



# AIS Recovery Pools

Usage Guidelines

**SPORTAUS**

Prepared by

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19 July 2019

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## General Information

The AIS Canberra campus provides a number of recovery facilities for athlete recovery, whereby effective recovery between sessions may reduce the risk of developing injuries or illness, and help to optimise subsequent training and competitive performance. Access to hydrotherapy recovery includes spa (39°C), cold plunge (15°C), and a whirl pool (29°C).

Please contact the AIS Events and Sport Camps section to coordinate a booking request or for further inquiries.

## Contact Details

AIS Facility	Phone Number
Reception - Aquatic and Fitness Centre	(02) 6214 1281
Reception - Recovery Centre	(02) 6214 1615
Sports Training Facility (STF)	(02) 6214 1248
ASC Site Security	(02) 6214 1616
ASC Site Emergency	(02) 6162 3333 or 000
Events and Sports Camps	(02) 6214 1036

## Facilities Summary

AIS Facility	Hydrotherapy Options	Pool Depth	Temperature	Capacity
Recovery Centre	Spa pool	1.0m – 1.2m	39°C	25 pax per 30min booking
	Cold pool	1.2m walk through	15°C	
		1.8m plunge		
	River pool	1.2m	29°C	
	Warm showers	-	38°C	
	Floataion Tank	-	37°C	1 pax
Sports Training Facility (STF) 30 min between each booking	Spa pool (8 pax)	0.74m	37°C	12 pax
	Cold pool (4 pax)	2.22m	15°C	Per 30min Booking

## Servicing Information

AIS Recovery sessions may be facilitated by an AIS Recovery Physiologist, whereby education and practical are combined (subject to staff and facility availability), or self-run (subject to the hirer meeting the requirements of, agreeing to and signing the self-run recovery booking confirmation document). Your request will be assessed and bookings advised by your Events and Sports Camps coordinator.



## Entry Points

AIS Facility	Entry Point
Aquatic and Fitness Centre	Aquatic and Fitness Centre main reception. Please notify the receptionists upon arrival who will coordinate access.
Recovery Centre	Recovery Centre main reception during the below staffed hours: <ul style="list-style-type: none"> <li>• 11.00am – 7.30pm Monday to Friday</li> <li>• On an approved booking basis thereafter.</li> </ul> Entry outside staffed times is via the AIS Aquatic and Fitness Centre main reception. Please notify the pool receptionists upon arrival.
Sports Training Facility (STF)	STF attendant office. Please notify venue attendant on arrival who will coordinate access.

## Supervision and Behaviour

Hirers of the AIS Recovery facilities are expected to nominate a 'supervisor' who accepts supervision responsibilities of all booking participants. Supervision entails ensuring the proper use of the facility to safeguard both the users' safety and damage to the facility.

The roles and responsibilities of the designated supervisor are as follows:

- Remain within the wet area for the duration of the session to supervise participants. This includes enforcing the recovery pool guidelines and executing the emergency action plan as required.
- The designated supervisor is not to actively participate in the recovery session.
- If any participants have a pre-existing medical condition, the designated supervisor is responsible for managing the Individual Health Care Plan.
- For all Recovery Centre and STF bookings, the designated supervisor **must** hold a current first aid certificate and agree to the AIS Recovery Pools usage guidelines outlined in this document. A summary of these guidelines (including the emergency action responsibilities) is included in the booking confirmation form.

Failure to comply may result in immediate or future exclusion from the venue.

## Damage

The AIS will not take responsibility for any damage to the AIS Recovery facilities that are caused during your booking. It is the responsibility of the designated supervisor to ensure that all participants and support staff take care of AIS property at all times.

If damage is caused as a result of venue hire and repairs are required, the Event and Sports Camp Coordinator will be contacted and payment for the repairs will be discussed.



## Venue Attendant Brief

Prior to the booking commencement, all users are required to undergo the pre-activity briefing. The briefing will be conducted by an AIS staff member and will encompass of the following:

- Explain the facility layout and location of services, including identified risks and their mitigation.
- Advise participants of the facility guidelines, emergency action plan and contact details.
- Identify the designated supervisor to all participants. Explain their role and the need for all participants to respond to their instructions.
- Remind participants that they need to advise their supervisor of any physical or medical conditions that may affect their ability to participate.

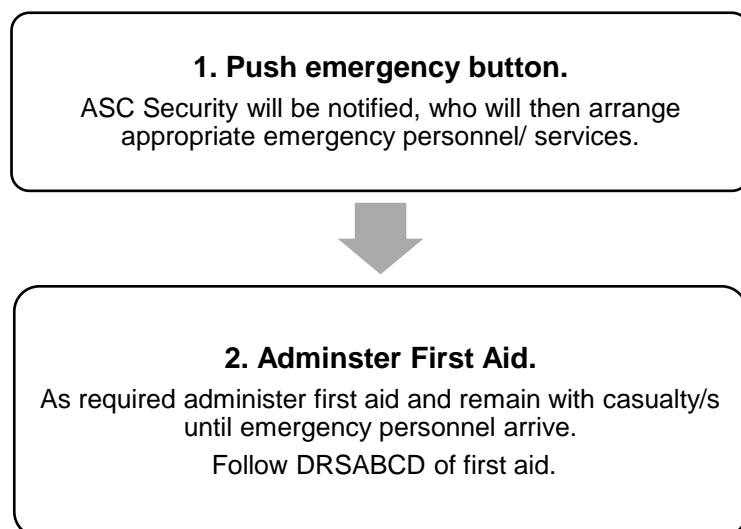
## Emergency Action Plan

The ASC Emergency Control Organisation (ECO) is a structured organisation who will initiate an appropriate response to emergency situations. The ECO consists of:

- Chief Building Warden
- Building Wardens
- ASC Security staff

In the event of an alarm sounding the ASC Chief Building Warden will immediately respond, assess the situation and coordinate the required response.

In the event that an emergency situation arises in which no audible alarms are sounded or is a medical emergency, please exercise the following procedure:



In an event the Centre is to be evacuated, the designated supervisor is responsible for coordinating a 'roll call' to ensure that all hire group attendees are accounted for. It is also a requirement that the designated supervisor provides assistance with the user/s medical history and crowd control as required.

## Assembly Point

Please refer to the attached map for the assembly points. Venue staff will confirm the exact assembly location and egress directions during the pre-activity briefing.



## Emergency Equipment

The following emergency equipment is available:

- Fire hose reel and extinguishers
- AED, oxygen and resuscitation equipment
- Spinal injury management
- General first aid supplies

Venue staff will confirm the location of the emergency equipment during the pre-activity brief.

## Recovery Pool Guidelines

- Shower before and after session. Use the toilet before entering the facility.
- Hydrate and take a drink bottle (no glass) with water or sports drink for use during the session. **NO OTHER FOOD OR DRINK IS PERMITTED.**
- Change into correct attire (swimmers/bathers). **NO OTHER CLOTHING OR NUDITY PERMITTED.** Refer to image below for examples.
- Remove any strapping before entering and place in rubbish bin.
- It is recommended that spa pool use does not exceed 15 minutes at a time.
- Certain medical conditions may produce adverse effects.
- Children under the age of 13 are not permitted.
- Out of hours bookings must be supervised by a First Aid/CPR trained staff member from the respective group.
- All STF bookings must have a First Aid/CPR supervisor present. Failure to do so will result in refusal of entry.
- In **STF** there is a **maximum of 8 pax** in the **hot spa** and **4 pax** in the **cold plunge** in a 30min period. Depending on the size of the group these numbers may be less.
- 30mins must be booked after each 30min session in STF to allow to Chlorine levels to recover.

### DO NOT

- Put your head under the water.
- Use the hydrotherapy area if you have a cold, virus, diarrhea, open wound, bruising, recent injury, heart conditions, under the influence of drugs and alcohol or if pregnant.



Appropriate swimwear...



Inappropriate swimwear...

Any training clothing, regardless of cleanliness, logo/branding, age, etc



Compiled By	Approved by	Date	Comments
Shannon Salvestro	Caren Hugginson/Steph Shell	31/7/2019	Updated content, and refresh of template.

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