LONG ISLAND UNIVERSITY CENTER FOR PHYSICAL REHABILITATION

Physical Therapy Pool Policies & Procedures

- Clothing
  - Non-cotton fabric; cotton gives off a lot of lint and will clog the filtration system.
  - Conservative bathing suit; please avoid wearing 2 piece bathing suits unless you have a non-cotton shirt to wear over the suit.
  - Please keep in mind that you will be exercising in the pool, potentially vigorously.
    - Men: Tie your draw strings.
    - Women: mind the straps on your suits
  - Swim caps are REQUIRED, no exceptions. They can be purchased at any sporting goods store such as Modell's or Sports Authority.
  - Towels will NOT be provided so therefore, you are required to bring your own.

- Locker Rooms
  - Lockers are provided and located in the Wellness Center for the use of patients coming to the therapy pool.
  - The locker room serves both men and women. Change only in the designated changing areas with curtains. You may use the bathroom area with the locked doors for privacy, if you prefer.
  - You NEED to bring your own lock for the lockers. Your physical therapist is not responsible for items that go missing from an unsecured locker.

- You MUST shower prior to entering the pool, no exceptions. It is also recommended that you shower soon after leaving the pool to prevent any possible irritation in the skin.
- The temperature of the pool is approximately 92° Celsius.
- Please be sure to come to the pool well hydrated. Bring a bottle of water with you that you can keep poolside.
- Please inform the physical therapist if you feel ill before, during or after your session.
- The pressure of the water on your body forces water out of your tissues and into your bloodstream. You may experience the urge to urinate during your session. Please use the restroom for this, not the pool.