

Mapledown School



Working and Learning Together

Mapledown School Hydrotherapy Policy

Name of School	Mapledown School
This policy was reviewed in	June 2020
Updated	March 2022 September 2023
Agreed	This policy to be agreed at the Health and Safety meeting on 14th March and the Full Governing Body on 28th March 2022
Next review date	September 2024

The policy was written and updated according to the following:

1. Health and Safety at Work Act (1974)
2. The Workplace (Health, Safety and Welfare) Regulations 1992
3. Education Reform Act (1988)
4. Management of Health & Safety at Work Regulations (1999)
5. Regulatory Reform Order (2005)
6. Control of Substances Hazardous to Health (COSHH) Regulation (2002)
7. Mapledown School Health and Safety Policy
8. HSE - Health and Safety in Swimming Pools (2018)

The hydrotherapy pool is used at Mapledown mainly for water-based physiotherapy but is also available for other students who benefit from a warm water experience.

Not only is it part of the school PE curriculum, it is also extremely beneficial in terms of water confidence, developing gross motor skills, sensory experience, freedom of movement, self-help skills.

Be aware that it is a potentially dangerous place and take care when using it. If you are in doubt about safety, DO NOT use the pool but discuss the problem with the physiotherapist, your Learning Lead Zone or Senior Leaders. All pool users must adhere to the following guidelines:

1. The doors to the hydrotherapy pool must remain closed at all times (secured by a keypad).
2. No outdoor shoes are allowed on the pool side.
3. Pupils should access the pool area on a pool chair or changing bed.
4. A risk assessment must be carried out, and the recommendations followed, for each pupil to ensure they are transferred safely in and out of the pool.
5. Please ensure that your group has enough staff to conduct AND supervise hydro and changing. There must be at least one person overseeing (from the side) those in the water at ALL times.

The party MUST have a qualified First Aider who is trained in CPR (epilepsy trained where necessary) this person does not need to be in the water but can be if necessary.

6. One member of staff **or fully vetted volunteer** MUST be outside the pool overseeing users. This person will alert others in the event of an emergency and help those in the pool evacuate quickly and safely in the event of an emergency. The 'overseeing' member of staff/volu should not enter the pool.
7. Staffing levels are dependent on the levels of assistance/support required by users. However there should be no more than three users to two staff at any given time.
8. Please ensure that all staff comply with Moving and Handling Risk Assessments and use hoists appropriately.
9. Staff are to ensure that students have a clean face and hands before entering the water.
10. There must be a sterile technique used for detaching gastro tubes, etc.
11. Pupils who are incontinent or who experience bowel problems when in the pool should have special swimming pads under their swimming costumes.
12. If the hydro pool becomes contaminated, staff must notify the caretaker or the school in his absence, so that he can determine when the pool can next be used.
13. Staff must have annual hydrotherapy evacuation refresher training.
14. The aid call alarm must be tested on a weekly basis. Staff testing the aid call must also check the battery status.

'General Terms of Use **for all Pool users, including** Outside Pool Users'

- ◇ Please let us know if you are not coming – we will do our best to let you know if the pool is out of action.
- ◇ Bring your own towels and hygiene supplies. Please dispose of any soiled items in our macerators. Don't dump and run.
- ◇ Only open windows if you can remain close and supervise – our pupils would love to sneak a free swim and they will if you let them.
- ◇ Please make sure that the doors and windows are shut when you leave.
- ◇ You are welcome to use our moving and handling aids, floats etc but please return all items to their proper places.
- ◇ If the pool is polluted please let the **office or caretaker** know asap.
- ◇ Feel free to use the water cooler.
- ◇ Let us know if there are any faults.
- ◇ Staff should make a decision on very HOT days on whether it is safe to swim, bearing in mind the air temperature within the pool area.
- ◇ Staff should be aware if a pupil has epilepsy and of the warning signs and trigger factors of that pupil e.g. Noise, Sunlight on the pool surface
- ◇ Only one pupil with epilepsy should be in the pool at any one time for safety reasons. Following a seizure, the pupil can be supported in the water in the recovery position until the fit subsides or removed to the side using the Kiefer board at the side of the pool or the gantry hoist as appropriate. The procedure for medication (buccal midazolam etc.) remains the same as on dry land.
- ◇ Pupils who are at risk of soiling the pool should wear a washable or disposable pad.
- ◇ Judgments on the length of time children and adults spend in the pool should be made taking into account the water temperature, air temperature, child's condition and effects of increased temperature on the circulatory system.
 1. No child in the water longer than 30 minutes.
 2. No adult in the water longer than 3 hours per day.
- ◇ Staff in the pool area should remove their outdoor shoes or cover them with overshoes (available at the main entrance) to reduce the level of dirt on the pool surround.

- ◇ A hoist is available for use in the changing areas. The handsets should be placed in the charger at the end of each session.
- ◇ Wheelchairs should be stored to allow for ease of evacuation in case of fire but to also allow for ease of access to the pool.
- ◇ Flotation aids are available in the pool area. Pupils use flotation aids to help them gain in confidence and these are reduced on a planned and supervised basis.
- ◇ Towels to the right of the Fire Exit are for use in emergency evacuation of the pool area only.
- ◇ Additional straps and space blankets are also available for use in an emergency.
- ◇ Sheets of clear plastic are available in the pool area for protecting wheelchairs.
- ◇ A CUT-OFF BUTTON to turn off all the filters etc. is to the right side of the main pool area. If used it will need to be reactivated by the Caretaker.
- ◇ There is one panic alarm system in the hydro pool located next to the cut-off button.
- ◇ The H-Frame hoist can be used to transport pupils from either side or the end of the pool into the water.
- ◇ Mesh slings for use with the hoist are available on hooks on the wall at the far end of the pool.
- ◇ A safety Cut - Off Cord (red) is attached to the underside of the gantry hoist. If pulled, it will need to be reset by the Caretaker. (Please report to the School Office if the hoist is not working properly or if you have had cause to pull the red cord)
- ◇ Adjustable changing tables in the changing rooms can be pushed out to the poolside and used with the gantry hoist or with the Patslide to help pupils to enter or exit the pool. These must be kept clean and hygienic.
- ◇ The sitting hoist at the far end of the pool can be used for pupils with good sitting balance. The wheels for the chair seat are available for transferring pupils back to the changing areas.
- ◇ Small manual handling aids - handling belts, slide sheets, turntables and small boxes are available within the pool area. They should be returned to the blue bag hanging on the wall after use.
- ◇ The over pool hoist is to be returned to the right hand side of the pool at the end of the session for charging the battery; ensure that the green light on the underside of the hoist is ON.
- ◇ Pupils and staff should have a drink after a Hydrotherapy session and should take a break if they feel they need one.
- ◇ Following the session, staff should ensure that the main pool door is closed, the double doors to the playground are locked, the pool cover replaced, lights turned off and all the windows are shut.
- ◇ Pads should be placed in the macerator in the changing area.
- ◇ Wet towels and swimming costumes should be removed from the pool area and the pool and changing areas left tidy.
- ◇ Floats should be returned to the storage areas.
- ◇ If the pool is polluted or if there are any faults with equipment please let the secretary know a.s.a.p.
- ◇ A Kiefer board is kept at the side of the pool for emergency evacuations.

Emergency Procedure in the Hydrotherapy Pool

To summon staff in case of an emergency please pull the RED CORD. There are three cords

1. Situated directly over the Hydropool.
2. At the back of the main pool room.
3. Outside the changing area.

Make sure you know where they are. When the alarm is activated Mapledown staff will quickly come to your aid.

Please ensure that your group has enough staff to conduct AND supervise hydro and changing. There must be at least one person overseeing (from the side) those in the water at ALL times. The party MUST have a qualified First Aider who is trained in CPR.

If you wish to use our pool, please sign below that you have read the guidance and agree with all of the requirements.

Signed Date
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Caroline Garvey November 2019 - This policy will be reviewed annually
Sandra Chaaya March 2022

Hydrotherapy Policy Annexe A

‘Fire Procedure and Evacuation Plan’

In the event of fire or if you hear the Fire Bell:

1. Sound the Alarm.
2. Evacuate from the Pool building through the ‘French Doors’ and assemble outside the wood cabin directly in front of you.
3. Roll Call – check all members of your party are present and inform Mapledown Staff.
4. Firefighting is secondary to personal safety. Only tackle small blazes with appropriate fire extinguishers.

YOU MAY use large towels and robes to cover pool users.

DO NOT stop to collect personal items.

DO NOT return to the building unless instructed to do so by authorized personnel.

DO NOT attempt to leave the school by the main door.

CLOSE all doors on leaving the building.

Emergency help required?

To summon staff in case of an emergency please use the panic alarm system

When the alarm is activated Mapledown staff will quickly come to your aid.

Hydrotherapy Policy Annex B

PROPERTIES OF WATER USED DURING HYDROTHERAPY

1. Buoyancy

Buoyancy is an upward acting force which counteracts and reduces the effect of gravity, so that a body (or part of a body) in water seems less heavy; water supports the body, and it may float. The effect of buoyancy may be greatly increased by the use of floats.

Because of buoyancy, the forces against which muscles work when moving in water are different from dry land. Apart from supporting, relaxing, and making movements easier, it is

also possible to use buoyancy to make movements more difficult, for instance pushing downwards into the water.

When moving actively in water, with assistance from buoyancy, muscles do not have to work against the same weight which is present on dry land. Muscles which are weak and have difficulty producing movements on dry land, may work more effectively in water.

Some individuals who are unable to stand and walk on dry land, may be able to experience standing and walking in water, with appropriate assistance. The weight born by (compressions through) the lower limbs when standing in water depends on the depth of the water; when standing in deep water very little weight is carried by the lower limbs. Balance in water is different from dry land, and suitable assistance may be needed. Carers must be aware that body positions in water may be less stable than they are on dry land.

2. Warmth

Hydrotherapy pools for clients who are less active should have water temperature between about 34°C and 36°C (93°F to 98°F), so that chills and shivering are avoided, and relaxation can be achieved in the warm water. This temperature would be too warm for an ordinary swimming pool, because active swimmers would become too warm, and unable to lose heat.

Warmth affects circulation and sensory nerves; there is often a pleasant feeling of wellbeing, and psychological relaxation. High muscle tone (spasticity) and muscle spasm tend to reduce as muscles relax.

3. Calm water versus turbulent waves

The most easy and relaxed movements are performed floating or gliding in smooth, calm, still water. Maintaining balance, and moving in a turbulent flow or waves is much more difficult, and can be fun. The watery environment can be soothing or stimulating, varying with movement of the water itself

4. Hydrostatic pressure

Hydrostatic pressure acts inwards on (squeezing) objects in water; it affects physiological functions of the body, for instance: pressure on the legs improves return of venous blood to the heart; inward pressure reduces swelling; pressure on the chest makes breathing in more difficult; pressure on the abdomen makes the bladder seem more full (empty the bladder before entering the water!); etc.

MAIN BENEFICIAL EFFECTS OF HYDROTHERAPY

1. Feeling of psychological wellbeing; a holistic experience which continues after the pool session
2. Relaxation, physical and psychological
3. Reduced muscle tone (spasticity) and reduced muscle spasm

4. Facilitation of passive stretches, greater ranges of joint and muscle movements may be achieved
5. Allows experience and practice of activities not possible on dry land, e.g.: sitting, standing and walking
6. Allows relaxation in free floating positions, unrestricted by body weight and pressure
7. Allows the freedom of easy movements, general exercises, and changes of position, moving between assisted floating lying on back, side and tummy, with the associated automatic postural reactions
8. Allows great scope for varying assistance, support, and resistance; Carers can use changes of position, floats to assist, floats to resist, changes of direction of movement, and changes of speed of movement

OTHER EFFECTS OF HYDROTHERAPY

9. Changes in blood pressure: Rise in blood pressure due to hydrostatic pressure when entering the pool. Lowering blood pressure due to dilation of blood vessels caused by warmth and rise in core temperature. Reflex mechanisms tend to counteract changes in blood pressure. Individuals should not enter the water within one hour of taking a meal. After getting out of the water, a short rest period, lying down and cooling-off, should be taken.
10. Altered muscle work of breathing: If the chest and abdomen are under the water, hydrostatic pressure tends to assist breathing out, and resist breathing in. If the face is submerged, the pattern of breathing changes.
11. Changes in bladder function: Hydrostatic pressure on the body surface causes a redistribution of body fluids, leading to increased rate of urine production; pressure on the abdominal wall tends to increase pressure within the bladder; warmth leads to general relaxation. All of these factors generally increase the tendency to pass urine. It is strongly recommended that the bladder (and bowels) be emptied before entering the pool.
12. Loss of body fluid: A cold drink should be taken after getting out of the water.
13. Adverse psychological effects: Some individuals, who cannot relax or are afraid of water, are unable to benefit from hydrotherapy.
14. Clients experiencing hydrotherapy for the first time need time and patience to adjust mentally and feel confident in this environment. Therefore, introduction and familiarization with this new environment must be taken at a gradual pace, with the Carer being attentive to the individual's reactions.
15. When deciding on the appropriateness and nature of hydrotherapy for certain individuals, consideration must be given to general physical health and medical conditions, e.g. epilepsy, asthma, etc.