

**Northern  
Ireland  
Children's  
Hospice**

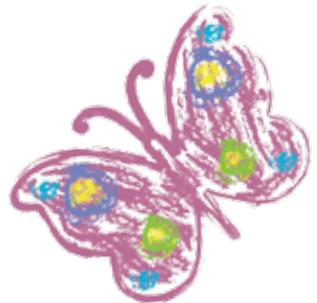
## Using the hydrotherapy pool during your stay at Horizon House

### What is hydrotherapy?

The hydrotherapy pool offers a multi-sensory experience for your child. Movement is made easier by the water and this can help to build your child's confidence and self-esteem. The temperature of the water is 32-35°C which provides pain relief by reducing muscle spasm and allowing muscles to stretch.

### Who can use the pool?

Your child will be able to use the pool provided that they are safe to do so, following assessment by the physiotherapist. Parents, brothers and sisters can also join in so that you can have a family pool session together.





## How many people can use the pool at the one time?

The number of children allowed to use the pool during one session will depend on the number of adults in the water, as shown below. There must be one pool spotter for every six people in the pool and they ensure that everyone uses the pool safely.

Children	Number of adults to children required in the water
Children using Hospice services	1 adult : 1 child
Other children under 5	1 adult : 1 child
Children aged 5 - 8	1 adult : 2 children
Children over 9	1 adult on the pool side or in the water

## What to bring when using the pool

You will need to bring swimsuits and swim nappies for younger children when using the pool. Please also bring shower products for after your swim. However, these must not be in a breakable container and **must not contain nuts**. A wide selection of toys and floats are available in the pool store.

## When not to use the pool

Please do not use the pool if any member of your family has had vomiting or diarrhoea within the last 12 days. If your child has been diagnosed with any new infections or if you have any questions about using the pool please speak to a member of staff for advice.

## ENJOY YOUR SWIM!

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