

Arthritis SA Warm Water Exercise Program Pool Use Rules

CAUTION:

Whatever the reason, don't risk your health and the health of others. If you don't feel well, don't use the pool. The following rules have been developed to ensure your safety and well-being during each Warm Water Exercise session.

1. You must have submitted your completed ESSA screening tool and other paperwork before attending your first session. If you answered 'yes' to any of the questions on the screening tool, a medical clearance form will be required before your first session.

Please be aware the Medical Clearance Form is only valid for as long as your current medical condition remains unchanged. If your current medical condition changes, please consult your health professional regarding your participation in the Warm Water Exercise Program. You will be required to provide an updated Medical Clearance.

2. You must be able to walk, dress, get in and out of a pool and move around in the water unaided. Access into the pool is via stairs and you need to be able to negotiate these independently. If you are unable to do this you will need a carer to attend with you. Please speak to us about the need for a carer and we will discuss the possible sessions we can book you into that will enable this.
3. Do not use the pool if:
 - you have had diarrhea within the past 14 days,
 - you have had vomiting within the past 48 hours,
 - a raised temperature (eg colds, flu),
 - severe sensitivity or allergy to pool chemicals,
 - uncontrolled blood pressure,
 - a skin infection (eg tinea, dermatitis, thrush), open wounds or ulcers,
 - bladder or urinary tract infections, loss of control of bladder or bowel. For mild incontinence, please use waterproof or swimming incontinence pants,
 - Bronchitis, pneumonia, shortness of breath, angina, chest problems, fits or dizzy spells.

4. Where possible, shower before entering the pool. Do not use soap in the perimeter of the pool.
5. If hair is long, please use a cap, clip or tie it back.
6. Wear thongs or suitable wet area shoes, such as aquatic shoes, while walking across tiled area and in the showers and change rooms.
7. Do not enter the pool until indicated by the pool supervisor or instructor. Pools have participant limits and supervisors need to ensure the numbers of participants in the pool do not exceed these limits.
8. Do not leave any possessions in the change cubicles at any time. All your possessions must be taken to the pool area. To avoid the risk of falls and slips to all users, do not use powders or creams in the cubicles. Leave to pool areas and cubicles clean and tidy.
9. Do not consume food or drinks (except water) or take glass containers into the pool area.
10. If you believe that you have been subjected to inappropriate or abusive behaviour, report the incident to the supervisor and/or CEO at Arthritis SA immediately. Similarly, if you are abusive, you will be asked to leave the pool and you will be unable to participate in this program any further.
11. Failure to follow these rules will mean you can no longer participate in this program.
12. Please observe social distancing measures and follow all Covid safe guidelines in place at the Adelaide Hydrotherapy Facility.

Emergency procedures

In the unlikely event of an accident or an emergency, follow the instructions given by your session supervisor in the first instance.

They have been trained in pool rescue techniques and cardiopulmonary resuscitation (CPR) and in Emergency Evacuation.