



Spa, Plunge and Sauna Usage | AIS Aquatic and Fitness Centre

Purpose and Scope

The AIS Aquatic Centre operates a small recovery facility that includes a spa pool (with jets that can target major muscle groups), plunge pool and a sauna. The facility is utilised by both High Performance athletes and general public users (spa and plunge only).

The purpose of this guideline is to:

- Outline facility bookings process.
- Establish procedure for facility access.
- Describe facility supervision requirements.

The guideline applies to:

- All internal stakeholders, NSO's and commercial programs.
- External stakeholders.

Definitions

AIS - Australian Institute of Sport

ESC – Events and Sports Camps

GSPO- Guidelines for Safe Pool Operation (Royal Life Saving Society Australia)

NSO- National Sporting Organisation

Guidelines

1. Spa, Plunge and Sauna Bookings

The recovery pools and sauna bookings are controlled through Event and Sports Camps (ESC) section at the AIS Bruce campus. It is the responsibility of sport coordinators to make the appropriate bookings requests through ESC.

During periods when no booking has been made, the spa and plunge facility is opened to the general public to utilize within the Aquatic Centre's operating times. Public have both general entry and multi visit membership payment options. It is pool receptions responsibility to be aware of upcoming bookings and inform public members accordingly.

Sauna use is prohibited at all times by general public members and is only available to NSO's via the appropriate booking process through ESC. NSO bookings must be supervised by a trainer at all times.

2. Facility Access

Recovery pools and sauna access is restricted and strictly monitored by pool reception. Access is via either proxy swipe card or by electronic door release push buttons located inside pool reception. Swipe card access is controlled by AIS Security in conjunction with approval from Aquatic Centre Management.

General visit patrons are required to make appropriate payments to pool reception, receive entry wrist bands and be granted access by the receptionist. Pool reception must continue to monitor the personnel that come in and out of the area.

For group bookings, reception is required to contact pool attendants upon their arrival. Pool attendants are to communicate the conditions of entry and appropriate protocols of facility use before granting access. The conditions of entry, recovery pools and sauna protocols are also displayed in the area for referral.

For NSO bookings, the NSO's trainer is responsible for ensuring that only their own authorized athletes gain access to the sauna facility.

3. Facility Supervision

The GSPO (released by Royal Life Saving Society Australia) and Royal Life Saving ACT annual facility audits have been considered in determining facility supervision. The GSPO recommendation can be found under 'SU11- Supervision of Isolated Areas'. Given the area falls under "isolated Area" according to the GSPO, there are alternate arrangements for supervision of the area in comparison to our general swimming pools.

Pool attendants are responsible for the supervision and incident response of the area. Supervision entails ensuring the proper use of the facility to safeguard both the clients' safety and damage to the facility. This includes ensuring the number of patrons utilizing the facility can be safely accommodated and that the conditions of entry are being upheld. The recommended appropriate number of patrons using the area at a single time is:

Spa/plunge area	15 people
Spa Pool	8 people
Plunge Pool	4 people
Sauna	8 people

Spa and Plunge Pools- Physical area inspections are carried out every hour in combination with constant regular security camera monitoring. Inspections are to be recorded in the Pool Operations daily checklist. The security monitors are located in the pool attendant's office and Pool Operations Supervisors office. Pool reception is also responsible in continuing to monitor the area and is required to inform pool attendants of any issues that arise.

Sauna- NSO bookings must be supervised by a trainer at all times.

Emergency buttons are available to patrons and are located between both the spa-plunge pools and inside the sauna. It is the pool attendant's responsibility to attend the area immediately in the event the button is triggered and initiate appropriate responses.

- END -

Version	Created By	Originating Program	Approved by	Date	Revision Date	TRIM reference
Version 1.0	<i>Peter Raines</i>	<i>Aquatic Centre</i>	<i>Position title</i>	<i>17 Nov 2012</i>	<i>17 Nov 2014</i>	<i>Xxxx xxxx</i>
Version 2.0	<i>Peter Raines</i>	<i>Aquatic Centre</i>		<i>14 Feb 2014</i>	<i>14 Feb 2016</i>	