

Guidelines For Pool Use With Seizures

General Information

Your safety in the pool is important. Please use the following guidelines so you can safely use the therapeutic pool.

Have Someone in the Pool With You

If you have a history of seizures, you must have someone with you in the pool.

That person may be a:

- physical therapist or aquatic specialist
- personal attendant
- responsible adult who is aware of your seizures and can help you if you have a seizure.

Reduce Your Risk of Seizure

To reduce risk of seizures:

- Schedule your appointments earlier in day or at times you can avoid getting too tired (fatigued).
- Drink plenty of water before, during and after therapy.
- If you are cold while you in the pool, you can wear a T-shirt, leggings or both over your swimsuit. You can also try a neoprene vest, shirt or jacket.
- Use polarized sunglasses or goggles if glare or reflections from the water causes seizures.
- Do not skip a meal. Bring a snack to the pool to prevent a drop in your blood glucose.

- Stop swimming and tell the physical therapist, attendant or lifeguard if you:
 - are fatigued
 - are not feeling well
 - missed taking medicines
 - feel warning signs of a possible seizure.

Other Recommendations

- Stay in water that is _____ feet deep.
- Wear a flotation collar or flotation device. Have someone in the pool who is not farther than an arm’s reach away from you.
- Do not dive.
- Do not do underwater swimming.
- Wear a brightly colored swimsuit or T-shirt.
- Tell the lifeguard you have epilepsy before you enter the pool.
- Other _____
