

BENDIGO ARTHRITIS CLUB INC. WARM **WATER EXERCISE GUIDELINES**

B.A.C. PROCEDURES AND PRECAUTIONS FOR PARTICIPATION IN WARM WATER EXERCISE CLASSES AT POOLS

The following are common sense and ensure the wellbeing and comfort of all.

Please arrive before the starting time of your session and sign the register

POOL USAGE REQUIREMENTS

- ❖ Bring bathers, soap and towel.
- ❖ At the Bendigo Health pool, **bare feet or outdoor shoes** are not permitted in the changing room or in the pool area. **Bring clean thongs or scuffs.**
- ❖ **Band-Aids are not permitted** in the pool and any cuts and grazes must be covered with waterproof dressings. Waterproof dressings are available from pool co-ordinators at \$1.00 each. ***Please do not enter the pool if you have open wounds.***
- ❖ **A water bottle** beside the pool ensures you are hydrated in the warm water.
- ❖ **Shower** before entering the pool.
- ❖ **Personal details:** Pool bags should be clearly labelled on the outside. Emergency contact information and details of medications or allergies should be noted on this label.
- ❖ **Emergency medication** for conditions such as asthma or angina etc. should be in a plastic bag and left on the side of the pool while you are in the water for ease of access if required.

HEALTH PRECAUTIONS

- ❖ **Gastric infections** require 14 days absence after recovery.
- ❖ **Please check with your doctor** before returning to the pool if you have any conditions that can be passed on e.g. tinea, infections, ulcers etc.
- ❖ **If you have had radiation treatment or chemotherapy** please check with your doctor before returning to the pool. The same applies after any major surgery.

ENTER THE POOL WHEN ADVISED BY THE POOL LEADER

Be aware of those around you. In an emergency advise your leader and follow the Pool Leader's instructions at all times.