








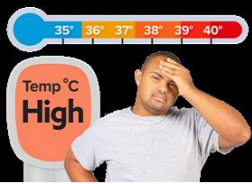



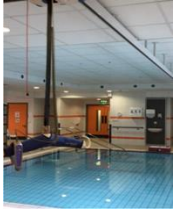

**Hydrotherapy at  
Ysbyty Ystrad Fawr**

**Physiotherapy Service**



**You have been asked to attend hydrotherapy for your physiotherapy treatment**

	<p>Because of COVID 19 we will need to ask you some questions before you attend hydrotherapy.</p>
	<p>Do not attend your appointment if you are ill. Do not attend if you have any symptoms of COVID or have been asked to isolate by track and trace.</p>
	<p>If you have any questions, you can contact us.</p>
	<p>Ysbyty Ystrad Fawr (YYF) - 01443 802587.</p>

	<p>You will need to arrive 10 minutes early for your appointment.</p>
	<p>You will be asked some questions about COVID 19. Your carer or relative can help.</p>
	<p>You will be asked to use hand gel and your temperature will be taken.</p>
	<p>If your temperature is over <b>37.8°C</b> you will need to go home and follow current Government guidelines.</p>
	<p>Please shower before coming in the pool and make sure your hair is clean. If you have long hair tie it back or use a swimming hat.</p>
	<p>If you need someone to come to the pool to help you, let your Physiotherapist know</p>
	<p>Your carer/carers will need to complete some forms so they can come to the pool and help you. These include a risk assessment, COVID questionnaire and a list of illnesses that will prevent them from coming into the pool.</p>
	<p>You can get in and out of the pool using the steps or one of the hoists.</p>
	<p>Your physiotherapist will be wearing a face mask in the pool and everyone in the pool area will be wearing PPE. You will be asked to wear a mask if you can.</p>

	<p>All equipment and surfaces will be cleaned regularly. You or your carers may be asked to wipe down areas such as toilets after you use them.</p>
	<p>Where is the Hydrotherapy Pool?</p>
	<p>Park in section 3 of the car park.</p>
	<p>The disabled spaces are colour coded blue. Get in the lift under number 3 and follow the orange signs for the Hydrotherapy pool opposite the canteen. Please use the hand gel and press the buzzer and someone will let you in/be out to greet you.</p>
	<p>What to bring:</p> <ul style="list-style-type: none"> <li>• Towels</li> <li>• Shower gel</li> <li>• Face-covering</li> </ul>
	<p>If you are hoisted you will need:</p> <ul style="list-style-type: none"> <li>• 2 Slings</li> <li>• 1 for entering the pool</li> <li>• 1 for you to sit in when you are dry</li> </ul>
	<p>Your swimming costume.</p>
<p><b>How to find us</b></p>	<p>Ysbyty Ystrad Fawr Ystrad Fawr Way Ystrad Mynach Hengoed, CF82 7GP</p> <p>By Car: Please view <a href="#">Google Maps</a> for directions.</p>

**This document is available in Welsh / Mae'r ddogfen hon ar gael yn Gymraeg**