



## **“Aquaeppps ® Paediatric Hydrotherapy for Therapy Assistants and Educational Staff”**

**Tutor: Dr Heather Epps PhD MSc MCSP HT Grad Dip Phys  
Aquatic Paediatric Physiotherapy Consultant  
ATACP Accredited Tutor**

**Date: Tuesday 21st and Wednesday 22nd January 2025  
At: Lynden Hydrotherapy and Physiotherapy Centre (LHAPC)  
Eastnor Road, Reigate, Surrey, RH2 8NE**

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, TA's, 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. These will be provided electronically. The course is split into theory and practical pool sessions.

If you would like to attend this course please return the application form or email to request an invoice. **Places are limited and will be allocated on a first come first served basis upon receipt of payment.** Please fill out the attached aquatic therapy experience sheet and return it to Aquaeppps with your application as it helps us to tailor the course to different needs.

**This course will not be confirmed until 2 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. **Please ensure any accomodation or travel you book is cancellable. LHAPC will only be able to refund the course cost (not any other expenses incurred) if we are forced to cancel the course for any reason..**

**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 to fill it, and once we have received payment from them, we will refund your payment (less 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.uk](mailto:info@aquaepps.co.uk) - but would ask that you appreciate that as I spend most of my time with children 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 supporting Children and Young People with a range of impairments and disabilities in Hydrotherapy and Swimming Pools**

**Aims:** To provide course participants with a basic understanding of how to help children with a range 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/students 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:** **Lynden Hydrotherapy and Physiotherapy Centre (LHAPC),  
Eastnor Road, Reigate, Surrey, RH2 8NE**

The centre is well located, close to Junction 7 of the M25 the M23 and Gatwick airport. Trains run frequently between Reigate train station, London Victoria and Gatwick airport.

The nearest train stations are Reigate which is a 30 minute walk or Redhill, a short taxi journey (there is a taxi rank at the station) from the centre. Please note parking spaces are reserved for families. There is on road parking at LHAP, if for any reason there is no parking available (this has never to date been a problem) the nearest car park is Priory Park at a cost of £8 for the day. The car park is approximately 20 minutes walk through Priory Park from the centre.

The 430 bus stops outside LHAP and runs to the town centre. The 435 bus stops outside the town centre and runs to LHAP (approximately 11 minute journeys). These buses also serve East Surrey Hospital, Redhill and Merstham.

**Date and Time:** **Tuesday 21<sup>st</sup> January 2025, 08.45 am – 4.00 pm**  
**Wednesday 22<sup>nd</sup> January 2025, 08.30 am – 3.30 pm**

**Cost: £350.00** (plus VAT)

**Tea and coffee provided, please bring your own lunch and water bottle. There are no kitchen facilities available. You will be in the pool in the morning and afternoon (2 costumes). Please bring your own towel.**



### **PROVISIONAL PROGRAMME**

#### **Day 1**

- 08.45 Registration/Welcome/Learning Objectives
- 09.00 – 10.30 POOL session – Hydrostatic and hydrodynamic principles alongside Aquaeppps® techniques applied to increase or reduce the tone of spastic or floppy muscles, help co-ordination, balance, movement, strength and independence
- 10.30 – 12.00 Physical properties of water and application of Aquaeppps® 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 – interactive session
- 12.00 – 13.00 LUNCH
- 13.00 – 14.30 Interactive session on physiology of immersion. Promoting communication, cognitive, social, motor and life skills during hydrotherapy
- 14.30 – 16.00 POOL Aquaeppps® techniques applied to handling the child with disabilities in water

#### **Day 2**

- 08.30 – 10.00 POOL session – Use of floats and basic techniques to increase or reduce the tone of spastic or floppy muscles, help co-ordination, balance, movement, strength and independence
- 10.00 – 10.30 Change and Break
- 10.30 – 12.00 Interactive discussion including safety issues and strategies for working with children with complex needs in hydrotherapy.
- 12.00 - 13.00 LUNCH
- 13.00 – 14.15 Swimming aids versus manual assistance & observation of pool session
- 14.15 – 14.30 Change
- 14.30 – 15.30 POOL session – Use of floats and basic techniques to increase or reduce the tone of spastic or floppy muscles, help co-ordination, balance, movement, strength and independence – Contd.
- 15.30 Reflection and finish.





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 Aqua epps Aquatic Therapy DVDs? Yes/No

NOTE- We would like to keep your/your organisation's information on our secure database to inform you/them of any future courses that might be of interest to you/them. This contact information will only be used by LHAPC for information specific to Aquatic Therapy, we would never pass your information to any third party. If you are happy for your/your organisation's (delete as appropriate) details to be stored please tick here:

**Please return this form requesting an invoice for £420.00 (inclusive of VAT).**

**BACs details can be found on the invoice.**

**For any finance queries please email: [info@aquaepps.co.uk](mailto:info@aquaepps.co.uk)**

Please see website [www.aquaepps.co.uk](http://www.aquaepps.co.uk) for information about our tutor Dr Heather Epps  
Address for correspondence : LHAPC Ltd, 3 Eastnor Road, Reigate Surrey. RH2 8NE.

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 4 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.