

# Getting Ready: How To Prepare For Your Session

Here at Swim Stage Trainer, we prioritize the safety of you and your student above all else. This is why we require you to read these following prerequisites fully and to complete comprehension before entering the water with our suite. If you have any questions, please contact us through our website before using our product.

## The Prerequisites Before Entering The Water

- Have you and your student had anything to eat within the last 30 minutes? If so, do not enter the water until a full 30 minutes have passed to reduce the risk of cramping.
- Have you and your student made sure to hydrate before entering the water? It is recommended that you and/or your student consume a full bottle of water each.
- Have you and your student made sure to apply sunscreen? Make sure to apply sunscreen even if it is not currently sunny.
- Have you ensured that there are no current lightning threats within 10 miles? If you are unsure how to check this, I recommend downloading a free to use lightning radar and setting an audible alert to notify you when lighting reaches that 10 mile or less zone.
- Have you and your student made sure to go to the bathroom beforehand?
- Have you ensured that you have picked a safe depth for your swim lesson? A safe depth would be an area of the pool where you are able to comfortably stand with the water at your waist.
- Have you ensured that you have picked a safe environment for your swim lesson? Things may become stressful, hectic, overstimulating, etc. for your student if there are multiple people in the water, loud sounds, or any similar distractions. You will want to assure that your child is able to focus on you and the lessons at hand.
- Have you and your student stretched before getting in the water? Swimming is exercise and in any exercise, you must stretch to warm up and thus help reduce the risk of injury. Make sure to stretch your shoulders, arms, legs, ankles, and hamstrings.
- Have you ensured that you and your students' hair is out of their face? If they have long hair, put their hair into a ponytail, bun, etc. It is recommended that your child use a swim cap but it is not mandatory.



*Swim Stage Trainer would like to remind all users that our suit is for swim training purposes only. This is NOT a life saving device. This suit is not to be used without adult supervision. Please read the "Method" page at [www.swimstagetrainer.com](http://www.swimstagetrainer.com) completely and to full comprehension before working with a student. If you have any questions about a step, our method, the product, quality issues, etc., contact us at [www.swimstagetrainer.com](http://www.swimstagetrainer.com) before using our product. Thank you.*