

## **ADMISSIONS POLICY**

### **General**

- 1.1 All treatments provided by Ards CryoSpa are for a maximum of 10 minutes per person.
- 1.2 All clients must complete a Medical Screening Questionnaire prior to the treatment.
- 1.3 GP/Consultant permission may be required before treatments can be provided. Please contact staff in Londonderry Park for further information.

### **U18 Clients**

- 1.4 Clients under the age of 18 must be accompanied by a responsible parent/guardian.
- 1.5 The parent/guardian must give permission for the treatment to be performed.
- 1.6 The parent/guardian must sign an under 18's consultation form.
- 1.7 The parent/guardian must be present in the room throughout the treatment.

### **What to Wear**

- 3.1 Suitable comfortable clothing is required to use the Cryospa e.g. shorts and T-shirt. No long trousers or jeans will be permitted. The use of neoprene booties is permitted if required by the user.
- 3.2 It is recommended that you bring flipflops and a towel to enable you to move comfortably from the spa room to changing room before and after treatment.

### **What to expect**

Our pool is normally set at circa 6°C.

At this temperature, the water in the pool feels very cold and can make your skin smart upon entering. Sudden immersion in water, that's significantly cooler than you're used to, leads to the body having an initial and automatic response to the rapid change in skin temperature. It causes, among other things, a sharp intake of breath, an increase in breathing rate and an increase in blood pressure. It typically lasts up to a couple of minutes.

You should enter the water slowly and keep your face clear until your breathing is under control. The cold water response decreases with experience and being mentally prepared.

The joy of getting into water at this temperature is the cold water 'high', the pure exhilaration and rush of endorphins that you get from getting in. Winter swimmers frequently become addicted to it, and it is sufficiently powerful that a 1 to 2 minute exposure can leave you feeling good all day.

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