



Completing the B.U.D.S. (bowel- urine- diet- sleep) Information Sheet

General Information

Why does ISR use B.U.D.S. monitoring ?

The hallmark of the ISR program is our commitment to safety before, during and after each and every ISR lesson. Before lessons even begin, your child's health and developmental information is used to develop a custom lesson experience for your child. Throughout the course of lessons the safety, comfort, and well being of your baby remain our top priority.

Each day, your instructor will customize the lesson for your baby based on what he or she observed the previous lesson and on information collected from you on how your child is feeling and acting between lessons. Based on our more than 40 years of experience with babies and small children, we have learned that often, certain behaviors or problems that the instructor may see in the water can be identified and remedied by observing patterns revealed through B.U.D.S monitoring. Illnesses, teething and abdominal distention are frequent issues that may affect your child's safety during the lesson and all can be easily identified on the B.U.D.S. monitoring sheet by your instructor.

The B.U.D.S. documentation sheet was developed as an easy way to collect fairly detailed information on your child's bowel and urinary habits, sleep and diet.

Please print the FULL BUDS SHEET attachment to the email you just received from ISR and complete it prior to your first lesson.

This document explains how you collect and record the information that your Instructor will need before each lesson. We appreciate your effort to carefully record the information for your baby and submit it on the BUDS daily to your Instructor. We want to assure you that the information gathered here will only be shared with ISR personnel for the express purpose of creating the safest, most efficient lesson possible for your baby.

Who needs to complete B.U.D.S. monitoring?

- **B.U.D.S. Monitoring is MANDATORY for all ISR students 36 months of age and younger.**
- The ISR Registration Evaluation team may require B.U.D.S. or B.U.D.S + temperature and/or activity on certain identified students.

In addition, all Instructors are required to collect and record a "poolside" version of the B.U.D.S. evaluation that will serve as an accessible reference to them as they plan future lessons for your child. This is a good time to discuss any concerns you may have with your instructor. Any change in the health status of your child- fevers, looses stools, doctor visits unusual behavior etc. should be reported to your instructor at this time.

Completed B.U.D.S. and Poolside B.U.D.S. will be kept by the instructor as a part of your child's file.

How do I complete a B.U.D.S. sheet?

How do I complete the B.U.D.S. Sheet?

Each day has a designated area to record several different types of information for that day.

Monday Date _____ POOL TEMPERATURE _____ F The lesson was _____ minutes today Instructor initial here _____

12 30 1 30 2 30 3 30 4 30 5 30 6 30 7 30 8 30 9 30 10 30 11 30 NOON 30 1 30 2 30 3 30 4 30 5 30 6 30 7 30 8 30 9 30 10 30 11 30
at the lesson on Monday: Float Rollback Wall work Swim Flipovers Swim/Float/Swim Sequence Clothes 1 2 3 4 5

Information on the pool temperature and lesson length will be provided by the instructor. Other information can be recorded as follows:

- B** Above the sleep-time line to indicate a bowel movement, circle the B if something was unusual about it.
- U** Above the sleep-time line to indicate **urination**, circle the U if something was unusual about it.
- _____ DRAW A LINE through the **sleep-time** line to indicate any periods your child was asleep.

- b** Under the sleep-time line to indicate when he or she ate **breakfast**- write what your child ate for breakfast on one of the lines underneath
- l** Under the sleep-time line to indicate when he or she ate **lunch**- write what your child ate for lunch on one of the lines underneath
- d** Under the sleep-time line to indicate when he or she ate **dinner** - write what your child ate for dinner on one of the lines underneath
- s** Under the sleep line to indicate any **snack** - write what your child ate for snack on one of the lines underneath

The following information may also be included, if necessary:

- DR** Above the sleep line for a **medical appointment**
- *** Above the sleep-time line to indicate the time when any **injury** was sustained
- M** Above the sleep-time line to indicate any **medication** that was given. Identify it within the 3 diet lines using parentheses.
- F** Above the sleep-time line to indicate when a **fever** was noticed and a circled F when the fever was gone.
- V** Above the sleep-time line to record when a **vomiting** episode occurred, circle the V for a spit-up episode.
- R** Above the sleep-time line to indicate when a **skin rash** was noticed.
- < >** Above the line to show when the child was **not with you** directly (day care, mom's day out, baby sitter)
- ^^** Above the time line for any period the child was **in the water** other than in ISR lessons

Please ask you instructor for further instructions or if you are not sure how to record any type of information about your child.

FAQ's

What are Activity or Temperature B.U.D.S.?

The Registration Evaluation Team may determine that students with certain medical conditions or who are on certain medications require additional monitoring for safety. If your child requires these additional safety measures, you will be notified by the Registration Evaluation Team and provided additional forms. Regular, Activity and Temperature B.U.D.S. can be combined on a single form.

Activity B.U.D.S.- Some medications or conditions may cause a child to be drowsy, easily fatigued or hyperactive. Please record your child's activity level every 2 hours while they are awake. Place this information above the timeline.

1= less active than normal

2= normal activity level

3= more active than normal

Temperature B.U.D.S - Some illnesses or conditions may place a child at risk of developing a fever or the child may have a history of febrile seizures. Please record your child's temperature within 1 hour of the lesson and record.

What if my child is at school or daycare?

Place <> around the time period that the child was not directly under your care on the timeline and complete the remainder of the information to the best of your knowledge.

It is helpful to discuss ISR Dietary Requirements with any caregiver for your child during the lesson period. Please ask your instructor for our **ISR Information for Childcare Providers** sheet to help explain ISR's dietary requirements to your caregiver.

What if I do not complete the B.U.D.S. sheet?

B.U.D.S monitoring is mandatory for many students (see above). A student identified as needing B.U.D.S. monitoring **MAY NOT HAVE A LESSON** unless B.U.D.S. information is provided to the instructor prior to the lesson.

Failure to complete or accurately complete the required information is in violation of ISR's strict safety standards and may endanger the student during the lesson.

Many instructors have B.U.D.S. sheets available at the poolside for parents to complete. However, the decision to cancel or reschedule a lessons based on B.U.D.S. information is solely at the discretion of the instructor and may result in a shortened or missed lesson, regardless of payment.

What if my child is sick?

If you know that your child is ill or suspect that they may be, please contact your instructor prior to the lesson.

Students with fever or diarrhea (within the past 48 hours), rashes, open sores or burns will not be allowed to swim until the situation resolves and the Registration Evaluation Team has approved their return to lessons.

If your child has seen a doctor, has new medication, has a new diagnosis, has had any tests or lab tests or has had an injury (even a minor one) or allergic reaction, please let your instructor know. The Registration Evaluation Team may need to review the information prior to the lesson.

If any of the information you provided to ISR on the Online Registration form has changed since you filled out the registration form, you must bring that fact to the attention of your Instructor **IMMEDIATELY** and complete a Missed/ Medical Lesson Update Form online. RET will then contact you with additional information.

Thank you for choosing ISR to support your family's safety in and around the water. We are honored by the trust you are placing in us as we teach your child and are committed to work with you to make sure that your child receives the safest and most effective lesson possible.