

POOL AND SPA - WHAT'S YOUR SAFETY PLAN?

Human Service organizations often use Aqua Therapy as a physical leisure activity for the individuals they support. Aqua Therapy provides many benefits such as increased mobility, strength, and circulation. It also allows for independent movement, great physical fitness gains, and improved sensory integration.

It is important to implement appropriate safety measures when using pools and spas in order to provide a safe and fun experience.

SAFETY FIRST!

What is your agency's staff to student/resident ratio when entering the pool area? Be sure this is clear in policy and procedure pertaining to pool activities.

Stay close and be alert - Staff should be assigned to who they are supporting in the pool, and should not leave that individual unattended.

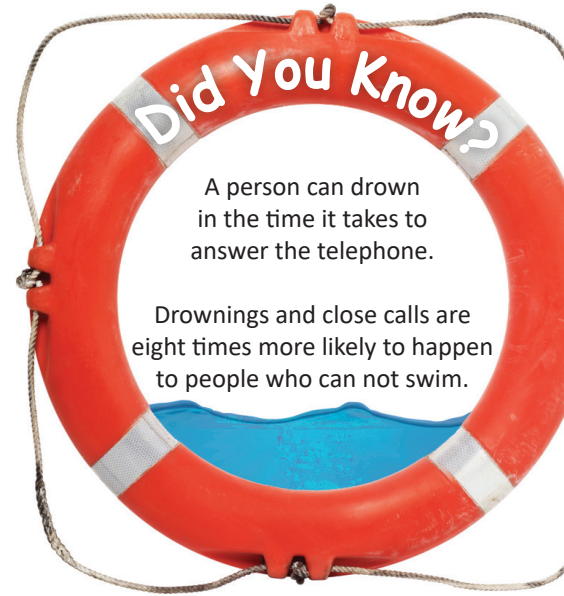
Are your staff members trained on the basics of water safety?
If people are supporting others in a pool, this is essential.

Have a life guard present; it is important that someone who is certified in CPR and educated on basic life saving skills be present at all times.

Constant supervision- do not leave anyone alone in a pool or spa.

Make sure the pool has secure fencing and gates.

Keep pools and spas covered when not in use.



There are several types of alarms for doors, pools, and gates that sound when something goes wrong around the pool. Adding alarms to your pool may save a life.

Pool and spa safety drain covers are required by law.
Go to <https://www.cpsc.gov/s3fs-public/361.pdf> for more information.

Know the independence level of the people you support as it pertains to swimming.
Make sure there are flotation devices available.

The best way to ensure consistency agency-wide is to implement a written policy for swimming or the use of a spa. In-service trainings may be necessary for all staff members to be aware of protocols. The individuals in your care can benefit from using a pool in many ways. Ensure positive outcomes for all by implementing a strong safety plan.

