



ADAPTIVE AQUATICS

CONTRAINDICATIONS & PRECAUTIONS

We want to partner with you in ensuring safety for your child and other children in the adaptive aquatics program. In order to do so, please note the following contraindications for participation in the adapted aquatics program. For the well-being of your child and the other children participating, it is not safe for children who have the below conditions or behaviors to participate in our programs. If you have specific questions please contact us for clarification. If any of the following excludes any person from participation in aquatics, the participant can return when symptoms cease or upon receiving a doctor's note stating recommendations for returning to aquatics.

Skin Conditions	Active Communicable Disease/Infection	Medical Conditions & Devices
<ul style="list-style-type: none"> • Open/draining wounds • Impetigo • Severe Burns • Lice/Scabies • Open Herpes Sores • Fungal Infections • Warts (Must be covered with tagaderm or duoderm) 	<ul style="list-style-type: none"> • Chickenpox • Shingles/ Zoster • Meningitis • Gastroenteritis • Conjunctivitis • Scabies • Active contagious tuberculosis • Presence of symptoms: such as fever, vomiting, diarrhea, systemic/widespread rash, or respiratory symptoms compatible with colds, influenza or COVID-19. 	<ul style="list-style-type: none"> • Severely compromised cardiovascular system • Significantly limited vital capacity • Absence of cough reflex • Abnormal blood pressure • Renal disease for which fluid and electrolyte balance is uncontrolled. • Central venous catheters, including PICC lines and peritoneal catheters • Peripheral IV catheters • Tracheostomy • Casts

Other notable precautions to be aware of:

- Participants with unpredictable bowel or bladder control need to wear swim diaper and or a diaper with a plastic liner over the diaper to contain feces and prevent leakage while in the water.
- Menstruating participants should use internal protection or they will not be permitted to participate in aquatic activities.
- G-tubes and J-tubes must be clamped and secured inside bathing suit to avoid pulling off the tubes during aquatic activities.
- Participants that have seizures, diabetes, dermatomyositis, systemic juvenile rheumatoid arthritis, or allergies to disinfecting chemical in pool (i.e. bromine, chlorine) that is controlled needs approval from physician to join in program.
- Hearing aides and contact lenses should be removed before submerging face in water.
- Ear plugs are recommended for patients with chronic ear infections.
- Patients with vertigo/nausea should avoid rotational and swaying movements.
- Open non-infection wounds with bio-occlusive dressing, open non-infection wounds that cannot be covered with a dressing due to size or location cannot enter without physician approval.
- Patients with behavior problems must have appropriate supervision to control behavior outbursts during aquatic therapy.