



Recovery Pools

Usage Guideline

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GENERAL INFORMATION

The AIS Canberra campus provides a number of recovery facilities that focus' on using a multidisciplinary approach to athlete recovery. Wet areas are designed to allow athletes to engage in active and passive recovery in both hot and cold water. It encompasses a number of hydrotherapy options including spa with jets that can target major muscle groups and plunge pools. The AIS Recovery Centre also provides hot and cold showers and a river pool at normal pool temperature.

Please contact the AIS Events and Sport Camps section to coordinate a booking request or should you have any further inquiries.

CONTACT DETAILS

AIS Facility	Phone Number
Reception- Aquatic and Fitness Centre	(02) 6214 1281
Reception- Recovery Centre	(02) 6214 1615
Sports Training Facility (STF)	(02) 6214 1248
ASC Site Security	(02) 6214 1616
ASC Site Emergency	(02)6162 3333 or 000

FACILITIES SUMMARY

AIS Facility	Hydrotherapy Options	Pool Depth	Temperature	Capacity
Recovery Centre	Spa pool	1.0m – 1.2m	37 degrees	30 pax
	Cold pool	1.2m walkthrough 1.8m plunge	15 degrees	
	River pool	1.2m	29 degrees	
	Hot and Cold showers	-	-	
Sports Training Facility (STF)	Spa pool	0.74m	37 degrees	8 pax
	Cold pool	2.22m	15 degrees	4 pax
Aq. and Fitness Centre	Spa pool	0.6m	37 degrees	8 pax
	Cold pool	1.95m	15 degrees	4 pax

SERVICING INFORMATION

All AIS Recovery facilities can either be led by AIS recovery staff (subject to staff and facility availability) or self-run (subject to the hirer meeting the requirements of and agreeing to and signing the self-run recovery booking confirmation). Your request will be assessed on a case by case basis and you will be advised by your Events and Sports Camps coordinator the recovery session available for your group.

ENTRY POINTS

AIS Facility	Entry Point
Aquatic and Fitness Centre	Aquatic and Fitness Centre main reception. Please notify the receptionists upon arrival who will coordinate access.
Recovery Centre	Recovery Centre main reception during the below staffed hours: <ul style="list-style-type: none"> 8.30am – 7 .30pm Monday to Friday 9.00am – 12.00pm on Saturday On an approved appointment basis thereafter. Entry outside staffed times is via the AIS Aquatic and Fitness Centre main reception. Please notify the pool receptionists upon arrival.
Sports Training Facility (STF)	STF attendant office. Please notify venue attendant on arrival who will coordinate access.

SUPERVISION AND BEHAVIOR

Hirers of the AIS Recovery facilities are expected to nominate a 'supervisor' who accepts supervision responsibilities of all bookings participants. Supervision entails ensuring the proper use of the facility to safeguard both the users' safety and damage to the facility.

The roles and responsibilities of the designated supervisor are as follows:

- Remain within the wet area for the duration of the session to supervise participants. This includes enforcing the recovery pool guidelines and executing the emergency action plan as required.
- The designated supervisor is not to actively participate in the recovery session.
- If any participants have a pre-existing medical condition, the designated supervisors is responsible for managing the Individual Health Care Plan.
- For all Recovery Centre and STF bookings, the designated supervisor **must** hold a current first aid certificate and agree to the AIS Recovery Pools usage guidelines outlined in this document. A summary of these guidelines (including the emergency action responsibilities) is included in the booking confirmation form.

Failure to comply may result in immediate or future exclusion from the venue.

DAMAGE

The AIS will not take responsibility for any damage to the AIS Recovery facilities that are caused during your booking. It is the responsibility of the designated supervisor to ensure that all participants and support staff take care of AIS property at all times.

If damage is caused as a result of venue hire and repairs are required, the Event Coordinator will be contacted and payment for the repairs will be discussed.

VENUE ATTENDANT BRIEF

Prior to the booking commencement, all users are required to undergo the pre-activity briefing. The briefing will be conducted by an AIS staff member and will encompass of the following:

- Explain the facility layout and location of services, including identified risks and their mitigation.
- Advise participants of the facility guidelines, emergency action plan and contact details.
- Identify the designated supervisor to all participants. Explain their role and the need for all participants to respond to their instructions.
- Remind participants that they need to advise their supervisor of any physical or medical conditions that may affect their ability to participate.

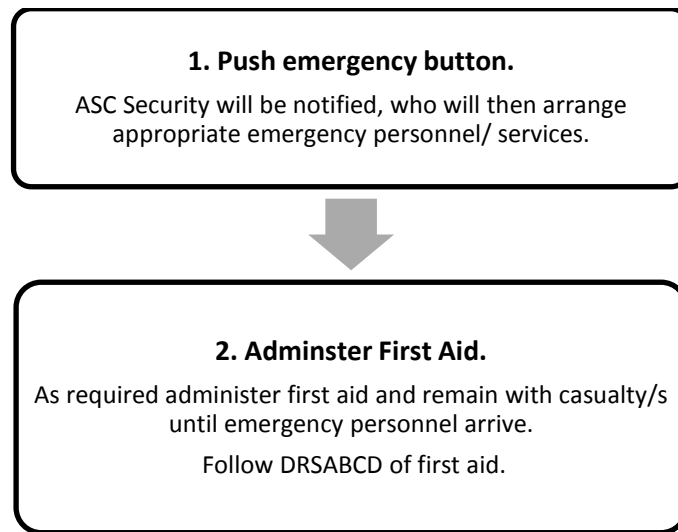
EMERGENCY ACTION PLAN

The ASC Emergency Control Organisation (ECO) is a structured organization who will initiate an appropriate response to emergency situations. The ECO consists of:

- Chief Building Warden
- Building Wardens
- ASC Security staff

In the event of an alarm sounding the ASC Chief Building Warden will immediately respond, assess the situation and coordinate the required response.

In the event that an emergency situation arises in which no audible alarms are sounded or is a medical emergency, please exercise the following procedure:



In an event the Centre is to be evacuated, the designated supervisor is responsible for coordinating a 'roll call' to ensure that all hire group attendees are accounted for. It is also a requirement that the designated supervisor provides assistance with the user/s medical history and crowd control as required.

ASSEMBLY POINT

Please refer to the attached map for the assembly points. Venue staff will confirm the exact assembly location and egress directions during the pre-activity briefing.

EMERGENCY EQUIPMENT

The following emergency equipment is available:

- Fire hose reel and extinguishers
- AED, oxygen and resuscitation equipment
- Spinal injury management
- General first aid supplies

Venue staff will confirm the location of the emergency equipment during the pre-activity brief.

RECOVERY POOL GUIDELINES

- Shower before and after session. Use the toilet before entering the facility.
- Hydrate and take a plastic drink bottle with water or sports drink for use during the sessions. NO OTHER FOOD OR DRINK IS PERMITTED.
- Change into correct attire (swimmers/bathers). NO OTHER CLOTHING OR NUDITY PERMITTED.
- Remove any strapping before entering and place in rubbish bin.
- Follow instructions for using spa and plunge as outlined on the wall inside, remembering to hydrate.
- It is recommended that spa pool use does not exceed 15 minutes at a time.
- Certain medical conditions may produce adverse effects.
- Children under the age of 13 are not permitted.
- Individual use of the recovery facilities is not permitted

DO NOT

- Put your head under the water.
- Use the spa and plunge if you have a cold, virus, diarrhea, open wound, bruising, recent injury, heart conditions, under the influence of drugs and alcohol or if pregnant.

RECOVERY SESSION PROTOCOLS

AIS AQUATIC AND FITNESS CENTRE AND STF

COLD WATER IMMERSION (PLUNGE)

Primarily used post training sessions, training in the heat or during the acute phases of muscle injury, soreness or bruising. Try to accumulate up to 10 minutes in the plunge pool to shoulder level in a single immersion or multiple shorter immersions.

1. Shower before use
2. 10 minute plunge (relax as much as possible!)

Or

1. 3 minute plunge (relax as much as possible!)
2. 2 minutes out of water (air temperature)
3. Repeat 3 times

CONTRAST WATER THERAPY (SPA / PLUNGE)

Primarily used post training session as an alternative to cold water immersion or between training sessions. Do not use if you have damaged muscles, a very recent injury or bruising.

1. Shower before use
2. 2 minutes spa, 2 minute plunge, repeat 4-5 times
3. Always finish on cold (plunge)
4. Re-hydrate before, during and after session

SPA

Spa can be used as a relaxation technique and to loosen stiff muscles, ideally on a rest day. Do not use if you have damaged muscles, a recent injury or bruising.

1. Shower before use
2. Do not use spa for extended periods of time (no greater than 10-15 minutes)
3. Always re-hydrate while using the spa
4. Stretching and jet massage can be utilised in the spa environment

RECOVERY CENTRE

COLD WATER IMMERSION (PLUNGE)

Primarily used post training sessions, training in the heat or during the acute phases of muscle injury, soreness or bruising. Try to accumulate up to 10 minutes in the plunge pool to shoulder level in a single immersion or multiple shorter immersions.

1. Shower before use
2. 5 minutes river (walking, jogging, swimming)
3. 10 minutes plunge (relax as much as possible!)

Or

1. Shower before use
2. 3 minutes river (walking, jogging, swimming)
3. 3 minutes plunge (relax as much as possible!)
4. Repeat 3 times

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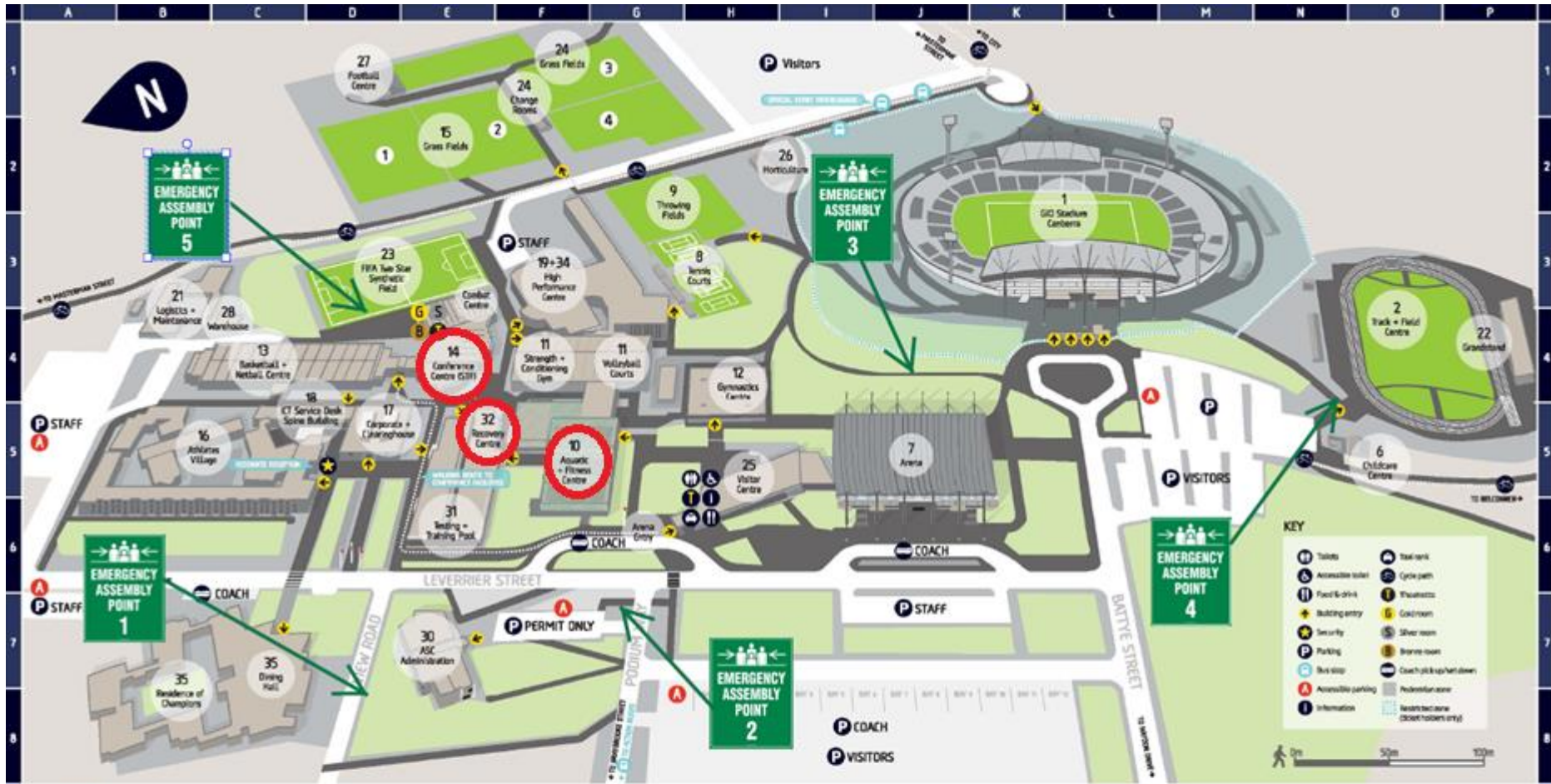
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Emergency Assembly Points



KEY

- Traffic lights
- Accessible toilet
- Facilities
- Building entry
- Security
- Parking
- Bus stop
- Accessible parking
- Information
- Truck
- Cycle path
- Play areas
- Gold room
- Silver room
- Bronze room
- Coach pick up/drop off
- Podium/function
- Restroom (closed hours only)

0m 50m 100m

EMERGENCY ASSEMBLY POINTS

Plan Reference No. 2013/120073/D Last Updated 11 May 2015

LEGEND

Aquatics & Fitness Centre	5-F	Compassionate Rooms	4-F	Green Fields	2-E	Recovery Centre	5-E	Visitor Centre	8-G
Arena	5-I	Conference Facilities (37F)	4-E	Grass Fields	2-F	Residence of Champions	7-C	> Arena entry	8-S
> Event entrance through Visitor Centre	6-C	Corporate Services	5-D	Gymnasium Centre	4-H	Security	5-D	> Shop	5-H
Athletes Village	5-C	> Cleaning/void	5-D	High Performance Centre	3-F	Shop	8-H	> Café	5-C
Australian Sports Commission Administration	2-C	Dining Hall	7-C	Horticulture	2-H	Stadium Bank Room (Access through Visitor Centre)	5-I	> Marathon Rooms	5-I
Australian Sports Foundation	3-F	FFA Two Star Synthetic Field	3-D	Logistics	4-B	Silver Rooms	4-E	> Visitor Centre Theatre	5-H
Basketball & Netball Centre	4-C	Football Centre	1-D	Maintenance	4-B	Spine Building	5-D	> Ticketing	5-H
Bronze Room	4-E	Football Fields	1-F	Massage/Recovery Room	5-H	Strength & Conditioning/Gymnasium	4-F	> Towels/Sportswear	5-H
Café	5-H	Free-Stream Swim Training Facility (STF)	4-C	Museum Rooms	5-H	Tennis Courts	3-H	> Visitor Centre	4-F
Centre/Store	4-B	> Charlesworth Theatre	4-E	Parking		Throwing Fields	7-C	Warehouse	4-C
Charlesworth Theatre	4-E	> Gold, Silver & Bronze meetings rooms	4-E	> Events	1-I	Track & Field Centre	4-D		
Charlesworth Theatre	4-E	> Combat Centre	4-E	> Permit Only	7-F				
Charlesworth Theatre	4-E	> Stadium Centre	4-E	> Staff/Athletes	7-A				
Charlesworth Theatre	4-E	GO Stadium Centre	3-E	> Visitors	6-I				
Charlesworth Theatre	4-E	Gold Room	4-E						