



# INFANT AQUATICS ACADEMY

## PARENT HANDBOOK

### DIET IS AN IMPORTANT ASPECT OF YOUR CHILD'S IAA LESSON EXPERIENCE

#### **FOOD GUIDELINES:**

What NOT to feed you child and WHY!

**NO DAIRY, FRUIT OR EGGS WITHIN THE 6 HOURS PRIOR TO A LESSON**

#### Why?

We teach in a salt water pool and the foods listed above curdle with any swallowed salt water causing a vomit.

#### **THE GOOD NEWS IS THAT THIS IS EASILY AVOIDED!**

All you need to do is follow these two simple steps:

1. Do not give your child anything to eat or drink 2 hours prior to the lesson (aside from water and very dilute juice).
2. Do not feed your child any foods containing dairy, eggs or fruit within the 6 hour window prior to the lesson.

*If your child has eaten dairy, fruit or eggs within the 6 hours prior to the lesson please advise your captain as a shorter lesson may be necessary.*

*If these guidelines are not adhered to on a consistent basis, parents could be subject to an instant fine.*





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## FOOD GUIDELINES:

What you CAN feed your child!

### BREAKFAST:

- Oats
- Maltabella
- Rice cereal
- Mielie meal porridge
- Toast – Avo, nut butter
- Rice crispies

If you usually would serve dairy milk, substitute with rice milk, oat milk, almond milk or coconut milk.

### SNACK OPTIONS:

- Rice crackers
- Cracker breads
- Vita Corn crackers
- Rice cakes
- Toast
- Melba toast
- Pop corn
- Pretzels
- Oatees

### LUNCH OPTIONS:

- Vegan/Fry's brand steaklets or sausage (microproteins)
- Pasta with simple veggie sauce
- Baked potato
- Toasted sandwich (no cheese)
- Rye bread soldiers
- Butternut soup (WITHOUT dairy cream)
- Lentil and bean casserole

### ANY OF THE FOLLOWING:

- Nut butter (All)
- Avo
- Honey
- Maple/Agave
- Bovril
- Marmite
- Home made NUTELLA (Ask coach Riks for the recipe)
- Hummus
- Tahina





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## COMMUNICATIONS:

Currently, should the school need to urgently communicate something to you, we use WHATSAPP BROADCASTING FROM the ADMIN number (064 582 2516). You will ONLY RECEIVE THE MESSAGE IF the number broadcasting has been saved to your contact list. It is imperative you ensure you have the IAA ADMIN mobile number saved to your mobile phone's contact list, and let us know if anyone else needs to be added.

*\*\*NB\*\* We are currently prepping the TELEGRAM messaging platform for more versatile and effective communication. When we move to TELEGRAM as our primary communication platform we will advise you. For now you need to install TELEGRAM from app/playstore. (SEARCH "TELEGRAM" and install. The icon is a blue background circle with a white paper airplane. )*

## RULES OF THE POOL:

1. No recording or taking pictures without permission from the captain.
2. Any child 4 years or younger must wear a disposable SWIM\*\* nappy underneath the IAA issued swim shorts, in the interests of optimal health and safety standards.
3. Please do not leave children unsupervised on the deck at any time. (\*\*not the everyday standard disposable nappy, the disposable SWIM nappy specifically).
4. Help us keep calm and please remain in the waiting area or outside during lessons.
5. Please do not engage with your child during lessons unless an instructor has asked you to. This is very often more harmful for you and your little sailor!
6. Ensure your child enters & exits the pool at their station to avoid unnecessary mess.
7. We are always available for feedback and questions, either after our lesson or via mobile call/whatsapp.
8. Remember we are professionals and this is a controlled environment. You child is safe with us!

## DISCLAIMER:

I, the undersigned parent/guardian hereby agree and acknowledge that Infant Aquatics Academy operated by Reevka Maman (referred to as IAA) are not liable for death, injury, loss or damage suffered by myself/care giver or the children attending the facility for whatever reason or contributed to by any cause whatsoever including but not limited to any negligent act and/or omission or breach of contract on the part of the company, its directors, employees, contractors, independent consultants or other member(s); that company premises would invariably be entered and departed (inclusive of the parking areas) entirely at my or my dependents own risk and that company equipment and facilities would furthermore be utilised on this very same basis that the company would not be vicariously liable for any loss or damage suffered by me, my dependents and/or other member(s) as a result of theft on the part of its independent contractors, consultants, or other members.





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## **TERMS AND CONDITIONS:**

### **SAFETY PROTOCOLS IN PLACE FOR SUMMER 2020:**

These are specifically in place during this Covid 19 period.

- 1. It's imperative that all swimmers STRICTLY ADHERE to the dietary rules! At the best of time incidents that result from the diet rules not being followed are disruptive. Now, during Covid even more so! PLUS, these incidents are 100% avoidable by adhering to the diet rules;**
- 2. Temperatures will be checked and recorded when you arrive and a temperature higher than 37.8°C means, you won't be allowed in.**
- 3. You will be required to complete the COVID-19 register.**
- 4. Sanitiser will be provided and we ask that you sanitise your hands regularly.**
- 5. You will need to wear a mask at all times unless you are swimming.**
- 6. To ensure social distancing and to minimise movement, we've marked out areas within the indoor swimming area and ask that you be respectful of others sharing the space.**
- 7. Only one person may accompany a swimmer at the school.**
- 8. Swimmers 5 years and older must arrive dressed ready for their lessons, wearing their caps and goggles.**
- 9. All swimmers to please arrive 5 minutes before their lesson time to be changed and ready for coaches to make sure we stick to the schedules.**
- 10. Please don't arrive for lessons if the swimmer or the person accompanying them is ill.**
- 11. For your safety, our coach's will wear an aqua mask and sanitise between lessons. All of our support staff will wear masks and they'll keep relevant areas sanitised.**
- 12. Beverages including coffee and tea have been placed on hold for the moment, however, we will still provide a "reward/ treat" in sealed packages for swimmers to enjoy once they leave.**





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## **TERMS AND CONDITIONS:**

### **APPLICABLE TO ALL SWIMMERS:**

1. Eating guidelines, as outlined previously, have been provided for the swimmer's safety and are expected to be adhered to with all seriousness. Vomiting can lead to serious complications in the water. These guidelines together with a comprehensive list of alternate foods, are also in the parent handbook pdf, attached to your confirmation email. Please refer.
2. It's imperative clients prioritise arriving well on time, as late arrival will result in less lesson time or even a missed lesson altogether.
3. Infant Aquatics Academy places the health and safety of all swimmers as a top priority, and we do our best to ensure our pool is operating to the standards required by Infant Aquatics International in order to maintain our international accreditation. As such should we experience an unforeseen situation that requires immediate action, such as a faecal accident, lightning that would place your child at risk – it could happen that our notification to parents is under the 24 hour notification limit.
4. It is your responsibility to ensure the safety of all siblings and friends visiting the swim school and to ensure that all children behave in a responsible manner and respect the pool rules at all times. Such as no running on the pool deck, interfering with lessons, or destruction of swim school facilities/property. The Pool Rules are also in the parent handbook pdf, attached to your confirmation email.
5. Infant Aquatics Academy reserves the right to change conditions of membership, services offered or fees prior to commencement of any new term.

### **SPECIFIC TO SAFETY COURSES SWIMMERS:**

1. In order to secure a safety course slot, full payment as well as completed online enrolment, must be received within 72 hours of booking.
2. All lessons required for the full duration of a safety course are scheduled at the start and need to be adhered to.
3. In order for a swimmer to graduate a safety course, they need to have attended the full quota of lessons set out as per the relevant course. A coach and time is specifically booked and it's imperative these are adhered to. Lessons missed as a result of legitimate medical circumstances, substantiated by a doctor's letter, will be honoured. Parents are to be aware that these will be scheduled based on times available. Any lessons missed that do not fit the above criteria will be charged for.
4. Should a swimmer graduate a safety course while a term is still in progress, and wishes to transition to regular maintenance lessons, a pro-rata amount will be





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charged based on the number of weeks applicable to the end of Term, and due settled within 72 hours of billing.

5. At least once a week maintenance to the completion of the term is compulsory post graduation of SAFETY COURSE. These lessons will be prorated.

6. Cancellation/refund requests received less than 21 days before a course commences will incur a penalty fee of up to 100%. An email request may be submitted to [info@iaacademy.co.za](mailto:info@iaacademy.co.za) for consideration and feedback.

7. Should you wish to cancel once a course has commenced, no refunds will be processed. A refund/cancellation request may be submitted to executive review, emailed to [info@iaacademy.co.za](mailto:info@iaacademy.co.za). Should any credits be authorised, these need to be claimed within a 12 month period.

## **SPECIFIC TO MAINTENANCE LESSONS:**

1. Weekly maintenance swimming slots are booked per term and settlement of Term swimming is 7 days before Term starts to confirm and secure a swimmer's place.

2. In circumstances when term billing is issued after term starts, because a client just completed a safety course, or a new client is starting with us after term commencement, settlement is required within 72 hours of issue.

3. Once a time has been confirmed for the term, it is set for the term, with the option to change only available for the next term.

4. Infant Aquatics Academy runs per term. Should a client wish to give notice during a Term, notice must be submitted in that term, in writing and emailed to [info@iaacademy.co.za](mailto:info@iaacademy.co.za) with the subject "Notice". The remainder of the term will serve as the notice period and no refunds will be given.

6. Parents are to advise a coach of any complications related to a booked lesson 24-48 hours prior to the lesson. The same courtesy applicable should a coach need to affect a scheduled lesson.

7. The school is closed on public holidays with no makeup sessions for public holidays.

8. There are no makeup sessions, unless the school cancels a lesson for whatever reason. In which case the coach will liaise to ensure that lesson is made up.

9. There are no makeup sessions for natural causes beyond our control such as lightning.

10. Lessons are not carried over to the next term.

11. Absence due to legitimate medical circumstances will be addressed on a case by case basis.

12. The IAA swimming cap is compulsory for all swimmers post their safety course.

