

## General Pool Rules

1. Water temperature is 92° - 94°; air temperature is 80° - 90° ; humidity is at 50%.
2. Shower facilities are available for your use. A shower is recommended after using the pool.
3. Storage bins are available for securing personal belongings.
4. You will need to bring a towel, water shoes and a bathing suit or appropriate swim gear (cut –off shorts must be hemmed). Bathing caps, ear plugs, and nose plugs are allowed if preferred.
5. You can expect the session to run 30 - 60 minutes, in addition to the time it takes to shower and change into and out of your swim clothes (we suggest that you wear your bathing suit to each session and change after).
6. It is important that you notify the instructor of your swimming ability before beginning your first session.
7. The following are contra-indications to pool therapy. Please notify your instructor if you have any of the following:
  - a. Fever over 100°
  - b. Contagious skin or eye infections or rashes
  - c. Infectious disease
  - d. Urinary tract infections
  - e. Open wounds
  - f. Incontinence of feces or urine
  - g. Severe Cardiovascular disease
  - h. Uncontrolled Epilepsy
  - i. Menstruation without internal protection
  - j. Any medical conditions which require special consideration (i.e Colostomy)
8. DO NOT ENTER THE POOL WITHOUT SUPERVISION
9. No running, diving, jumping, eating, or smoking allowed in the pool room.
10. Please do not ask the instructor to be responsible for any personal items brought into the pool room.
11. If you are currently using any medications that are to be taken at the onset of symptoms (Asthma, Angina), please bring them and notify the instructor if you need their assistance.
12. It is your duty to report any changes in your physical condition.
13. The instructor has the right to expel anyone who does not adhere to the above rules and regulations.

I HEREBY AGREE TO ABIDE BY THESE POOL RULES

Patient Signature \_\_\_\_\_ Date \_\_\_\_\_