



Hydrotherapy

The swimming pool at the Ron & Joyce Murray Centre is available for use by people with a disability. It is expected that all participants will be supported in the pool by their disability support workers. These workers **must** have current first aid and CPR qualifications.

- When arriving at the pool the participant must pay for their session (\$10.00) The pool is opened at set times. These are displayed on the desk when entering the Hub. Currently these are 9:30 – 11:30 and 12:20 – 14:30
- **Before entering the pool, the participant must have been toileted and wearing the appropriate swimwear.** For those participants who have incontinence, the swimwear must be appropriate for the incontinence issue.
- **The participants must be supported in the pool by their support worker.**
- There is a ramp into the pool, with an aquatic wheelchair and a high low change table in the mens change room.
- After using the pool, the participants should use the change rooms to shower and dress. It is important that the timing of leaving the pool is staggered. There is one shower / toilet in the male change room and one in the female change room.
- All rubbish (including used continence aids) must be taken with the participant at the end of their session. The Hub does not use an industrial waste bin so all support workers should ensure that the change rooms are left clean and tidy for the next session.
- All people using the pool are expected to show respect and tolerance to each other.

