

ARTHRITIS AQUATIC PROGRAM

WELCOME TO THE ARTHRITIS POOL AQUATIC PROGRAM!

Attached you will find:

1. General Information – Regarding Arthritis Aquatic Program
2. Health and Safety Guidelines – Please sign the bottom portion and keep the top portion (Page 3)
3. Application Form (Page 4)
4. Participant Release Form (Page 5)
5. Physician Medical Clearance Form (Page 6)

Acceptance to the program is subject to:

1. Completion and review of all forms (Pages 3-6)
2. Receipt of payment
3. Availability

Incomplete applications will not be accepted.

Please forward completed forms and fee to:

**Sunnybrook Health Sciences Centre
St. John's Rehab - Outpatient Services
285 Cummer Ave.
Toronto, ON
M2M 2G1**

You can also Fax your completed forms to 416-226-3358 or drop it off at our Outpatient Services Admin Office (8:00 a.m. to 4:00 p.m.)

If you have any questions, feel free to call us at:

416-226-6780 x 57215



ARTHRITIS AQUATIC PROGRAM

GENERAL INFORMATION

Program Description:

The Arthritis Aquatic Program includes 45 minutes of full body gentle exercises in warm water to soothe arthritis-related pain and stiffness. This 8 week program can assist in building independence, help with the ability to perform daily activities, improve muscle strength, range of motion and balance. This class is suitable for people who are independent with walking, independent with stairs and independent with changing in and out of their clothes.

Class Schedule:

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
8:30 a.m. - 9:15 a.m.	8:30 a.m. - 9:15 a.m.	10:45 a.m. - 11:30 a.m.	8:30 a.m. - 9:15 a.m.	-
-	1:15 p.m. - 2:00 p.m.	2:45 p.m. - 3:30 p.m.	1:15 p.m. - 2:00 p.m.	-

* Dates are subject to change due to changes in hospital schedule, pool maintenance and unforeseen circumstances.

* Participants' class preference will be based on availability.

Fee Schedule:

- \$150.00 per session. Each session includes 8 classes for 45 minutes in an active pool session. Please provide a cheque with your application made payable to: **Sunnybrook Health Sciences Centre**. If you wish to use another method of payment you will be sent an invoice in the mail and can call Patient Accounts at: 416-480-4156.
- **There are no refunds or make-up classes for missed sessions.**
- You may only attend class for your scheduled days.
- Fee includes use of the pool, showers, and change room.

Class Requirements:

- Bring 2 towels, bathing suit, deck sandals and toiletries.
- Long hair should be tied up or in a shower cap.
- Showering with soaps and shampoo is prohibited to reduce the risk of falls.
- Leave valuables and jewelry at home.

General Pool Information

- Pool classes are led by a trained instructor.
- Please arrive 15 minutes early for your class to allow time to change for the pool.

Pool Location:

- Horsfall Eaton Wing Lower Level.
- The pool can be reached by using the elevator or stairs outside the Outpatient Services Administration Office.

How to contact us?

Arthritis Aquatic Program **416-226-6780 x 57215**



ARTHRITIS AQUATIC PROGRAM

Health and Safety Guidelines

RULES AND REGULATIONS

Health and Safety Guidelines:

1. Participants with heart and/or lung conditions requiring nitroglycerin or inhalers must bring these medications to the pool area.
2. Participants **must not enter the pool** if they have diarrhea, open sores, skin irritations/rashes, athlete's foot, plantar warts, urinary tract infection, bladder/bowel incontinence.
3. The use of sanitary pads is not permitted in the pool.
4. No creams or lotions should be applied prior to entering the pool.
5. No chewing gum is permitted on deck or in the pool.
6. Visitors are not permitted in the pool area unless approved due to a special need.
7. Swimming and submerging your head is not permitted during pool sessions.
8. Hospital provided masks must be worn at all times during your visit and should only be removed when entering the pool and must be put back on immediately after exiting the pool.
9. Participants must adhere to the instructions given by the pool instructor at all times.

Prior to entering the pool:

1. A rinse shower is required (for safety reasons no soap is allowed in the pool areas).
2. When entering the pool deck please sit or stand by the assigned chair until the instructor asks you to enter the pool.
3. It is recommended that rubber-soled shoes are to be worn in the change room and shower area for hygienic reasons.
4. Long hair must be tied up or tucked in a bathing cap.

*Please note additional clothing will add weight which can endanger participants and staff safety, be aware you are doing so at your own risk.

Please help us keep our pool clean and safe for all users by following the above rules and regulations.

Participants who do not observe these regulations will not be permitted in the pool.



20002-R-02/24-AC

Page 3 of 6



I have read, understood and agree to comply with the Arthritis Aquatic Program Regulations.

Participant's Signature: _____ Date: (YYYY/MM/DD) _____



20002-R-02/24-AC

Page 3 of 6

ARTHRITIS AQUATIC PROGRAM

Application Form

Name: Last name, first name	Date of Birth XXXX/MM/DD	OHIP Number:
Address:		
Home Phone:	Alternate Phone:	
Emergency Contact Name: Last name, first name	Emergency Contact Phone:	

Legend: OHIP - Ontario Health Insurance Plan

Which Class are you applying for?

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<input type="checkbox"/> 8:30 a.m. - 9:15 a.m.	<input type="checkbox"/> 8:30 a.m. - 9:15 a.m.	<input type="checkbox"/> 10:45 a.m. - 11:30 a.m.	<input type="checkbox"/> 8:30 a.m. - 9:15 a.m.	-
-	<input type="checkbox"/> 1:15 p.m. - 2:00 p.m.	<input type="checkbox"/> 2:45 p.m. - 3:30 p.m.	<input type="checkbox"/> 1:15 p.m. - 2:00 p.m.	-

Have you attended an Aqua Therapy Group Class before? Yes No

Can you change your clothes independently? Yes No

Please indicate if you experience any of the following conditions:

If yes, provide details

Problems with bladder/bowel control	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<hr/>
Skin lesions/open wounds/athlete's foot	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<hr/>
Seizures - epileptic	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<hr/>
Fainting spells	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<hr/>
Problems with blood pressure	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<hr/>
If yes, <input type="checkbox"/> high blood pressure			
<input type="checkbox"/> low blood pressure			
Heart condition (e.g., angina)	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<hr/>
Diabetes	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<hr/>
If yes, do you require insulin?			
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<hr/>
Breathing problems (e.g., asthma)	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<hr/>
Deafness	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<hr/>
Limited vision	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<hr/>
Poor balance	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<hr/>
Can you walk without aid?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<hr/>
Do you have a history of falls?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<hr/>

Other medical conditions/symptoms: Yes No

If yes, please explain: _____

Type of Arthritis: _____

Physician Name: _____ Physician Phone Number: _____



ARTHRITIS AQUATIC PROGRAM
Participant Release Form

Participant's Name: (PRINT) _____
Last name, first name

- I understand and agree for myself and on behalf of my heirs that, except for its gross negligence or willful misconduct, Sunnybrook Health Sciences Centre (including St. John's Rehab) does not assume and expressly disclaims liability for any damages, including physical injury, death, or property loss or damage, that I may suffer during or resulting from participation in the Arthritis Aquatic Program and that participation is at my own risk.
- I understand that acceptance into the Arthritis Aquatic Program is based on availability, suitability and subject to review of completed forms and payment received.
- I understand that I am responsible for reporting to the assistant teaching the class at St. John's Rehab any changes in my medical and/or mobility status as it may affect my ability to safely participate in the program.
- I understand and agree not to attend classes or enter the facility if I am feeling unwell.
- I understand that I will be required to wear a hospital approved mask while in the Outpatient Department or any other patient care areas within St. John's Rehab.

Participant's Signature: _____ Date: (YYYY/MM/DD) _____

To be completed by Outpatient Staff:
Estimated start date: (YYYY/MM/DD) _____ Payment Received: Yes No



ARTHRITIS AQUATIC PROGRAM

Medical Clearance Form

Participant's Name: <i>Last name, first name</i>	Type of Arthritic Condition:
Significant Past Medical History:	Previous or Recent Surgery:

The program includes 45 minutes of gentle exercises in warm water to help improve muscle strength, pain, and stiffness. This class is suitable for people who are independent with walking, independent with stairs and independent with changing in and out of their clothes. **Pool temperature is 87-91°F.**

- In my opinion, this participant is independent with walking, stairs and able to change in and out of their clothes and is SAFE to participate in the Arthritis Aquatic Program at St. John's Rehab, a part of Sunnybrook Health Sciences Centre.**
- In my opinion, this participant is NOT SAFE to participate in the Arthritis Aquatic Program at St. John's Rehab, a part of Sunnybrook Health Sciences Centre.**

Contraindications:

Precautions:

Additional Comments:

Physician Name: <i>Last name, first name</i>	Physician Signature:
Phone:	Date: <i>(YYYY/MM/DD)</i>

**For more information or questions please contact us at 416-226-6780 x 57215
Fax 416-226-3358**

