

# Pool Therapy at St. Paul

## Pandemic Safety and Pool Therapy

The therapist will wear medical-grade facemasks and face shields on the pool deck. If the therapist is in the pool, the therapist will wear a medical-grade facemask with a face shield. The patient and caregiver should wear a facemask when on the pool deck and a medical-grade facemask when in the pool. Patients and caregivers should come wearing pool-appropriate attire under their clothing if possible. Patients and caregivers will shower before entering the pool and sanitize their hands.

Types of patients that can use the pool during the pandemic include:

1. Patients with a caregiver who can actively assist with transferring and handling the patient in the pool. In these situations, the therapist will remain on the pool deck.
2. Teens and young adults who can stand independently in the water, follow directions and able to swim. The therapist may remain on the pool deck or be present in the pool, maintaining 6 feet of distance from the patient.

Your therapist has decided that you'll benefit from pool therapy. The pool temperature is 92-93 degrees and the room temperature is 78-80 degrees. Regular therapy attendance is critical for progress. Attending less than 75 percent of scheduled therapy session might result in discharge from therapy. Please call us to cancel any sessions.

## Pool Therapy Guidelines

- A parent or caregiver must attend therapy sessions. An adult needs to be within sight of the pool at all times the pool is being used.
- Only two people can observe pool sessions, due to limited space. It might be appropriate for family members or caregivers to be in the pool with you if it advances the therapy care plan. Your pool therapist will let you know if this is the case.
- Patients who are incontinent of bowel or bladder must wear appropriate diapers or plastic pants. If the pool is contaminated it will need to be shut down for up to 24 hours for chemical treatment.
- We do not provide swim diapers. If you use swim diapers, bring them to your appointments. We have information about how to purchase swim diapers if you need them.
- We do not provide swimsuits.
- Cell phones can be used at your own risk in the pool areas. Please ask permission before taking photos or videos.
- Do not bring toys from home for use in the pool.
- Arrive only 10 to 15 minutes early. This should give you plenty of time to get changed and be ready at your appointment time. You must be able to independently dress or have a caregiver with you in the changing rooms.

- Shower with soap and water (cleaning hands, arms, feet, legs, armpits and private parts) before putting on your swimsuit (and/or swim diaper, if applicable).
- Based on the information you provide and your child's performance in the pool, the therapist might recommend that pool therapy is not beneficial and should be discontinued.

## **What to do for Your Appointment**

1. Arrive 10-15 minutes early to change clothes and be ready for your appointment start time.
2. Check in at the front desk to register and get your entrance badge with locker key.
3. Make sure your child showers with soap and water (cleaning hands, arms, feet, legs, armpits and private parts) before putting on your swimsuit (and/or swim diaper, if applicable).
4. You may wait on the bench by the lockers until your therapist is ready for you.

## **Illness and Other Health Concerns**

Your child and anyone coming along to the pool appointment must not have (and not be recently exposed to) a contagious illness. Cancel your appointment if your child (or anyone coming in the pool) is ill, has had diarrhea in the last 2 weeks, or has any open cut or wound.

## **Talk to Your Therapist**

Please let your therapist know if your child has a fear of water or any of the following conditions:

- Diarrhea or bowel incontinence
- Communicable diseases (herpes simplex viruses, which can produce cold sores and genital herpes)
- Fungal infection (such as athlete's foot)
- Open wounds or bleeding
- Menstruation without internal protection
- Acute joint flare-ups (such as hemophilia or arthritis)
- Urinary tract infection
- Rashes, skin conditions with flaking or open areas (such as scabies, impetigo, lice, pinworm, ringworm, plantar warts or other skin lesions)
- Uncontrolled seizures
- Deep vein thrombosis (DVT)
- Vancomycin-resistant enterococci (VRE), a bacterial infection
- Methicillin-resistant Staphylococcus aureus (MRSA), a bacterial infection

Any of these conditions might prevent us from allowing your child in the pool.

Make An Appointment

[651-290-8707](tel:651-290-8707)

Refer a Patient

[651-325-2200](tel:651-325-2200)

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at [651-229-3890](tel:651-229-3890).