

Welcome to Hydrotherapy General Information

Please do

- Bring your own towel and swimsuit
- Arrive 5 - 10 mins early to have time to get changed
- Bring your medication for angina and asthma with you
- Wear plastic swim socks if you have a foot or nail infection
- NOT consume alcohol for at least 3 hours prior to session or eat food or chew gum in pool hall
- Make yourself familiar with rules for pool use

Please note

- Hydrotherapy is not recommended if you are unwell eg have a temperature, so please call to cancel your appointment
- You MUST inform a member of the Hydrotherapy Team if
 - You have been unwell during the 48 hours prior to your hydrotherapy session.
 - You have any open wounds, skin lesions, ulcers etc.
 - Your medication has changed.
 - If you need assistance dressing/undressing.
 - If you have seen your GP/Consultant since your last class.

In the changing area

- Please use lockers provided to store your belongings
- Please leave benches clear for people to use when getting changed
- At busy times & the end of evening session, please limit your change time to 20 minutes
- If you use a walking aid, for your safety, you will need to use the walking frame provided to mobilise around the pool area.

You may enter the pool once you have been invited by a member of staff and following use of the drench shower