 **Dr Heather Epps PhD MSc MCSP HT Grad Dip Phys**

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**RE: “Aquaepps® Paediatric Aquatic Therapy for Assistants”**

Wednesday 11th – Thursday 12th December 2019

At Richard Cloudesley School, Islington, London EC1Y 8JA

Thank you for your interest in the above course. I have enclosed general information, a course programme, and application form. This course is aimed at physiotherapy assistants, technicians, instructors, teachers, carers, LSA’s, SSA’s, PDA’s and other staff who take children with disabilities into pools.

Attendance certificates for CPD folders and a comprehensive handout are provided. The course is split into theory and practical pool sessions

If you would like to attend this course please return the application form and payment for £310.00 by cheque, made payable to “Aquaepps” to the above address or email to request an invoice. **Places are limited to 12 and will be allocated on a first come first served basis upon receipt of payment.** Please fill out the previous aquatic physiotherapy experience sheet and return it to Aquaepps with your application as it helps us to tailor the course to different needs.

**ALL Participants will need to show a DBS Certificate and photo ID as you will be working with school pupils in the pool.**

**This course will not be confirmed until 3 weeks prior to the course start date.** However applicants will still be treated on a first come first served basis and confirmation of receipt of application form and payment will be emailed if an address is provided.

**If you need to cancel for any reason we are quite happy for you to find someone else to take your place as long as you let us know. If this is not possible we will readvertise your place and if we can find someone else to fill your place and once we have received payment from them we will refund your payment (minus a 15% administration charge). If we are unable to fill your place we will not be able to offer any refund.**

Please do not hesitate to contact me should you have any questions regarding the course. I can offer a prompt response to email enquiries-  [info@aquaepps.co.ok](mailto:info@aquaepps.co.ok) - but would ask that you appreciate that as I spend most of my time with patients I am not always able to be as prompt taking or returning telephone calls.

I look forward to hearing from you.

Yours sincerely

Heather

**A Course for Staff Working with Children with Learning Difficulties and Neurological Dysfunction in Hydrotherapy and Swimming Pools**

***Aims***: To provide course participants with a basic understanding of how to help children with a variety of impairments and disabilities to make the most of their swimming or hydrotherapy sessions. This is achieved by teaching Aquaepps® techniques to increase or reduce the tone of spastic or floppy muscles, help co-ordination, balance, movement, strength and independence. Aquaepps® techniques also includes learning the safest and most effective way to handle children who are dependent and need 1:1 support, pool safety and the correct and effective use of swimming aids/floats.

**Comments from previous participants**

“This course has given me more confidence handling the children, I have learnt new skills and increased my knowledge of appropriate exercises, stretches etc” PTA in Devon

“I would recommend this course to anyone who has to deal with disabled children in water” PDA in Sussex

“I have found myself using much of what I was shown already with PMLD children in my class” Teacher in Surrey

***Venue***: **Richard Cloudesley School, Golden Lane Campus, 101 Whitecross Street,** **Islington, London EC1Y 8JA** The nearest tube station is Barbican which is a 5 minute walk. Please note there is no parking available at the school, there is on street metered parking or local NCP car parks.

***Date and Time***: **Wednesday 11th December 2019, 9.00 – 4 pm**

**Thursday 12th December 2019, 9.00 – 4 pm**

***Cost*: £310.00 Tea and coffee will be provided, please bring your own lunch (or there are many local places to buy lunch)**

**For further details or an information pack on hosting a course – please**

**e mail:** [**info@aquaepps.co.uk**](mailto:info@aquaepps.co.uk) **or look at my website** [**www.aquaepps.co.uk**](http://www.aquaepps.co.uk)

***Provisional Programme***

***Day 1***

9.00 Registration/Welcome

9.15 – 10.15 Physical properties of water and application of Aquaepps® techniques and theory behind approach as applied to handling the child with disabilities in water and combining with approaches to communication, sensory dysfunction and motor impairment

10.15 – 10.30 Break

10.30 – 11.45 Effects of immersion, posture and movement on the child in water.

Relating the above to the child with complex needs

11.45 – 12.45 LUNCH and Change

12.45 – 2.15 POOL session – Hydrostatic and hydrodynamic principles alongside Aquaepps® techniques applied to increase or reduce the tone of spastic or floppy muscles, help co-ordination, balance, movement, strength and independence

2.15 – 2.30 Break

2.30 – 4.00 POOL Aquaepps® techniques applied to handling the child with disabilities in water and reflection on the day

***Day 2***

9.00 – 09.45 Promoting communication, cognitive, social, motor and life skills during hydrotherapy – apllied to children in later sessions

09.45 – 10.00 Change

10.00 – 11.00 POOL session – With children – Group1

11.00 - 11.45 Break and Change

11.45 – 12.30 Reflection on above session and discuss children next session

Swimming aids versus manual assistance

12.30 – 1.30 LUNCH and change

1.30 – 2.30 POOL session – With children – Group 2

2.30 - 3.15 POOL session – consolidation of techniques

3.15 – 4.00 Reflection and evaluation including interactive discussion on safety issues and strategies for working with children with complex needs in hydrotherapy pools

**Application Form**

**“Aquaepps Paediatric Aquatic Therapy for Assistants”**

**Wednesday 11th – Thursday 12th December 2019**

Name:

Job Title:

Copy of DBS enclosed - Yes /No

(if you do not have a current DBS please contact us)

Work Address:

Address for correspondence (if different from above):

Telephone Number: Home

Work

E mail address:

Types of children that you take in the pool, severity and type of disability

Number of times a month that you go in the pool:

# Is it a swimming or hydrotherapy pool?

What are you hoping to gain from the course?

(please continue on the back of the form)

Have you watched the Aquaepps Aquatic Therapy DVDs? Yes/No

NOTE- We would like to keep your information on our secure database to inform you of any future courses that might be of interest to you. Your contact information will only be used by Aquaepps for information specific to Aquatic Therapy, we would never pass your information to any third party.

If you are happy for your details to be stored please tick here

Please return this form with a cheque payable to “Aquaepps” for £310.00 or request an invoice or BACS details by e-mailing [info@aquaepps.co.uk](mailto:info@aquaepps.co.uk)

Payment by Paypal incurs a £8.00 administration charge.

Please see website www.aquaepps.co.uk

Address for correspondence : Aquaepps, 24 Croft Avenue, Dorking, Surrey RH4 1LN.

Office Use Only

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Date Recieved | Place | Invoice Date | Paid | Reciept |
|  |  |  |  |  |

**Consent and Safety for Participants of a Course in Aquatic Therapy**

**Please read this statement carefully. It has been written to ensure that:**

1. All course participants are aware of the risk of injury at the pool
2. Precautions are taken to avoid accidents or injury during the course

# **Physical activity during the course**

### **Aquatic therapy training courses have a large practical element to them. All participants will be involved with physical activities in the pool. You will normally be asked to join in two pool sessions not exceeding 3 hours in total each day. You may find the practical work physically tiring but my intention is for it to be enjoyable and not pressurised.**

## By enrolling on the course I assume you are physically fit enough to join in all the activities safely.

**Manual handling risks**

Course participants will be extensively involved in practising supporting techniques on each other for activities in the water as well as for commonly used therapeutic handling and techniques. Everyone should be made aware that manual handling is one of the most common causes of strain and back pain but with effective training and safety awareness the risks involved can be eliminated or reduced.

Course participants should minimise the risk of injury during manual handling activities by observing the following precautions:

* Using only correct supporting techniques as demonstrated by me.
* Always maintain good posture.
* Do not continue to support if it becomes a strain.
* If unsure at any time always ask me for help

**Applicants with the following conditions should not take part in this course:**

* Heart conditions
* Recent acute illness
* Diarrhoea and Vomiting
* Pregnancy (Only if the water temperature exceeds 35 degrees celsius)
* Chlorine allergy

**Other potential hazards and risk factors**

* All wet floor surfaces near the pool are usually very slippery. This includes showers, changing rooms and toilets. Walk carefully and also take care not to slip whilst entering and exiting the pool.
* All jewellery, necklaces, watches, earrings etc. should be removed before entering the water in case these are the cause of abrasions.
* As in all cases, health and safety is a shared responsibility between the tutor and course participants.
* Please inform the course tutor of any medical conditions or musculoskeletal complaints that might affect my participation, e.g. epilepsy or diabetes
* If you wear contact lenses, you may wish to wear daily disposables, glasses, or goggles. Trying to find lenses at the bottom of the pool is not a desirable exercise.