

Hydrotherapy with EBR Physio

- Pool Rules & Important Information

WHEN: Tuesdays at 4:00pm – 5:00pm.
WHERE: BHN (*Better Health Network*) at
2A Gardeners Road in East Bentleigh.

BHN require all pool clients to adhere to the following pool rules:

- Please bring your bathers, 2 towels, clean thongs/slip on shoes
- Do not bring or wear valuables as there are no lockers
- Take off outdoor shoes after entering the pool foyer. Put on clean thongs/scuffs to cross over the white line
- Bare feet are not allowed in the pool area to prevent infections
- Please do not use the toilet cubicles for changing clothes. If you need help to dress and undress, you must organize someone to help you
- Tie up long hair
- You may only use the soap in the dispenser provided. Personal soap, cream, oils and powders are NOT allowed
- Do not enter the pool until the session supervisor is in the pool
- Walk into the pool by the steps or ramp with your shoes on. When your feet are in the water, take off your shoes and put them beside the steps
- Do not jump or dive into the pool
- As the water is very warm make sure you drink water before and after the class
- No Band aids in the pool area

Please do **not** attend Hydrotherapy if you:

- have an infection or have been exposed to contagious diseases
- have a raised temperature or fever
- have an open or infected wound
- are feeling unwell, especially with 'gastro' or diarrhea
- have had diarrhea, in the past 2 weeks
- have been drinking alcohol

If you have any questions regarding the Hydrotherapy sessions please call us on 9570 1254.

