

# SWIM INSTRUCTOR CHECKLIST

Instructor Name \_\_\_\_\_ Location \_\_\_\_\_

Swim Program \_\_\_\_\_ Training/Certifications \_\_\_\_\_

Website \_\_\_\_\_ Social Media \_\_\_\_\_

Frequency & Duration of Lessons \_\_\_\_\_

Are you Insured? \_\_\_\_\_ CPR Certified? \_\_\_\_\_ Do you offer private lessons? \_\_\_\_\_

*For group lessons:* What is the Instructor to student ratio? \_\_\_\_\_ Is there a dedicated lifeguard to supervise children waiting for their turn with the instructor? \_\_\_\_\_ Ratio of children to lifeguard? \_\_\_\_\_

What **INDEPENDENT** skills will my child learn and how long should it take? \_\_\_\_\_

Can I stay & watch lessons? \_\_\_\_\_ Do I get in the water? \_\_\_\_\_

Can I meet the Instructor and observe lessons before signing up? \_\_\_\_\_

Where can I read parent testimonials and watch videos of skilled students around my child's age?

Website \_\_\_\_\_ Other \_\_\_\_\_

What safety protocols are in place to keep lessons safe? How do you prevent hyponatremia (water intoxication) and aspiration? \_\_\_\_\_

How is breath control shaped? \_\_\_\_\_

What if my child cries during lessons? \_\_\_\_\_

How do you handle pool maintenance/cleanliness? \_\_\_\_\_ Water Temp? \_\_\_\_\_

Are non-disposable swim diapers required for infants and young children? \_\_\_\_\_

Is there a registration process/health screening? \_\_\_\_\_ Are there additional safety protocols or lesson adaptation for my child's medical condition/special need (if applicable)? \_\_\_\_\_

Lesson Cost \_\_\_\_\_ Availability \_\_\_\_\_

Scholarship Opportunities \_\_\_\_\_

Notes \_\_\_\_\_



For a list of what should be included in high quality swim lessons, visit us at [swimsafenow.com](https://swimsafenow.com)

Follow us @swimsafenow

