

IMPORTANT FOR YOU TO READ

REGISTRATION AND BOOKING

- If you are pregnant you can start exercising with us after 12 weeks or after a normal 8 weeks ultrasound.
- If you have just had a baby you can join us after 6.
- Make sure you provide us with a mobile phone contact as SMS is used to cancel outdoor sessions in inclement or hot weather.
- You need to register and book session by phoning or emailing Inner Strength Physiotherapy.
- All sessions attract private health insurance rebate.
- You will be asked to commit to 6 sessions over 8 weeks for outdoor and aqua sessions and 6 over 6 weeks for indoor.
- Payment can be made to Inner Strength Physiotherapy in person by cash, EFTPOS, cheque or by Credit card over the phone.
- Receipts will be issued to you upon receipt of payment but cannot be claimed until all session are complete.

YOUR HEALTH AND SAFETY

- You must fill in the Health Clearance form accessed from this website or from Inner Strength Physiotherapy.
- If you have answered "Yes" to any of the pregnancy or medical complications on the Health Clearance form must obtain a written clearance to exercise from your Medical Practitioner together with any safety precautions we need to follow during exercise before attending any Inner Strength Physiotherapy sessions.
- The Health Clearance Form must be brought to your first session, for assessment and signing by the Physiotherapist. Any relevant conditions must be noted next to their name in the Attendance Sheet.
- You do not need to be a strong swimmer or put your head underwater in the water classes. Your feet will leave the bottom of the pool whilst hanging onto dumbbells or a noodle.
- Have a light energising snack 30 minutes before the session. Avoid eating a meal.
- Arrive 10 minutes early to your first session so you can present your completed Health clearance form and can discuss your needs with the physiotherapist.
- **It is your responsibility to keep your physiotherapist informed about your current health status**
- If pain or discomfort "STOP", if it hurts "DON'T DO IT".
- If you are unsure about the exercise, ask the physiotherapist immediately.
- If you feel dizzy or unwell or cramping "STOP", alert the Physiotherapist and lie down on the ground or move to the side of the pool.
- You must not exercise or enter pool if you have an infection or raised temperature.

EXTRA SAFETY TIPS FOR PREGNANCY

- You must not exercise or enter pool if you have uncontrolled blood pressure
 - a. vaginal bleeding
 - b. ruptured membranes
- Exercise at your own pace, the intensity should be MODERATE.
- You should be able to breathe comfortably and talk during the activity, not feel or look flushed in the face, not be puffing or feeling that you are working too hard.
- If you feel HOT or FLUSHED, stop aerobic type exercise and if in the pool walk to the shallow end and raise the arms out of the water to assist cooling.
- Do not use spa or sauna due to risk of over-heating.
- Use toilet immediately before session.

- Do not stand still for prolonged periods after finishing exercise or exiting pool esp. if low blood pressure is an issue. You may need to sit down if feeling dizzy.

LOCATIONS OF SESSIONS

- Indoor sessions: 43 Little Myers St. Park and enter via the rear of the building.
- Outdoor sessions Geelong: Barwon Tce, South Geelong (at end of Bellarine Street) In between the rowing club and the Athletics track. Melways Ref 452 B8 Park on street (gravel next to field), or on gravel driveway next to fenced athletics track
- Outdoor Jan Juc: Playground Carnarvon Ave, Jan Juc. Park on the grass under the shade of the trees.
- Aqua sessions: Geelong Aquatic Centre, 3 Bridge Street, Newtown

BABY ATTENDANCE POLICY

- Indoor: Babies are welcome but not in a pram as there is limited room
- Outdoor: Babies and toddlers/preschoolers are encouraged to attend in a pram or stroller and are your responsibility. You can attend to all his/her needs during the session. You will be with your baby during the whole session. We also try to involve your baby in some exercises at times. Try to feed your baby before the session, to ensure you can get the most out of it.
- Aqua session: If you bring your baby/s make sure someone is poolside to attend to them as you are in the water. You deserve a little “me” time.

WEATHER POLICY

- Indoor sessions: In hot weather >38 °C session will be cancelled and a make up session allocated. You will be contacted via an SMS text message in this event.
- Outdoor sessions: In hot weather >32 °C session will be cancelled and a make up session allocated. You will be contacted via an SMS text message in this event. In wet weather session will be cancelled and a make up session allocated. You will be contacted via an SMS text message in this event.
- Aqua session: There is no need for a weather policy just come along, rain, hail or shine.

WHAT TO BRING

- A water bottle as keeping your fluids up is essential in this time of your life.
- Your completed health clearance form.
- Any medication you might need (eg. Asthma pump)
- Aqua towel and thongs.
- Outdoor Pram, Hats/sunscreen/insect repellent for yourself and baby and anything your baby may require (eg. Rug, toys, food)

WHAT TO WEAR

- Indoor and Outdoor Loose comfortable clothing in layers for better temperature control. Suitable footwear covered non slip, shock absorbing runners.
- Aqua bathers and seasonally appropriate clothing.

ONCE YOU ARRIVE

- You will receive an attendance sheet which will indicate the number of sessions that have been paid for and the date these will expire.
- At each session you must sign and date the attendance sheet.
- At session 4 please Inner Strength physiotherapy reception if you intend to continue more sessions so a place can be reserved for you.

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