



RATIONALE FOR HOT TUB

The purpose of the hot tub is to provide a school based resource which meets the therapeutic / sensory needs of specific pupils.

As water and water jets are proven to reduce stress, improve the sense of well-being and develop relaxation, the hot tub provides a safe hydrotherapeutic intervention opportunity for pupils.

The hot tub is intended to meet pupil therapeutic needs and develop their sense of wellbeing.

The use of water to provide for therapeutic intervention is well documented, however it must be noted that this resource is intended for therapeutic intervention only. In order to ensure the tub remains a therapeutic intervention, one child at a time will be permitted in the hot tub.

We aim to provide:

1. Opportunities for relaxation
2. Sensory Integration/Sensory Diet

ACCESS TO HOT TUB

Pupils may access the hot tub where the required permissions/guidelines are met and parents/guardians have confirmed their agreement with the rules of use, health and safety matters and behaviour code of conduct.

Timetable-The Hot Tub will be timetabled to provide one 15 min session per class per week, this is to ensure that adequate supervision can be provided and that all other aspects of the school curriculum can be maintained. Monday/Wednesday/Thursday are the allocated times for the tub to be in use only in the first instance. Due to staffing limits these are the designated times as supervision of one child by one staff member needs to be carefully scheduled. This timetable will be subject to review by way of increased staff availability.

Variations to the timetable will apply for pupils who currently attend on a reduced timetable and also may require this therapeutic intervention. Times will be discussed with the class team/parents/guardians to ensure that equal access by pupils who need this is ensured.



RULES OF USE:

1. The child's GP must confirm that the child has no health conditions which may be adversely affected by using the Hot Tub. If a child is prescribed Buccal or is inclined to have seizures they will not be permitted to use the Hot Tub.
2. Hot Tub sessions will be no longer than 15 mins, max. 1x per week.
3. Appropriate clothing must be worn in the hot tub - (swim t-shirt and shorts to provide appropriate coverage, no standard t-shirt/shorts as these affect the filters in the tub, swimming hat/hair tied up, no jewellery, earrings removed or covered with swimming hat).
4. Pupils must have the required items to use the hot tub - *** Changing towel - warm drawstring one, * extra towel, * change of clothes in case uniform gets wet, * sliders/flip flops for accessing the Hot Tub area. Swimming hat**
5. Parents must confirm their acceptance of the Code of Conduct
6. Pupils must be able to get changed independently. This may form part of an IEP target to prepare for the pupil to use the hot tub. For pupils who require assistance parents/guardians will be asked to confirm their availability to assist their child in changing after using the hot tub, if a parent is unable to assist, they should appoint a person well known to the child, e.g. a close relative. Children who require assistance will be timetabled towards the end of the day to facilitate parent/guardian pick up. Due to Health and Safety requirements of supervision, staff may supervise a pupil in the tub but may not assist in changing as the staff member is required to have an overview of the area at all times.
7. Pupils must adhere to the Rules Of Use for the Hot Tub.
8. Pupils must be in good health to use the Hot Tub, if a pupil is unwell they may not use the Hot Tub. Parents should inform the class teacher if their child is unwell.
9. Staff may note the onset of illness during the day, if this occurs the pupil will not be permitted to use the Hot Tub.
10. Parents must attend an in-person/online information session prior to their child using the hot tub.



STAFF RESPONSIBILITIES

All staff have a duty of care that operates for any activity in which students are involved; staff cannot transfer that duty of care to anyone else.

In relation to the Hot Tub, this means that Class Teachers will ensure the appropriate planning and risk assessments are in place to ensure:

- * **There is a correct ratio of staff to students 1 pupil/1 SNA**
- * **Pupils are appropriately supervised when changing, this entails a staff member available to ensure pupil safety whilst changing, not to assist in the changing routine.**
- * **Pupils adhere to the Hot Tub Rules/School Code of Conduct**
- * **Normal and emergency procedures are understood.**
- * **Staff have an overview of the pupil while in the tub.**
- * **Ensure that no toys, hard objects or sharp objects are brought into the Hot Tub area.**
- * **No jewellery is worn in the water.**
- * **Ensure risk assessments are read and understood by all staff.**
- * **Ensure entry and exit to the Hot Tub/Hot Tub area is safely carried out.**
- * **Report any hazards immediately and ensure the pupils are safely out of the Hot Tub / Hot Tub area.**
- * **Check the Hot Tub area for hazards, items on the ground.**
- * **Lid of the tub should be on prior to use and replaced after use.**
- * **No pupil may access the hot tub area without supervision. The area is secured by Fob Access.**
- * **No pupil is permitted to gain access to the area without supervision. Any pupil found doing this will not be allowed to use the hot tub for a specified period of time.**
- * **All pupils must go to the bathroom prior to entering the tub.**
- * **Pupils will not be permitted to go under water. Any pupil doing this will be asked to exit the tub and may not use the tub again for a set time.**
- * **Staff will supervise the tub from outside, no staff member will be in the tub.**

HEALTH & SAFETY

Overall responsibility for the safe use of the pool rests with the BOM with authority delegated to the staff member responsible for Health and Safety, who must ensure procedures are in place for:

- **Cleaning the Hot Tub, Hot Tub area - Delegated to the Caretaker and also other nominated staff.**
- **Regular maintenance of the Hot Tub including cleaning and the correct use and storage of cleaning chemicals - Delegated to the Caretaker and also other nominated staff.**
- **Risk assessment of the Hot Tub, to be amended for each pupil and signed by Class Teacher/Parent prior to use of the Hot Tub**
- **Supply of appropriate First Aid Kit**



Water Source

The water source is a mains tap so water is not stored in a holding tank.

Tub Temperature

The tub temperature operates up to 40 degrees C. Temperature will be set at 35 degrees C, this is the recommended temperature for Hot Tubs and temperature at which hydrotherapy pools operate if children use them.

Tub Depth

The tub depth is approx 70 cm, the tub will not be filled above the maximum line.

Tub Care

Overnight the tub temperature is turned down to 34 degrees C and will be put to 35 degrees C each morning.

Tub Lid

The tub lid should be in place when the tub is not in use.

Siting of Hot Tub

The Hot Tub will be sited under a weather proof canopy, on astroturf in order to minimise the risk of falls, slips and trips.

Changing Area

A changing area is sited beside the tub to enable a pupil to change safely and privately. Pupils may not walk in and out of the hall with wet feet, shoes as this could cause a slip or trip.

Changing Procedure

- Pupils who are scheduled to use the hot tub on any day should wear their tub togs under their uniform.
- Uniform should be removed and placed in changing area along with shoes and kit bag.
- Pupils should enter the tub when instructed to do so.
- On completion of the session, pupils should don their coverall towel and go to the changing area to dry off and put on school uniform.
- Where children need assistance, a parent/guardian or their nominated agent (close relative) should be available to assist if needed.

Health and Safety

In order to ensure the safety of pupils, those utilising the tub and their peers in the classroom, a parent/guardian should be available to help their child with the tub routine until such time as the child can use the tub independently. This is to ensure that use of the tub does not impact on the health and safety and supervision responsibilities of staff to the pupils remaining in class.



Once it is deemed by the class team and parent that the child is capable of using the tub safely and following the rules, the parent/guardian are not required to be available, except in the circumstance of their child requiring dressing assistance.

EMERGENCY EVACUATION + PROCEDURES

A key role of all staff using the Hot Tub/Hot Tub Area is to reduce risk when pupils are using the Hot Tub. This requires staff using their training to avoid incidents by early intervention to any given situation.

However when an incident does occur it is important that all staff know how to deal with them.

On hearing the fire alarm:

The pupil should exit the Hot Tub/Hot Tub area in a calm, supervised manner. If exiting the tub they should put on their changing towel and proceed straight to the assembly point.

Lack of Water Clarity.

If the water is cloudy or milky the tub cannot be used and will be out of order until appropriate cleaning checks are completed.

Chemical Cleaning Regime

Cleaning regime will be as required by the tub manufacturer. Three members of staff will be trained in the use of cleaning chemicals and safe storage. Chemicals used will ensure there are no incidents of water borne infections.

Minor Incident.

A minor incident is one that can be managed and is not life threatening. However, it may result in an amendment of a risk assessment. All such incidents must be reported by completing the appropriate accident/incident forms and informing a member of the leadership team.

Serious Incident

If a pupil in the water requires medical attention a member of staff will ensure the safety of that person.

- If a student is conscious and safe they will be asked to exit the tub.
- If the student is unconscious then they must be removed from the pool the safest way possible. The staff member must give the instructions using 1, 2, 3, or 'ready, steady, move'.
- If a student is having a seizure they must be monitored carefully and removed from the tub by staff. Carry out first aid procedures until help arrives.
Breathing and airways need to be monitored carefully in the event of any incident.
- The emergency service will be called by the office if needed.



If a pupil becomes sick, vomits or other body fluids enter the water, all pupils must be immediately evacuated from the tub, and appropriate cleaning procedures put in place. The Hot tub will remain out of use until confirmed safe to use again.

Ratification

This policy was ratified by the BOM in December 2021.

Signed-Sean Oakes (Chairperson)

This policy will be reviewed in December 2022 or early if needed.



APPENDIX

Checklist

Pupil name **Class**

I parent/guardian of confirm my acceptance of the following and confirm that my child may access the hot tub in line with the rules/requirements laid out below:

Signed

Please tick

I confirm I have read the school Code of Conduct and accept the Code	<input type="checkbox"/>
I confirm that I have read the rules of use for the Hot Tub and accept them	<input type="checkbox"/>

Please tick

Pupils must know that no toys/objects allowed in the Hot Tub - this is to ensure the Hot Tub is not damaged/ filters not blocked	<input type="checkbox"/>
Pupils must follow staff instructions for use of Hot Tub - this is for safety procedures in case of an emergency.	<input type="checkbox"/>
Pupils must exit the Hot Tub when instructed to do so, any refusal will result in suspension of Hot Tub use - this is for safety procedures in case of an emergency.	<input type="checkbox"/>
Pupils must not run in the Hot Tub area - this is for Health and Safety and to ensure calm behaviour around the hot tub/hot tub area	<input type="checkbox"/>
Pupils must wear sliders/flip flops in the hot tub area - this is to ensure feet are clean and to maintain Hot Tub hygiene.	<input type="checkbox"/>

Please tick

I confirm acceptance that if my child does not have the required equipment they may not use the Hot tub as scheduled.	<input type="checkbox"/>
I confirm I have read and signed my child's risk assessment for using the Hot Tub.	<input type="checkbox"/>
I confirm that my child has been declared safe to use the Hot tub and have sent a copy of a GP letter to confirm this.	<input type="checkbox"/>



I confirm that my child has a medical condition and may use the Hot tub and have a copy of the required protocol in case of a medical emergency.	
I confirm that I will inform relevant staff if my child should not use the Hot Tub for any reason when scheduled to do so, e.g, - medical reasons/unwell	
I confirm that I will ensure my child is showered in the morning prior to use of the hot tub.	
I confirm that I will attend a parent information session prior to my child using the hot tub.	

I confirm that I will supply the following items to ensure safe and hygienic use of the hot tub;

- ☐ Swimming T-Shirt/Shorts
- ☐ Swimming Hat
- ☐ Changing towel drawstring one
- ☐ Sliders/Flip Flops
- ☐ Extra towel
- ☐ Spare change of clothes
- ☐ Kit Bag with child's name on