

## ARTHRITIS ACT WARM WATER EXERCISE PROGRAM POOL 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 (WWX) session.

**IMPORTANT MESSAGE** – All sessions are supervised by volunteers trained in rescue and resuscitation. They are not qualified to advise you in an exercise program. It is **recommended** that you consult a physiotherapist for an exercise program to suit your particular needs.

1. You must be a financial member of Arthritis ACT (AACT) and have submitted your completed Medical Clearance and Agreement Form, before attending your first session. You must be able to walk, dress and get in & out of a pool, and move around in the water unaided. Access into the Calvary John James Hospital (JJH) and The Canberra Hospital (TCH) pools, is by steps and hand rails. Ramps and hand rails are used to access Black Mountain School (BMS) and Club MMM! Day Spa (MMM) pools.
2. Before attending a pool for the first time, it is recommended you contact the supervisor of that session for them to inform you of the procedures at that pool. At each session you attend, you need to show a valid ticket, enter your ticket number under the date on the attendance form and onto your ticket. When you have completed the sheet of tickets please pass it on to the supervisor.
3. **Do not enter the water without the presence of an Arthritis ACT (AACT) WWX Supervisor.** This is a requirement of our public liability insurance, our contracts with the facilities used in our program, and our risk management procedures.

**Emergency Procedures:** In the unlikely event of an accident or an emergency, follow the instructions given by your volunteer supervisor in the first instance. They have been trained in pool rescue techniques and cardio pulmonary resuscitation (CPR) and in Emergency Evacuation at the pools.

4. **Do not use the pool if you have:**

- had diarrhoea or vomiting or have had other contagious diseases within the past two weeks;
- a raised temperature (eg colds, flu);
- severe sensitivity or allergy to pool chemicals;
- uncontrolled blood pressure;
- received deep X-Ray therapy within the last six weeks;
- an infection (eg tinea, dermatitis, thrush), open wounds or ulcers any dressings or band-aids;
- bladder or urinary tract infections, loss of control of bladder or bowel;
- bronchitis, pneumonia, shortness of breath, angina, chest problems, fits or dizzy spells

5. Do not swim in the pool.

6. Use the shower before entering the pool. Do not use soap at the perimeter of the pool.

7. If hair is long use a cap or a clip or tie it back.

8. Wear thongs or suitable wet area shoes, such as aquatic shoes, while walking across tiled areas and in the showers and change cubicles due to insurance, health and safety.

9. Do not enter the pool if there are already 14 members in the water or 8 at JJH.

10. Do not remain in the pool if there are less than 3 people in the water.

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11. Do not leave any possessions in cubicles. To avoid the risk of falls and slips to all users, do not use powders or creams in cubicles. Leave the pool areas and cubicles clean and tidy.
12. All sessions go for 1 hour, including the time you need to dry-off and change. Leave the area promptly at the conclusion of the session.
13. Do not consume food or drinks (except water) or take glass containers into the pool area.
14. If you believe that you have been subjected to inappropriate or abusive behaviour, report the incident to the supervisor and/or the CEO at AACT immediately.
15. Please be aware of OH&S concerns regarding the toilets within TCH pool complex. Because these toilets are not on pedestals on the floor but are attached from the wall, they are regarded as possibly unsafe if used by persons weighing 140kg or above.

### **Code of Conduct of participants in activities of Arthritis ACT**

The Board of Arthritis ACT requires that members of the Association or others, who participate in its activities, shall during that participation:

- behave honestly and with integrity,
- treat everyone with respect and courtesy and without harassment or discrimination,
- comply with any lawful and reasonable direction given by the leader(s) of the activity,
- use Arthritis ACT resources in a proper manner,
- not provide false or misleading information relevant to the activity and
- behave in a way acceptable to the public and to the other participants.

Any concerns about a participant not meeting these requirements may be made to the leader of the activity or to the CEO of Arthritis ACT.