

Niagara Children's Centre

Family Pool Information Sheet



About the Pool

- No lifeguard on duty. Staff leading/supervising pool programs are trained in emergency pool procedures.
- Heated (92-94 degrees), saltwater pool, enclosed with a raised ledge.
- 54 inches in the deep end and 30 inches in the shallow end, with a gradual slope from deep to shallow.
- A submerged dock is available to be placed in the shallow end of the pool to support younger children to be able to stand with their head above water.
- Entry options include concrete steps with railing, mechanical lift, ladder, or transfer from raised pool ledge with assistance. There is no ramp into the pool.
- Three accessible, non-gender specific change rooms with private washrooms, open showers & curtains for changing areas
- Pool/pool area accessibility: Mechanical lift with a variety of slings; shower chair/pool transport chair with gait belt and pelvic/chest support; shower trolley/pool transport trolley; adapted floatation devices
- Change room accessibility: mechanical lift, electric plinths, shower chairs/shower trolleys

Supervision Requirements

- At all times, a staff member must be on the deck or in the pool when the pool is in use

Supervision Requirements- Therapy Sessions

- If the staff member is in the pool with your child, you will be required to complete a brief orientation that includes how to:
 - get help in an emergency using the panic button, fire alarm, and pool phone (see posters in pool area)
 - request evacuation of the pool if the staff becomes incapacitated.

Supervision Requirements- Open Registration Swim Sessions

A Support Person may be required for your child to participate in open (group) swims. More than one Support Person may be required if your child requires pool entry and exit via mechanical lift (dependent on availability of staff and volunteers).

A Support Person must:

- be over the age of 14
- be able to comfortably stand in the deep end (minimum 58" tall)
- demonstrate safe pool behaviours
- be able to *follow* instruction/direction in emergency circumstances (respond to requests to vacate the pool etc.)
- be able to participate in the exit/removal of the individual from the pool support no more than 3 individuals requiring a support person at one time (dependent on the needs of the individuals), at the judgement of the Supervising Staff Member

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Direct Support in the Pool (and within arms reach) is required when the child/youth:

- is 7 years old or younger AND/OR
- is unable to consistently follow safe water behaviours and staff instruction AND/OR
- is less than 58" tall and cannot comfortably swim 3 widths of the pool on their front without touching the bottom

Indirect Support in the Pool (not within arms reach at all times but remains attentive to the child/youth) is required when:

- age 8-13 AND
- less than 58" tall AND
- can comfortably swim 3 widths of the pool on their front without touching the bottom AND
- demonstrates safe pool behaviours (e.g. safe entries/exits) and is at little risk of requiring assistance in the water (e.g. becoming dysregulated or having a medical episode)

Indirect Support on the Deck (on deck and remains attentive to the individual) is acceptable when the child/youth meets criteria for Indirect Support in the Pool but is equal to or greater than 58" tall.

No Support Person Required

At sole discretion of the staff member, depending on a number of factors including number of adults trained in pool procedures on deck, no Support Person is required for individuals over the age of 14, who are equal to or greater than 58 inches, demonstrate safe pool behaviours and have the capacity to follow directions in emergency situations.

Swim Attire/Swim Diapers

- No street clothes, shoes, excessive jewelry or undergarments are to be worn in pool or deck area. Secure long hair with an elastic.
- All clients who are not toilet trained must wear an article of clothing that will keep fecal matter contained in the event of a fouling (e.g. plastic swim diapers, off-the-shelf swim diapers). If you forget to pack swim diapers, a variety of sizes of disposable diapers are available in the pool office.

Client Health, Equipment and Safety Form:

All Centre clients using the pool require an up-to-date (within 1 year) Health, Equipment and Safety Form completed by staff in consultation with families.

- Verification that the following information is up-to-date in the Centre's electronic health record:
 - Diagnoses
 - Medical Conditions including allergies and past injuries
 - Precautions for conditions (e.g. seizure protocols)
 - Personal contact(s)
- List of assistive devices/equipment use (orthotics, mobility, positioning, communication, vision)

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- Pool Safety Section is required for the following children/youth:
 - moderate-significant physical disabilities and/or significant visual impairment
 - significant challenges with emotional regulation; inappropriate or unpredictable physical, verbal or sexual behaviour and/or any behaviours that pose a risk to their own or other's safety
 - this section of the form will list requirements for safe pool entry and exit as well as recommendations for safety in the change rooms and in the pool/pool area
- Parent/Legal Guardian attestation that a physician has cleared their child to use the Centre pool if the child has the following conditions:
 - Uncontrolled epilepsy
 - Cardiac conditions
 - Intravenous, Hep-lock or Hickman lines
 - External collection devices
 - Recent cerebral hemorrhage
 - Orthopedic surgery or fractures within 6 months
 - Undergoing chemotherapy
 - Uncontrolled blood pressure or low blood pressure
 - History of cardiac failure

Important: Children with the following conditions should not participate in pool therapy or programs:

- Children with an expired Health, Equipment and Safety Form (greater than one year) OR who have had a significant medical or functional change in condition within the year
- Tracheostomy tube
- Respiratory disease of vital capacity less than 1500cm²
- Fever over 100 degrees
- Open wounds
- Loose, frequent stools that cannot be adequately contained in appropriate swimwear
- Infectious disease – (including respiratory, skin or stool-borne infection) or environmentally communicable conditions

Pool Cancellations:

- At times, the pool must be closed unexpectedly due to chemical composition, pool fouling, staff absences, and planned or unexpected maintenance. We will attempt to contact you by phone and/or email as soon as possible. Please check your phone/email messages before leaving your home to visit our pool.