

Body@Work Physiotherapy participant information

In order to participate in the Aquatic therapy group program, you **MUST** attend an Initial Assessment with the Physiotherapist, before attending your first session.

You may attend the pool independently **only if you have a prescribed program written for you by your treating physio/practitioner**. Under these circumstances, you are attending the pool and participating in your own exercises entirely at your own risk. (see declaration below).

1. If you can't walk, get dressed, get in & out of a pool, or move around in the water unaided (carers are allowed), a one-on-one session is required
2. At each session you attend, you need to show a valid pool pass, & clip your ticket before entering the water.
3. The **Aquatic therapy 10 pass** expires in 10 weeks; the **Aquatic therapy 20 pass** expires in 20 weeks. If you need to extend your pass due to illness, or work commitments please contact Kris on 0405 324 958 or email admin@bodyatworkphysiotherapy.com.au
4. A 24 hour cancellation policy applies. **It will be counted as a session** if you don't let us know.
5. There are NO refunds on passes.
6. Do not enter the water without the presence of a Body@Work staff member. This is a requirement of our public liability insurance, our contracts with the facilities used in our program, and our risk management procedures.
7. Emergency Procedures: In the unlikely event of an accident or an emergency, follow the instructions given by your treating practitioner in the first instance. They have been trained in pool rescue techniques and cardio pulmonary resuscitation (CPR) and in Emergency Evacuation at the pools.
8. 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 flu); severe sensitivity or allergy to pool chemicals;
 - Uncontrolled blood pressure;
 - 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.
9. If your hair is long use a cap or a clip or tie it back.

10. 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.
11. All sessions go for 30 mins, if you want to stay in longer or start earlier, see treating practitioner.
12. Do not consume food or drinks (except water) or take glass containers into the pool area.
13. Turn your phone off, and don't bring valuables into the pool.
14. Do not bring children onto pool deck; we try to create a calm environment on pool deck for everyone to enjoy, concentrate, breathe and relax.
15. If you believe that you have been subjected to inappropriate or abusive behaviour, report the incident to the treating practitioner

Declaration for independent participants:

I acknowledge and declare that during all such times I am on the premises (or its surrounds) to participate in independent warm water exercise, both my property and my person will be at my own risk and I will not hold the staff of Body@Work Physiotherapy responsible or liable for any personal injury (or fatality) or loss of property, however caused.

Signature: _____

Name: _____

Address: _____

Email: _____

Phone: _____

Emergency contact:

Phone: _____