

CHAILEY HERITAGE FOUNDATION - THE ACTIVITY PLACE

FITNESS ASSESSMENT INFORMATION



Gym

Our modern gym is designed for people who have difficulty accessing a traditional facility due to mobility, injury, learning or physical disability.

We are ideally suited to support and motivate individuals toward their fitness and rehabilitation goals. Following a physio assessment, our specialist fitness instructor will tailor a training programme, set goals, and monitor progress all in a friendly and supportive environment.

Before using the Activity Place gym, a gym form will need to be completed. If any contraindications have been highlighted, we will need to send a consent form to your GP to ask for clearance to use the gym.

We will conduct an initial assessment with a physiotherapist which we will need to book in advance of the session.

On the assessment we will discuss with the physiotherapist - aims and goals for using the gym, current physical activities taking part in, interests, health conditions, and any other relevant information. If the customer does not have the capacity to answer any of the questions at the assessment, please ensure someone can come along who has a good background knowledge of the customer as all information will assist us in the quality of the programme we can create for the customer.

Please bring along any slings that the customer uses as we will conduct a manual handling assessment during the gym assessment to assess how the customer can access how all the equipment.

The fitness Instructors will then take the customer through their gym programme during each session to ensure all the exercises are conducted correctly, to assist with any transfers, and to help adapt the programme were needed to suit the customer.

Rebound Therapy

Rebound Therapy is an exercise therapy which uses trampolines to provide opportunities for movement, therapeutic exercise, and fun for people with a wide range of physical and learning disabilities.

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If you would like to carry out any rebound therapy sessions, please complete the Activity Place Rebound Therapy consent and health form. If any absolute contraindications are highlighted, then the customer will not be able to participate in this activity.

We will then conduct an initial assessment with a physiotherapist which we will need to book in advance of the session.

Please bring along any slings that the customer uses as we will also conduct a manual handling assessment during the rebound assessment to assess how the customer can access the trampoline and equipment.

Swimming

A Manual Handling assessment will need to be carried out by a Chailey Heritage Foundation Manual Handling Assessor at the first session.

The pool is used by multiple parties across site. Because of this the sessions are strictly timed to ensure fairness for all. Please ensure that customers and their PA's exit the pool no later than their allotted time.

All customers should arrive 15 minutes earlier than their booked session to ensure they have sufficient time to change clothing etc and be pool side at their allotted time.

Please ensure own slings (if required) towels, bathing costumes, etc. are brought for each swimming session.

Please ensure that all support staff are knowledgeable about the manual handling plan for the person they are supporting. This is to include the use of slings and hoists. If they are not, then they must make this known to Aquatics staff upon entering the Aquatics building who will then be able to advise of the correct procedure.

Please refer the Activity Place swimming information for a full list of guidelines.