

POOL & SPA RULES

1. PLEASE BE CAREFUL WHEN WALKING IN BATHROOM OR POOL AREA BECAUSE THE FLOOR MAY BE WET AT TIMES MAKING IT MORE SLIPERY!
2. **If using a cane or other such assistive device for walking, be sure to be very careful in the pool and bathroom area** because items such as canes may slip much easier due to the wet floor resulting in a fall. We suggest and encourage the **use of a walker**, which is available upon request. Walkers are very stable in the bathroom and pool areas. Therefore, if there is any chance that you may fall due to such an instance, be sure to request a walker from the front desk.
3. Please **bring your towel** with you into the pool area to dry off immediately after getting out of the pool. Thanks.
4. Please **bring your own swimming suites**. Men can wear shorts and shirts. Women can wear swimming suite or shorts and shirt.
5. **Do not apply anything on the body** such as perfume, lotion, oil etc. before getting in the pool. If you already have applied something on your body, you will have to take a shower before getting in the pool. We do request you to come at least 15 minutes early to take a quick shower.
6. **Do not get into the water until your therapist is present.**
7. **You must use any ambulatory aides** (crutches, walker, or cane) in the pool area if you use them regularly to walk.
8. Do not run in the pool-room, clinic or restroom areas.
9. You must **wear shoes or flip-flops in the pool-room**, please leave them close to pool.
10. You must **bring in any emergency medicine** that you could require, such as inhalers, diabetic medicine, and nitroglycerin.
11. Patients should not submerge themselves fully into the pool, please **do not allow your head to go under the water.**
12. Do not allow arms, hands, legs or feet to rest behind the corner bars in the pool. (Between the bars and the pool wall.)
13. Horse-playing in the pool-room is not allowed.
14. When using the chair lift- the seat belt must be used.
15. **Respect for other people** in the pool-room is expected from all persons.
16. Excessive splashing is not allowed in the pool.
17. Pool shoes can be worn into the pool, but not regular street shoes.
18. **The sides of the pool are not for standing or climbing** on, please do not attempt to use them for these purposes.
19. The **Advanced Physical Therapy & Rehab staff will adjust the treadmill speed for you-** please do not attempt this yourself.
20. Please **do not enter the pool if you have open sores.** Consult with the staff first.
21. Please **do not enter the pool if you have a respiratory infection.**
22. Please **do not enter the pool if you feel “funny or dizzy”.**
23. Please **do not enter the pool if you are menstruating.**
24. If at any time you are uncomfortable or have questions or concerns, please let any member of the staff know.

I have read the pool rules and I understand them.

Patient Initials: _____

Date: _____