

SilverSneakers® Splash

Chronic Disease and Risk Management Guidelines

- Participant considerations
 - Participants who have had **recent eye surgery** *must* wear proper eyewear to avoid irritation.
 - **Do not wear hearing aids in the pool.**
 - Exercising in an outdoor pool? Encourage sunscreen, **skin protection**, hats and sunglasses.
- Participants should dress in appropriate swimwear, a swim vest or jacket for additional warmth, and aquatic footwear or sneakers with ties. **Avoid bathing caps**, as they impede the body's ability to dissipate heat. A shower cap is an appropriate alternative.
- Splash is a "shoe friendly" environment. Flip flops, socks or sandals are not allowed in the pool. Participants with neuropathy issues and diabetes, as well as those with plantar fasciitis, hammer toes, metatarsal discomfort or foot fungus **should wear shoes**. Diabetes can harm blood vessels in the nerves and feet. Participants with diabetes should never walk barefoot, as they can develop neuropathy (numbness) in the hands and feet. Aquatic footwear protects the feet against lacerations, cuts and bruises. *Caution: The pool bottom can be slippery and rough.*
- Discuss muscle cramping with students and solutions like proper hydration, massaging the affected area and pointing/flexing the feet. Healthways recommends dynamic and static stretching. If there is **redness** in the affected area, **be concerned**. Do not massage as redness can indicate a blood clot. Take emergency precautions and call 911.
- Indoor pool environments produce humidity and chemical odors, which can trigger asthma attacks. Encourage participants to bring inhalers or oxygen to the pool area.
- **Osteoporosis** results in bone loss. Although aquatic exercise can increase bone density, participants should consider additional weight-bearing activities as a part of a total body conditioning program.
- Participants with **arthritis** may suffer from chronic joint inflammation and pain. These participants should avoid exercising in cold temperatures, and should submerge affected joints to allow the buoyancy of the water to assist limbs in movement. Osteoarthritis of the hip is common among water exercisers, and many may have had hip replacements. Therefore:
 - Keep the knee below the hip when jogging.
 - Limit the amount of rebounding.
 - Avoid hip adduction where the leg crosses the midline.
 - Avoid internal/external rotation with hip flexion

