Aquatic Programs at WakeMed

There are three different types of Aquatic programs at WakeMed:

Aquatic Physical Therapy – physical therapy performed in the water with a physical therapist. A physician’s order is required for aquatic physical therapy.

Independent Aquatic Exercise – an individual exercise program performed independently without a physical therapist present in the water. This program is for patients who have received aquatic physical therapy in the WakeMed Health Park pool and would benefit from continuing their program on their own. Participants are allowed a maximum of 25 visits.

Therapeutic Aquatic Group Exercise Classes – group water exercise classes for people of various fitness and ability levels whose needs are best met in an aquatic environment. Class size is limited to 15 participants. A physician’s referral is necessary for participation.

This information sheet is designed to provide you with guidelines for participation in aquatics programs. These guidelines are necessary to insure a safe environment for all of our pool participants. Please take the time to review this information sheet carefully. If you have any questions, please ask your therapist or any Aquatic staff member.

The temperature of the Health Park therapy pool is maintained at 90 degrees, ensuring maximum comfort for all our patients during therapy. We use chlorine to disinfect the pool, so please make sure you do not have any allergies to this chemical. Pool depths range from 3½ to 4½ feet. There is a hydraulic lift to assist patients who cannot walk down the steps. If you have any concerns about the pool environment, please speak with your therapist or instructor prior to using the pool.

POOL RULES

- All pool participants must wear bathing suits, bathing trunks or shorts and t-shirts.
- Small towels are provided, but feel free to bring your own towel from home.
- The Health Park is equipped with separate men’s and women’s locker rooms.
- A family locker room is available for people who need help getting dressed. Please bring someone to assist you, if needed.
- Please bring your own lock and lock up any valuables – never leave them in an unlocked locker. Locks must be removed after each visit, and any locks remaining over night will be removed. No permanent lockers will be assigned.
- The pool deck gets wet and may become slippery. We strongly recommend that you wear “aqua-shoes” to optimize your safety in the pool. Earplugs can be worn for protection against “swimmer’s ear.” We do not provide either of these items.
- To maximize safety, all participants must dry off on the pool deck before entering the locker rooms.
- For women, protection during menstruation must be internal. Inability to use internal protection will exclude individuals from participation in aquatic programs.
- All patients and participants must be free of skin infections. Any open wounds must be covered with a waterproof adhesive which can be provided to you if needed.
- If you are not feeling well, especially if you have a fever, please do not participate in any aquatic program. Aquatic Physical Therapy patients should call 350-8347 to cancel your appointment.

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• Multiple Sclerosis (MS) or a history of heart or cardiovascular disease may be a contra-indication to pool use.

• Participants with epilepsy that is not controlled by medication may not participate in aquatic programs.

• In the event of thunder, lightening or other inclement weather or pool chemical imbalance, the pool will be closed immediately. It will reopen as soon as it is safe to do so.

• Therapeutic aquatic group exercise class participants: Your class pass will be kept in the pool area. You will pull it each day you come to class.

• The Health Park pool may not be a safe environment for pregnant women because the water temperature is so warm. If you are pregnant or think you may be pregnant, a decision will be made between the Aquatic staff, your obstetrician and yourself to determine whether or not you should use the pool. This policy is for your own safety as well as that of your baby.

ADDITIONAL POOL RULES

• Absolutely no food or drink on pool deck.

• Never enter the water unless there is a staff member present.

• No lap swimming. The pool is designed for therapeutic exercises only and is not large enough to accommodate lap swimming.

• The doors leading to the pool from the locker rooms are locked if there is not a staff member on deck. The doors will remain locked until approximately five minutes before scheduled class/therapy session time. Please be patient and do not use the emergency telephones to alert someone that you are locked out. These phones are for emergency use only.

If you are a patient participating in Aquatic Physical Therapy:

Please arrive 15 minutes before your scheduled appointment time to check in and to allow time to change your clothes if necessary. Remember, it is your responsibility to bring someone with you if you need assistance in the dressing room. Therapy sessions may vary in length, but you can expect to be in the pool for up to an hour. Keep in mind that there may be other patients in the pool during your time.

I have received and read the aquatics information sheet and understand the recommendations set by the WakeMed Health Park Aquatics Staff.

SIGNATURE
DATE

WakeMed
Rehab
Healthworks