The National **Note & Float™** Water Safety Program

**Because we care...
Six simple steps to safety!**

- 1 **ALL** non-swimmers must be registered at the facility by a parent/guardian prior to or upon entry to the facility.
- 2 Parents/guardians and non-swimming children should receive written and verbal site-specific water safety instructions along with "Learn to Swim" information.
- 3 Parents/guardians will be advised to **SUPERVISE** their children and keep them within arm's reach.
- 4 Non-swimmers **seven years of age** and under (or less than 48 inches tall) must wear a clearly identifiable **wrist band** and a United States Coast Guard Approved Lifejacket Type III, and remain in designated shallow water areas. They must also be within arm's reach of a parent/guardian (at least 16 years of age) who is in the water with the child.
- 5 Non-swimmers **ages eight through twelve** must wear a clearly identifiable **wrist band** and a USCG-Approved Lifejacket Type III, and must be actively supervised by a swimming parent/guardian (at least 16 years of age).
- 6 Anyone who wishes to access deep water (greater than five feet deep) must pass the facility swim test or wear a USCG-Approved Lifejacket Type III.



Note & Float™

© 2008 Dr. Tom Griffiths • www.aquaticsafetygroup.com
Designed to reduce drowning at aquatic facilities
For program replacement items Call WSP 1-800-987-7238 ext. 4
www.WaterSafety.com

Parent/Guardian Participation Guidelines



- All participants/parents/guardians must complete the Swim Lesson Registration & Waiver Form. In the event that lessons are being hosted by a swimming facility with their own forms (that include medical information and a waiver) it is not necessary to complete the Fast Swim Program version.
- Review any medical concerns with the instructor.
- Parent/guardian agrees to purchase or secure a (USCG) United States Coast Guard-approved water safety life jacket (type III) for their child prior to the first swim lesson (smaller children should use “puddle jumpers” that have arm flotation attached to a chest flotation ring). Parent/guardian will review the USCG Life Jacket Brochure provided by the Instructor to fit the jacket securely on the child.
- Instructor will teach guardians to assist with life jacket when requested by the instructor. Life jackets will be worn at all times unless instructed differently by the instructor.
- Parent/Guardian is to remain on site at all times (Level I & II) and observe with the intent to reinforce skills learned during the lesson.
- Guardians will not offer instruction during the lesson. Non-verbal positive reinforcement is allowed during lessons – clap, cheer, two thumbs up.
- Guardians will do a constant check to aid in lowering risk of water illness and pool closures for toddlers not potty trained. Swimming diapers must be used.
- Guardians and instructors will teach children to ask permission to enter the pool area.
- Guardians and instructors will teach a no touching policy (students may not touch each other) unless under the direction of a parent/guardian or Instructor.
- Guardians and instructors will teach no running away from a guardian or instructor. Exit, turn and return to prevent injury is expected behavior.
- If possible, please view these three videos before your child’s first swim lesson. The information is invaluable to you and your child’s safety!

Note & Float Drowning Prevention Program:

<https://www.youtube.com/watch?v=OoN6uvkQLLU>

Dr. Tom Griffith’s Drowning Prevention Message for Parents:

https://www.youtube.com/watch?v=x8_TXCJge34

The Abigail Taylor Story

<https://www.youtube.com/watch?v=T3LvBzMOrfo&t=19s>