

Therapy Pool Maple Grove Clinic

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

Pool Therapy Guidelines

- A parent or caregiver must remain on-site during the entire therapy session.
- Only one or two people may observe pool sessions due to limited space.
- We don't provide swim diapers or towels. If you use swim diapers, bring them to your appointments. We have information about how to purchase swim diapers if you need them.
- Don't use cell phones in the pool or gym areas. If you need to make or take a call, please step into the lobby area.
- 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 early to change clothes and be ready for your appointment start time.
2. Check-in with the front desk and tell them you're a Gillette pool patient and need to use a changing room.
3. Before putting on a swimsuit or swim diaper, ensure your child showers with soap and water (washing hands, arms, feet, legs, armpits and private parts).

Illness and Other Health Concerns

Your child and anyone coming to the appointment **must** be free from (and not recently exposed to) contagious illness. Please cancel your appointment if your child or anyone coming along is ill, has had diarrhea in the last two weeks, or has an open cut or wound.

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

- Infectious diseases (including herpes simplex viruses, which can produce cold sores and genital herpes)
- Fungal infections (such as athlete's foot)
- Menstruation without internal protection
- Acute joint flare-ups (such as hemophilia or arthritis)
- Rashes or skin conditions with flaking or open areas (such as scabies, lice, impetigo, pinworm, ringworm, plantar warts or other skin lesions)
- Urinary tract infection
- Uncontrolled seizures
- Diarrhea or bowel incontinence
- 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.

Questions, Concerns or More Information

Share your comments, concerns, questions and compliments with your therapist(s). Comment cards are available if you're more comfortable sharing feedback that way. You may also call Gillette's Maple Grove Clinic at 763-496-6000. The operator can direct you to our therapists.

[Appointment: 651-290-8707](#) **[Refer a Patient: 651-325-2200](#)** **[Pediatric Expert Consult](#)** **[More Ways to Contact Us](#)**

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](#).