



Pool Orientation and Safety Instructions

Your physical therapist and physician have determined that you would benefit from aquatic therapy to help improve your overall level of function with activities of daily living. The aquatic environment provides numerous benefits including breaking the pain cycle and allowing increased activity with decreased stress to healing tissues.

Things to keep in mind when preparing to attend your aquatic therapy session:

- ❑ Please wear appropriate bathing attire and footwear to the pool. **Bring a towel and whatever toiletries you may need after your pool session.** You may also want to use body lotion after your pool session to prevent dry skin.
- ❑ If you need to change before beginning your aquatic session, **please arrive at least 15 minutes prior** to avoid delay.
- ❑ Upon arriving to your pool session, the office staff will direct you to the pool area. Do not enter the pool area unless a Frederick Sport and Spine staff member is present.
- ❑ If you need assistance entering the pool, the therapist or aide will be present to help you.
- ❑ Family and friends of clients participating in aquatic therapy are asked to remain in the lobby unless otherwise specified by the aquatic therapist.
- ❑ Before entering the pool, take a cleansing shower bath, using warm water and soap, and thoroughly rinse off all soapsuds. Anyone leaving the pool for the purpose of using the toilet facilities shall take a second cleansing shower before returning to the pool.
- ❑ In case of inclement weather (i.e. lightening, snow, etc), please contact the office to ensure the pool will be open for your appointment.
- ❑ No one is permitted in the pool with open cuts, sores, rashes, or bandages unless covered with a water-repellent dressing.
- ❑ All persons using the pool shall refrain from spitting, spouting of water, and blowing their nose while in the water and other activities. **NO DIVING.**
- ❑ All persons using the pool must refrain from running and boisterous or rough play, except for supervised water sports, in the pool and on the decks surrounding the area.
- ❑ Anyone demonstrating disregard for safety procedures may be asked to leave the pool area and may be discharged from the aquatic therapy program.

Please sign to acknowledge understanding of the above responsibilities:

Signature of Patient or Guardian

Date