

La Plata Physical Therapy
Pool Rules and Procedures

1. **Do not enter the pool without a supervising staff member for safety purposes.**
2. **Please wear your face mask while in the pool at all times.**
3. **Everyone** is required to shower before getting into the pool. Please change into pool attire, and completely wet your body, soap is not required but please scrub your body.
4. Avoid using lotions, perfumes and colognes before pool appointment. Such chemicals will contaminate the water, and may cause problems for other patients.
5. Long hair must be tied back to avoid contact with the water.
6. You may wear swim shoes as long as they have NOT been worn anywhere else; such as public pools, private pools, beaches, outside, or on any other surfaces outside of our facility. Please only wear these shoes in OUR locker room and pool area.
7. All patients must wear swimsuit or appropriate exercise wear. If you do not want to wear a bathing suit, mesh and nylon like materials are preferred. Please limit the amount of cotton materials you wear.
8. Please bring your own towel.
9. Enter and exit at the pool stairs only.
10. No Diving; No Running; No Jumping allowed.
11. No gum, food or drinks are allowed in the pool room with the exception of water in a plastic container.
12. Patients with skin infections, open sores or rashes are not permitted in the pool area.
13. We advise patients to come in 5 minutes before pool appointment to get ready.

I have read, understand, and agree with the pool rules and procedures of La Plata Physical Therapy,
There will be no exceptions to these rules!

Signature: _____

Date: _____

Please Print Your Name: _____