

## **POOL Protocol to maintain Health and Safety**

The Shorkey Center is committed to the treatment and development of all children. Individuals with special needs have varying degrees of special considerations however, the health and safety of all must be at the forefront of our operation. Incontinence of urine, little concern, most folks pee in the pool. Those with bowel incontinence ARE REQUIRED to wear swim diapers and/or reusable swim diapers. Adult and child size incontinence diapers that contain both urine and bowel excrement are available. Incontinence should not keep individuals from therapy. Please feel free to ask your aquatic therapist for suggestions.

Children with feeding tubes often have watery, not solid excretion. However, we expect the utmost care from families regarding excrement that it is not foul or infectious. Caregiver and therapist should discuss intestinal changes that could cause harm to others thus negating pool therapy and opting for clinic / land-based activities for that day. This being said, swim diapers and rubber swim gear should be considered.

Stoma

[https://youmemindbody.com/digestion/colostomy-patient\\_swimming-with-a-colostomy-bag#:~:text=It%20is%20a%20good%20way%20of%20concealing%20a,will%20hold%20the%20stoma%20bag%20firmly%20in%20position](https://youmemindbody.com/digestion/colostomy-patient_swimming-with-a-colostomy-bag#:~:text=It%20is%20a%20good%20way%20of%20concealing%20a,will%20hold%20the%20stoma%20bag%20firmly%20in%20position)

We know aquatic therapy provides movement opportunities not typically experienced on land. We must make every effort to provide the experiences and development to the families we serve.

Parent presence – Parents are encouraged to stay and are required to stay if the patient is seizure prone. A therapist can never be alone in the pool with a child. If an additional staff is not available, the caregiver must remain pool side.

Participants with stomas, central lines, feeding tubes, colostomy bags, or any type of port must have a physician's decree for treatment and protocol of safety i.e. restrictions.

Incontinence of bowel and bladder – participants ARE REQUIRED to wear a swim diaper and/or rubber garment. Knowing one's regular bowel schedule should be

considered when scheduling appointments. Adult and child size incontinence diapers that contain both urine and bowel excrement are available. Incontinence should not keep individuals from therapy. A variety of options are available, if you need assistance please speak with your therapist.

Participants with feeding tubes often have watery excretions. However, if your child is feeling ill or has a change in their bowel movements, it is of utmost importance that this information is given to your child's therapist prior to them entering the pool. Children with excrement that is watery, foul, or infectious should not enter the pool.

Caregiver and therapist should discuss intestinal changes and/or menstruation (females only) that could negate the continuation of pool therapy for other participants and instead opt for clinic / land-based activities for that day.

Stomas should be covered with a wrap and aquatic therapy time limited to between 30 to 45 minutes is recommended.

Cleanliness – Participants should have been bathed within 24 hours. A shower is available onsite if needed before or after aquatic therapy sessions. If your child has oily hair products or lotions, including sunscreens, showering is required prior to entering the pool. A swim cap can be used over hair if needed.

#### **SAFETY MEASURES:**

No participants are allowed into the pool prior to their therapist entering the pool. The therapist will instruct or assist every participant into the pool at the beginning of their session. If this rule is not adhered to, pool privileges will be revoked.

A therapist can never be alone in the pool with a child. If an additional staff is not available the caregiver must attend.