

### **Little Havens Hydrotherapy Family Information Sheet**

We provide a Hydrotherapy Pool and spa for children, young people and families who are eligible to use our service. Our pools are a therapeutic rather than leisure facility, with families able to spend special time together. Sessions are always supervised by staff.

Hydrotherapy can:

- help relaxation and a feeling of wellbeing
- relieve pain and muscle spasm
- maintain or increase the range of motion of joints
- strengthen weak muscles and re-educate paralysed muscles
- increase exercise tolerance and cardiovascular fitness
- improve circulation
- encourage functional activities e.g. walking practise and active limb movement
- maintain and improve balance, co-ordination and posture
- ease movement
- reduce swelling that may have developed due to illness.

The pool is kept at a much higher temperature than public swimming pools – this is essential to achieve the therapeutic benefits. All hydrotherapy sessions will last a maximum of 30 minutes.

The warm environment both poolside and in the water could be a risk for some people with underlying health problems. To ensure your child can use the pool safely, we ask you about their health before their first session. This will include information about your child's breathing and emergency resuscitation plan, their mobility, prescribed medications and whether they have any history of seizures. Depending on your child's condition, we may need to contact their lead consultant for further information.

If other members of your family want to use the pool or attend a session poolside, we will just need them to complete a brief health questionnaire to ensure their safety too.

- A pool safety check will be undertaken by the pool safety member of staff before each use of the pool.
- Users will be asked to complete a Hydrotherapy Individual Risk Assessment by the pool trained member of staff before being allowed to use the pool. If there are contraindications, the pool safety person must decide if it is safe for the individual to use the pool.
- Siblings may use the pool with two people over the age of 16 present (one can be pool side)
- A person 16 years or over can:  
accompany one child under 4 years or  
2 children under 4 years if the children are wearing buoyancy aids or  
2 children between 4 – 7 years

What you need to bring:

- Swimwear (including swim nappies if needed)
- Towels and dressing gowns (optional)
- Appropriate covering for foot infections such as verrucae and fungal nail infections (if needed)
- Earplugs (if needed for grommet wearers or people prone to ear infections)
- Goggles (if needed for people vulnerable to chlorine or eye infections)
- Toiletries for post-session showers
- Medication if needed during the session, including any emergency medication
- Drinks and any feed equipment that may be needed (we will provide other post-session drinks)
- Dry and bathing slings
- It is recommended that poolside footwear is worn (e.g. croc style shoes with closed in toes).