

NORTHWOODS THERAPY ASSOCIATES

Patient/Pool Instructions & Guidelines

****A PERIODIC LAND-BASED ASSESSMENT MUST BE PERFORMED TO ASSESS PROGRESS AND TO FULFILL INSURANCE REQUIREMENTS.**

****THERE IS A 24-HOUR CANCELLATION POLICY**

- 1) Please arrive 10-15 minutes early for your pool appointment to make sure you are changed and showered in time for your appointment. **Please bring your own towel.**
- 2) Showering before you enter the pool with soap is mandatory and critical to properly maintain the chemical balance. ***Please note that if you shower at home before your appointment, you are still required to soap shower before entering the pool.**
- 3) Proper swim attire with towel is required and the clinic does not provide the swimwear. Freshly cleaned shorts and a t-shirt is acceptable in place of a swimsuit.

NOTE: we mandate that you rinse your laundered swimming attire in a solution of 50% water and 50% white vinegar before initial pool entry. Laundry detergent will complicate the chemical balance. *Vinegar solution rinse is not necessary in between each session **unless** your swim attire is washed in laundry detergent.

- 5) Rubber soled footwear is recommended in the pool and the shower area in prevention of slipping on potentially wet or saturated floors, i.e. aquatic socks.
- 6) All make-up and jewelry must be removed prior to entering the pool.
- 7) Please, no gum, food, or drink in the pool area. Special exceptions are made in the case of diabetic or other medical needs.
- 8) If you have had diarrhea in the past 48 hours or incontinence, please do not use the pool.
- 9) If you are menstruating and not using internal protection, please do not use the pool.
- 10) If you have any open wounds or skin lesions, please do not use the pool.
- 11) If you have any current infections such as MRSA, staph, or Clostridium difficile, please do not use the pool.
- 12) If you have any medical conditions such as congestive heart failure, diabetes or uncontrolled hypertension, please discuss with your therapist before using the pool.