



AQUATIC PHYSIOTHERAPY: GENERAL INFORMATION

CLIENTS CAN ENJOY:

- Free on-site parking
- Hot showers, lockers and change room access
- Stairs/handrail access to pool
- Consistent pool depth of 1.2m
- Pool temperature 28-29 degrees C
- On-site cafeteria

WHAT TO BRING:

- Bathers/shorts
- Towel
- Thongs, advisable to wear surrounding the pool and in the change rooms.
- \$2 coin – for the change room lockers. (refundable)

FACILITIES

CAR PARKING

Patients can use the Next Generation underground car park, accessed from War Memorial Drive. Please announce yourself as a Wakefield Sports Clinic patient via the intercom at the car park entrance.

ACCESS TO CHANGE ROOMS

Please take the lifts or stairs up to the Next Generation Reception on the ground floor where you will sign in and be directed to the change rooms. Your physiotherapist will meet you at the pool.

Lockers are available with a \$2 coin, refundable after use.

NEXT GEN CAFE

Available for use by all Wakefield Sports Clinic patients.

ACCESS TO POOL DECK

Please enter the pool deck via the change rooms, where your Physiotherapist will be waiting for you under the Aquatic Zone window signage. If you normally use a walking aid, or have difficulty walking, use of the Family/Disabled change room may provide a more direct access to pool deck.

For health reasons you must shower prior to entering the pool. A rinse station is located at the far-northern side of the pool.

SAFE ACCESS TO THE POOL

Your physiotherapist will meet you onsite at the Aquatic Zone and safely instruct you to enter the pool. A stair with handrail for pool access are available for your convenience.

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AQUATIC PHYSIOTHERAPY: GENERAL INFORMATION (CONT.)

PRECAUTIONS

NON-SWIMMERS

The pool depth is 1.2 metres. This is not a swimming class, rather a class with specific exercises aimed at your needs.

HEALTH

Some health conditions may caution, delay or preclude access to the pool.

These can include:

- skin rashes
- uncovered wounds and sores (all surgical wounds must be clean, dry and covered, if necessary)
- stomach upsets
- eye, ear, chest and urinary infections
- dermatitis and tinea
- plantar warts
- common cold and flu.

You can help by ensuring your hygiene conditions are maintained.

Please report any change in your health or medical condition to the treating physiotherapist prior to commencing your class.

Your health is important to us:

So report any dizziness, soreness/exhaustion, during or after the session. Ensure you have adequate rest periods
Drink plenty of fluids following your session

ANTENATAL PRECAUTIONS

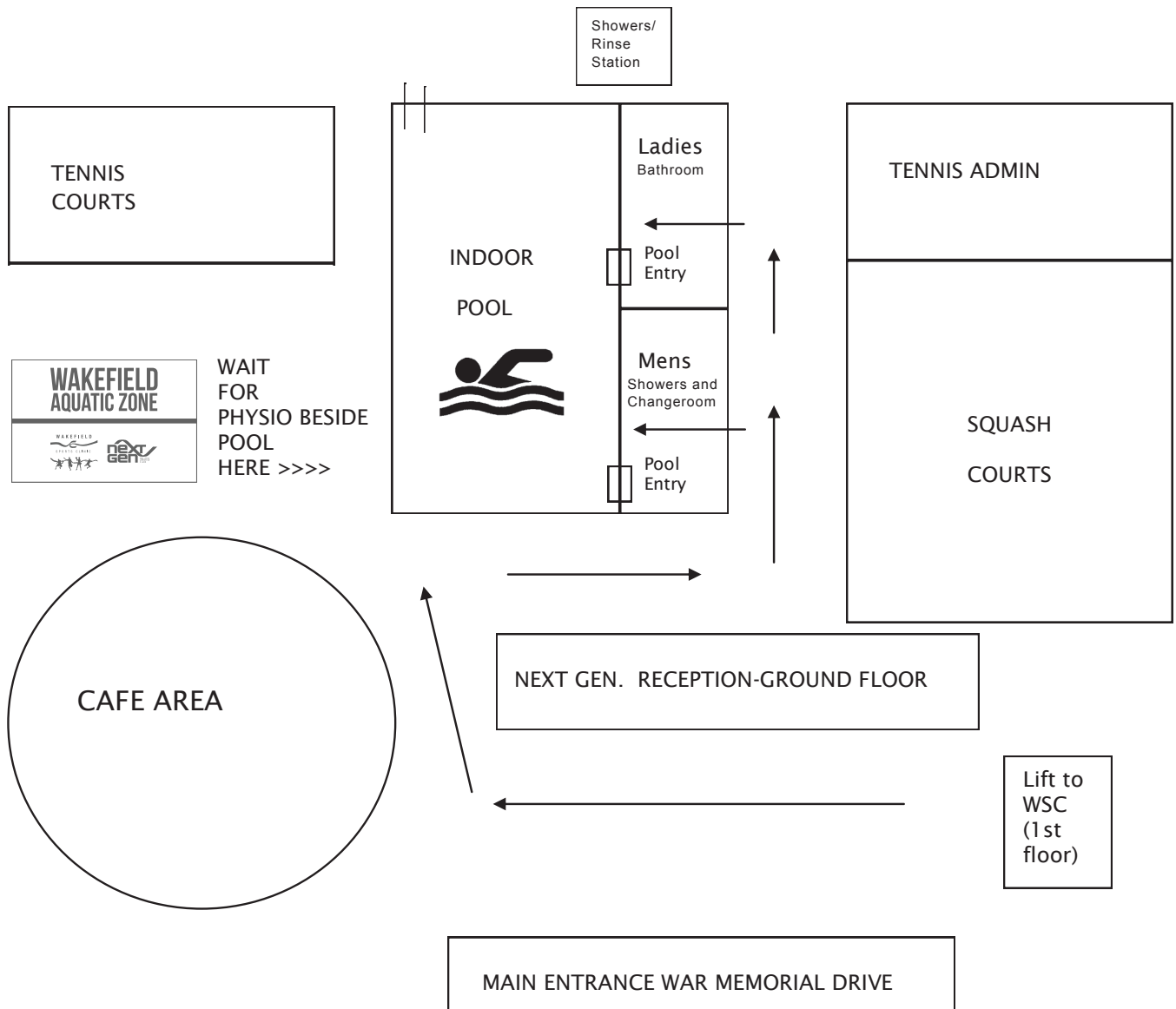
In addition to the above precautions, pregnancy requires further consideration.

PRECAUTIONS

- When exercising in pregnancy, it is important to safely manage high or low blood pressure episodes, and avoid hyperthermia (overheating), dehydration and hypoglycemia (low blood sugar).
- Please report any change in your health or pregnancy condition to the physiotherapist prior to the class.

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NEXT GENERATION: AQUATIC PHYSIOTHERAPY



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