

# 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, exercise physiologist or an osteopath 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.

**Please be aware the Medical Clearance and Agreement Form is only valid for as long as your current medical condition remains unchanged. If your current medical condition changes please consult your health professional regarding your participation in the Warm Water Exercise Program. You may be required to provide an updated Medical Clearance.**

2. 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), The Canberra Hospital (TCH) and Gold Creek 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).
3. 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 ensure your name and phone number are on the attendance form and initial under the date of your attendance. Remember to enter the date of your attendance on your ticket sheet. When you have completed the sheet of tickets please pass it on to the supervisor.
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.

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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 at TCH and BMS, 8 at JJH, 12 at Club MMM! and 30 at Gold Creek Pool.
10. Do not remain in the pool if there are less than 3 people in the water.
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. The duration of each session includes the time you need to dry-off and change. Please 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 WHS 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.

**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.