

Thank you for choosing to receive your therapy at Upland Hills Health. With aquatic therapy, there are several precautions that need to be taken to assure your safety and the safety of others using the pool. Please observe the following:

- **You may not use the pool within two weeks of having diarrhea.**
- Individuals who are incontinent of bowel may not use the pool.
- Prior to entering the pool, please urinate in restroom and wash hands with soap and water. Individuals with complete urinary incontinence may not use the pool.
- Do not enter the pool if you have the flu, a cold, illness that includes vomiting. Following illness, you must be recovered, feeling well, and fever free (temperature less than 100 degrees) for 24 hours.
- You may not get in the pool if you have an active, untreated infection.
- **You MUST shower with soap prior to entering the pool.**
- Please also shower following use of pool to decrease risk of skin irritation.
- If assistance is needed with showering and dressing, it is the patient's responsibility to have this arranged.
- Please make staff aware if you use any medication patches.
- Please make staff aware if you have any rashes, psoriasis, or non-intact skin.
- Participants must not have open wounds.
- Please be aware of the importance of staying hydrated before, during, and after getting into the pool. This is because being in the aquatic environment leads to dehydration more rapidly than on land.
- Please wear water shoes on the pool deck and in locker rooms for foot protection, fall prevention, and to prevent the spread of athlete's foot. Footwear should be slip resistant and well fitting. Flip flops present a fall risk and are not acceptable footwear. Shoes designed specifically for water are allowed in the pool if they are clean. Any shoe that is worn outside is not allowed in the pool.
- Proper fitting bathing suits/apparel must be worn in the therapy pool and must be clean. Proper fitted dri-fit shorts and shirts are allowed. No street clothes or cut-offs are allowed.
- No food, gum or glass containers in the pool area.
- No street shoes are allowed in the pool or on the pool deck
- Diapers may not be changed in the pool area.
- You may not use the pool if you have had a myocardial infarction (heart attack) in the past 6 weeks.
- Please make your therapist aware if you have a history of heart problems, high or low blood pressure, diabetes, seizures, are undergoing chemotherapy or radiation.
- Please take out hearing aids (if they are not waterproof) prior to entering pool.
- If vision correction is needed, please wear glasses and do not wear contacts in the water due to potential harm from chemical fumes.
- The Therapy pool will be closed when lightening is seen or thunder heard, appointments rescheduled.
- Do not enter or leave the pool until the floor is completely lifted.