

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: The Health Department mandates all laundered swimming attire be rinsed in a solution of 50% water and 50% white vinegar before initial pool entry. *Vinegar solution rinse is not necessary in between each session unless your swim attire is washed in laundry detergent or worn in any other body of water. Any residual laundry detergent or lake/river particles will complicate the chemical balance of the pool.

- 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.
- 13) **Children 14 years of age and younger must be accompanied by an adult of 18 years or older.**