



BUDS Instructions

How to complete the ISR BUDS Information Sheet

What is BUDS Monitoring?

BUDS stands for bowel, urine, diet and sleep. The BUDS Sheet is used as a monitoring tool to ensure safety in lessons.

The hallmark of the ISR program is our commitment to safety before, during and after each and every ISR lesson. Before lessons even begin, each child's health and developmental information is used to develop a custom lesson experience. The safety, comfort, and well being of each child remains our top priority throughout lessons. Based on 50+ years of experience with babies and small children, we have learned that certain behaviors or problems in the water can be identified and remedied by observing patterns revealed through BUDS monitoring. The Instructor will customize each and every lesson based on what was observed the previous lesson and on information collected from parents regarding how the student feels and acts between lessons.

The BUDS documentation sheet was developed as an easy way to collect fairly detailed information about bowel, urine, sleep and dietary habits.

ACTIVITY BUDS MONITORING

The RET may require activity monitoring for certain medications or conditions that may cause a child to be drowsy, easily fatigued or hyperactive. Parents will be notified if Activity monitoring is required.

- Record the child's activity level every 2 hours while they are awake.
- Place this information above the timeline to indicate activity level. 1= less active than normal, 2= normal activity level, 3= more active than normal
- Always discuss any changes in activity level or normal routine with the Instructor.

TEMPERATURE BUDS MONITORING

The RET may require temperature monitoring for certain conditions (such as febrile seizures) or for certain illnesses that may place a child at risk of developing a fever.

- Take the child's temperature within 1 hour of the lesson.
- Place this information above the timeline in the area indicated on the BUDS form.
- Always discuss any changes in the child's temperature or any signs of illness with the Instructor.

BUDS Instructions

Details about BUDS documentation for the ISR Student.

Full BUDS Age Requirements

Full BUDS monitoring is mandatory for all ISR students 36 months of age and younger. The RET may require BUDS monitoring on certain identified students, regardless of age.

Completed BUDS Sheets

Full BUDS for each student should be kept by the Instructor for the entire calendar year or until the child returns for refreshers. Poolside BUDS should be kept as long as the student is in lessons for purposes of recording lesson attendance. If attendance is recorded through a different system, the Poolside BUDS should be kept the entire calendar year or until the child returns for refreshers.



Completing the ISR BUDS Sheet

Each day has a designated area to record several different types of information for that day. The following instructions can also be found at the top of page 1 and page 2 of the BUDS Sheet for reference. Your Instructor will help with this process.

BUDS symbols for above the timeline:

B: Indicates a bowel movement

U: Indicates urination or diaper change

DR: Indicates a medical appointment

*: Indicates an injury was sustained

M: Indicates a medication was taken

F: Indicates a fever over 100.5

V: Indicates vomiting

R: Indicates a rash

<>: Indicates time child was not with parent (child care, etc.)

^ ^: Indicates child was in the water/pool (other than lessons)

BUDS symbols for below the timeline:

b: Indicates time breakfast was eaten

l: Indicates time lunch was eaten

d: Indicates time dinner was eaten

Other timeline notations:

—: Draw a line through the timeline to indicate sleep

Monday Date:	Pool Temp:	Lesson Length:	Child Temp:	Instructor Initials:
1230 130 230 330 430 530 630 730 830 930 1030 1130	NOON	30 130 230 330 430 530 630 730 830 930 1030 1130		

Diet: Write all foods/beverages consumed on lines below timeline

Skills: Circle skills practiced weekly

Activity/Temperature: See page 2 (or reverse side) for instructions. Parents will be notified if Activity and/or Temperature monitoring is required.

Please notify your instructor of any suspected illnesses or injuries prior to the lesson.

Poolside BUDS Monitoring

All Instructors are required to collect and record a poolside version of the BUDS Sheet that will serve as an accessible reference to them as they plan future lessons. This interview will occur daily, immediately before each lesson for all ISR students. This is a good time to discuss any concerns you may have with your instructor. Any change in health status, fevers, loose stools, doctor visits, unusual behavior, etc. should be reported at this time.

Mandatory Compliance

A student identified as needing BUDS monitoring MAY NOT HAVE A LESSON unless BUDS 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.