



## **“ATACP Accredited Foundation Programme in Aquatic Therapy” (Taught Element)**

**Date:** Saturday 12<sup>th</sup> and Sunday 13<sup>th</sup> April 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 included general information, a course programme, and application form.

A course handbook will be provided at the start of the training. CPD attendance certificates will only be provided on completion of the full 13 hours.

### **Information sheet – ATACP Accredited Foundation Programme in Aquatic Therapy (Taught element)**

**Course Tutor – Dr Heather Epps PhD MSc MCSP HT Grad Dip Phys  
Accredited Aquatic Physiotherapy Trained Physiotherapist,  
Recognised tutor for the ATACP**

I have been involved in aquatic therapy/hydrotherapy since 1991, setting up and developing the services at a number of hospitals and community centres. I now work at Lynden Hydrotherapy Centre providing aquatic physiotherapy and consultancy to children, young people and adults with a range of neurological and MSK conditions.

I completed and received a merit in the 4 week residential Bath Hydrotherapy course for physiotherapists in 1993, and have since organised courses and taught aquatic therapy to physiotherapists and support staff throughout the UK. I received the Robert Williams award for meritorious papers at the world congress of physiotherapy for my work in hydrotherapy (part of my PhD). I peer review papers for Elsevier and the HTA R and D executive. I am also an expert witness in aquatic therapy, a recognised and accredited ATACP tutor and examiner for the Accreditation process. I am also on the executive education committee for the Aquatic Therapy Association of Chartered Physiotherapists, I have directed and released 4 training DVD's – Aquatic Therapy Parts I and II, which focus on special needs and Foundation Principles Parts I and II, the Upper Limb and Trunk and the Lower Limb, which supports the foundation principles. I have published papers in the field and lecture on MSc modules and have been, and continue to be a key note speaker at many venues and conferences.



## **Course Aims**

The aims of this course are based around the ATACP publication 'Guidance on Aquatic Physiotherapy 2021' available from the ATACP website. The training forms the two day taught element of the foundation programme in aquatic physiotherapy, for which you will receive a certificate of attendance.

**Venue:** **Lynden Hydrotherapy and Physiotherapy Centre (LHAP),  
Eastnor Road, Reigate, Surrey, RH2 8NE**

The centre is well located, close to Junction 8 of the M25, the M23 and Gatwick airport. Trains run frequently between Reigate and Redhill train station, London Victoria and Gatwick airport.

The nearest train stations are Reigate which is a 30 minute walk or Redhill - a short taxi or bus journey (there is a taxi rank at the station). Please note parking bays are reserved for our clients at the centre.

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:** **Saturday 12<sup>th</sup> April 2025 9.00am – 4.30pm**  
**Sunday 13<sup>th</sup> April 2025 8.45am – 4.00pm**

**Cost: £350.00** (plus VAT)

**Tea and coffee are provided, please bring your own lunch and water bottle.**

**You will be in the pool in the morning and afternoon (bring 2 costumes). Please also bring your own towel.**

For further details or an information pack on hosting a course – please  
e mail: [info@aquaepps.co.uk](mailto:info@aquaepps.co.uk), visit [www.aquaepps.co.uk](http://www.aquaepps.co.uk) or [www.lhap.co.uk](http://www.lhap.co.uk)



## **LEARNING OUTCOMES**

On completion of the course the participant should be able to:

### Session 1

- Discuss the relevant physical properties of water
- Relate these properties to therapeutic techniques in the water
- Relate 1 and 2 both to the treatment of patients, and to the changes that specific conditions may cause to a person's "Physical Properties"
- Demonstrate an understanding of the physical properties of water to strengthening techniques in the pool
- Appreciate and experience the effects of buoyancy, turbulence and the metacentre on a body in water.

### Session 2

- Demonstrate an understanding of the effects of immersion on the physiology of the human body.
- Relate these changes to the safe screening of patients prior to Aquatic therapy
- Evaluate the effectiveness of aquatic therapy in a variety of clinical settings.
- Demonstrate the ability to confidently use various flotation devices in regard to patient handling
- Demonstrate the ability to utilise the physical properties of water to improve range of movement for patients with stiff joints or tight soft tissues
- Demonstrate safe therapeutic handling of a patient in water

### Session 3

- Demonstrate an understanding of the main Health and Safety legislation, and its implications on an aquatic physiotherapy service
- Demonstrate an understanding of water disinfection related to the pool environment.
- Relate the above to maintaining a safe environment for staff and users including the ability to risk assess.
- Demonstrate treatment skills including Relaxation, Stabilisation, and Balance work.
- Relate these skills to the management of a variety of patient problems

### Session 4

- Demonstrate clinical reasoning skills in devising a treatment programme for patients with a variety of problems
- Demonstrate an appropriate selection of treatment techniques for these patients with an understanding of the properties of water

Provisional Course Programme



## **ATACP Foundation Course - Two Day Taught Element**

### **DAY ONE**

#### *SESSION ONE*

09.00 – 09.10	Welcome and Introductions
09.10 – 10.45	Theory session: Application of principles of water - hydrostatic and hydrodynamic
10.45 – 11.00	Break
11.00 – 12.30	Practical session: Application of principles of water - hydrostatic and hydrodynamic
12.30 – 1.00	LUNCH

#### *SESSION TWO*

1.00 – 2.30	Theory session: Physiological effects of immersion, contraindications, value and uses of aquatic physiotherapy.
2.30 – 2.45	Break
2.45 – 4.30	Practical session: Handling skills and further development of clinical applications

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### **DAY TWO**

#### *SESSION THREE*

08.45 – 10.15	Theory session: Pool management including risk assessment, infection control and emergency procedures. Tour of plant rooms
10.15 – 10.30	Break
10.30 – 12.15	Practical session: Including rhythmic stabilisations, balance and proprioception supported and unsupported, rotational control and relaxation
12.15 – 12.45	LUNCH

#### *SESSION FOUR*

12.45 – 1.45	Theory session: Preparation of treatment programmes illustrating principles of water
1.45 – 2.00	Break
2.00 – 4.00	Practical session: Presentation of practical techniques in the pool, with discussion around alternative techniques, and devising treatment plans. Evaluation forms and certificates



Details of the separate accreditation assessment process which completes the full foundation programme can be found on the ATACP website:

<https://atacp.csp.org.uk/content/atacp-foundation-accreditation-process>

On successful completion of the assessment you will receive an ATACP certificate in aquatic physiotherapy as a recognised qualification and be entitled to use the ATACP logo.

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.**

**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. **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- but would ask that you appreciate that as I spend most of my time with families I am not always able to be as prompt taking or returning telephone calls. I look forward to hearing from you.

Yours sincerely

*Heather*





Please state any other teaching or hydrotherapy course attendance with year completed

Have you watched the Aquaepps 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)**

Date	Place	Invoice	Paid	Receipt



## **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!