

## Hydrotherapy Centre Guidelines for Parent and Child Classes



***Please take the time to read through the following guidelines to ensure you and your child have a safe and enjoyable experience at our Hydrotherapy Centre:***

- All clients upon entering their first lesson at the Hydrotherapy Centre must read and sign our Risk Agreement Form. This form is for the parent of the child only unless your child has a condition listed on this form then a separate form will need to be completed for them also. Doctors Clearance will be required for any medical problems highlighted. The Risk Agreement Form will need to be completed every 12 months.
- Please report to the Hydrotherapy Reception before entering the pool hall before each lesson to have your attendance marked.
- Footwear must be worn around the pool at all times.
- The Hydrotherapy Pool is not designed for recreation or lap swimming and as such swimming before and after lessons is not permitted.
- Siblings of students are not to be left unsupervised on pool deck or in the reception area whilst you are in the water. The crèche facilities are available free of charge for siblings of Parent and Child class participants (Terms and Conditions apply).
- Please park prams along the back wall on the far right corner of the Hydrotherapy Pool to avoid obstructing the concourse for other patrons.
- You must shower before entering the pool.
- All children who are not toilet trained are required to wear a swim nappy whilst in the water. Please dispose of this in the nappy bins provided. Nappies are available for purchase at reception.
- Although photography is permitted please ensure that you respect the privacy of fellow patrons and not capture other individuals within these images or videos.
- Food or drink other than water is not permitted to be consumed within the facility.
- As there is limited seating available, please do not place bags on seats.
- Change rooms are provided for changing of children and parents. Please do not lock the change room door as this is also shared with the disability groups that use the centre.
- Please do not use shampoos, soap or talcum powder in the change rooms or showers.
- Please do not open doors or windows as Hydro is a controlled environment purpose built pool and this will alter the ambient temperature.

If you require further information please contact Ripples Leisure Centre on (02) 9833 3075 or visit us at Creek Rd, St Marys or email: [Its@ripplesnsw.com.au](mailto:Its@ripplesnsw.com.au)