



# ISR BUDS Instructions

ISR Information Sheet/  
Protocol 1B

## What is BUDS Monitoring?

BUDS stands for bowel, urine, diet and sleep. The Daily BUDS Discussion 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 Daily BUDS Discussion was developed as an easy way to collect fairly detailed information about bowel, urine, sleep and dietary habits. The BUDS Discussion is mandatory and failure to collect the required information is in violation of ISR's strict safety standards and could endanger the student during the lesson.

### ACTIVITY AND TEMPERATURE MONITORING

- Activity or temperature monitoring may be required for some students
- Activity monitoring is designated as 1A on the Instructor's console.
- Temperature monitoring is designated as 1T on the Instructor's console.
- Additional information can be found in ISPs 1A and 1T.

### INFORMATION SHEETS/PROTOCOLS

- Some students will require additional protocols (ISPs) that need to be followed throughout lessons.
- These protocols, along with BUDS information, are used daily to customize and plan safe lessons.

### BUDS

#### Requirements

BUDS information is mandatory and must be documented daily for all ISR students before each lesson.

#### Completed BUDS Discussion Forms

#### Forms

BUDS information for each student should be kept by the Instructor for a minimum of two years.

#### Electronic BUDS Discussion Forms

#### Forms

Instructors may use an electronic format to record the Daily BUDS Discussion information. Electronic BUDS information for each student should be kept by the Instructor for a minimum of two years.

