

Information for use of the hydrotherapy pool at Bowden Derra

The pool is 4m x 4.5m, and is 1.2m deep. It is maintained at 34°C, with an air temperature of 28-29°C. There are two separate curtained poolside changing areas, with shower beds, plus a disabled toilet and shower room. The pool is fully accessible, either by steps (with a handrail), or by an H-frame multi hoist and sling. Slings must be provided by those using the pool.

Anyone using the hoist will need to be supported by two people (at least one of whom must be in the pool), who will be responsible for all person moving and handling, such as assisting with transferring in and out of the pool and supporting people whilst in the pool.

A trained pool operator, who is also first aid trained, will be present at all times. They can assist with operation of the hoist handset, and provide advice and assistance should any emergency arise. The pool operators are fully trained in the safe operation of the pool and have the Royal Life Saving Society Award in Aquatic Therapy Pool Rescue. Any instructions that the pool operator gives relating to the use of the pool must be followed.

No more than six people, including support staff, may be in the pool at any one time. Because we only have two shower beds, for practical purposes we recommend that no more than two people, who require the hoist to access the pool, should use it at any one time.

Please ensure that people using the pool are clean before they enter the water, showering beforehand if necessary.

For booking, please contact the main office on 01566 880340, who will be able to transfer you to the pool operator. For general enquiries, please call, or email team@bowdenderra.co.uk.

The hire charge is £30 (reviewed in April each year). This includes exclusive use of the pool for one hour, including time for changing (we usually find that this allows for approximately 30 minutes in the pool, which is the recommended maximum time for hydrotherapy sessions). If you are unable for any reason to attend a session that you have booked, please telephone to let us know as soon as possible. We require at least 24 hours notice. If you fail to attend, or cancel within 24 hours, you may be charged the full amount for the session.

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On arrival at Bowden Derra, please go to the hydrotherapy pool to sign in and to pay. Payment can be made in cash or on a card.

Anyone who has experienced diarrhoea or vomiting in the last 48 hours, is feeling generally unwell, or who has an open wound or skin infection, should not use the pool.

Before you first use the hydrotherapy pool at Bowden Derra, please complete the pre-swim questionnaire. Please note that hydrotherapy is generally not advised for those with angina, cardiac or severe respiratory conditions.

Please note that Bowden Derra Park Limited does not take responsibility for any damage or loss to any vehicles and/or personal belongings whilst using the facilities at Bowden Derra Park.

The Pool Operator and Management of Bowden Derra Park Limited reserve the right to refuse entry to the hydrotherapy pool at any time, if they consider any individual to be at risk of harm or in danger, or not physically well enough to use it.

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