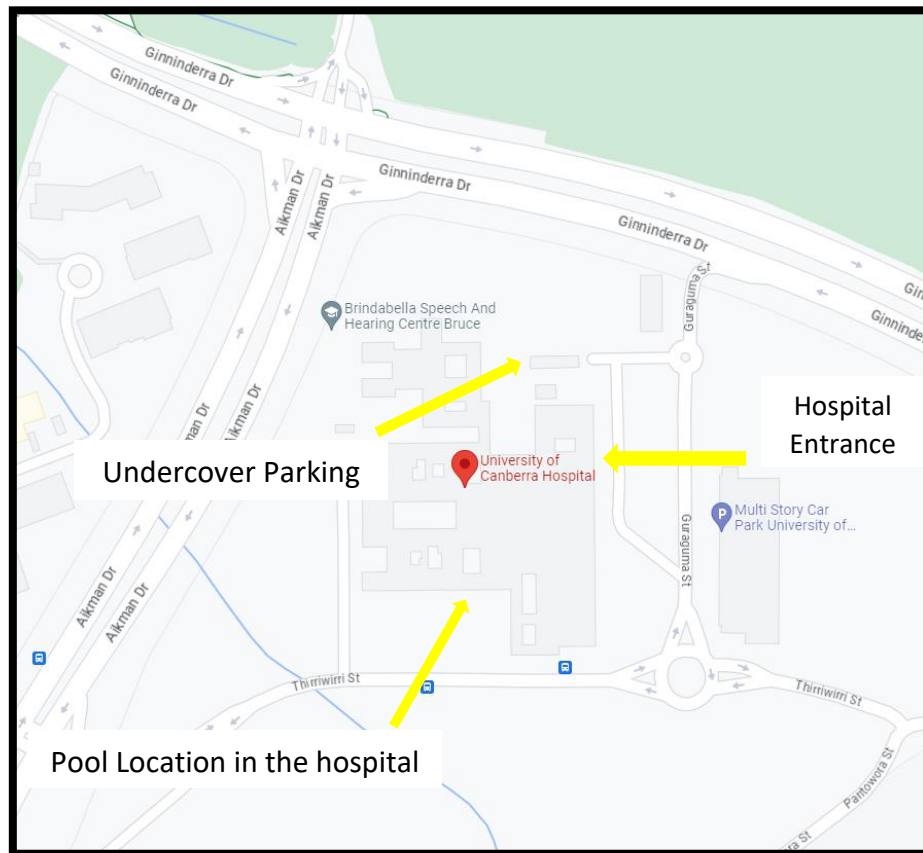


# Attending UCH Hydrotherapy Pool

Crn. Ginninderra and Aikman Drive, Bruce



## Parking

Parking is available in the multistorey carpark across the road from the main entrance to the hospital. Parking is also available underneath the hospital. Underground parking is accessed from a driveway entrance near the meditation circle (please see map above).

Parking is free, you will need to obtain a parking ticket and validate this using the machine validation machine at the reception desk within the hospital.

## Entering the hospital

The entrance to the hospital is via the main entrance located on the map below or, via the lifts and stairs at the south-western end of the underground carpark.

Upon entering the hospital, you must sign in to the hydrotherapy book available at the pool. Sign in here is a requirement of the University of Canberra Hospital.

The location of the hydrotherapy pool is signposted within the hospital building. A small amount of seating is available in a waiting room behind a set of automatic double doors. An Arthritis ACT representative will mark your attendance at this reception and allow entry into the pool area.

Please note you must also sign OUT when you have finished your session at the same reception desk. This must be done on the WAY OUT and is a rule put in place by the hospital.

**If you are attending a 1:1 session with an Exercise Physiologist or Physiotherapist they will meet you here, unless arranged otherwise.**

### **Before you get in the pool**

It is advised that you come to the pool in your swimwear so that you can make the most of your time in the pool. If this is not possible, change rooms are available for you to use. Please leave your belongings on the benches around the edge of the pool and not in the lockers within the change rooms as they can become jammed, with your belongings inside. An Arthritis ACT staff member is available to mind belongings when you are in the pool.

### **Entry to the pool area**

Please wait in the waiting area or hallway (especially if the waiting area is full) for your pool session time. Please do not knock on the door until at least the time your session is to begin. We need to ensure the safety of all those in the pool centre and may at times keep the next group waiting outside of the centre to limit the likelihood of falls.

### **Showering**

You MUST use the showers on the edge of the pool deck to rinse off before entering the pool. You may use these showers again at the end of your session to rinse the chlorine off. No soaps or shampoos are to be used when using these showers. Showers in the change rooms are not available for use and using these showers will lead to a cessation in your relationship with our pool program.

### **Change rooms**

We encourage a 'Wrap and Go' policy at the pool. Change rooms are available if you would like to change out of your wet swimmers at the end of your session. Please exit the pool with enough time at the end of the session to do this. **You will need to be exiting the pool area (change rooms included) by the end of your session time.**

### **Entering and Exiting the Pool**

Entering and Exiting the pool is via the chair hoist (on arrangement with staff prior to attendance) or via the ramp. Please do not get in and out of the pool from any other part of the pool deck as this is dangerous and will lead to a cessation in the services provided to you in our pool program.

### **Participant Agreement**

Due to the number of issues we have had at the UCH pool we ask that you provide us with a signed copy of these understandings about the use of the UCH pool. Please understand that a failure to comply with these understandings will result in a cessation of our relationship with you for this hydrotherapy program.

**Name:**

**Signed:**

**Date:**