

PERFORM Operating Document

Swim-Ex Resistance Pool

PC-POD-AT-006-v05

Revision History

Version	Reason for Revision	Date
05	Created a more consolidated version	April 2, 2020

1. Introduction

The Athletic Therapy Clinic has a Swim-Ex Resistance Pool located in room S.1.213 – a room within the Athletic Therapy Clinic. The pool can only be accessed through a swipe key coded door. Only the Clinic Manager and Clinic Instructors have swipe key access. PERFORM Administrative and Research Staff may also have access.

This PERFORM Operating Document (POD) is designed to outline the use, maintenance schedule, safety aspects and training needs for the Swim-Ex Resistance Pool. This POD only covers the use within the Athletic Therapy Clinic and within the Scope of Practice for Athletic Therapists.

Researchers or others wishing to use the pool must provide proof of aqua certification as well as CPR certification.

2. Start-up Instructions:

The swim-ex pool was installed as part of the construction process of PERFORM. The following are the start-up instructions.

2.1. Steps before filling the pool:

- Clean the pool with soft scrub, wiping with a damp cloth
- If there are “rust” like stains use CLR to clean them

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- Wax the smooth pool finishes with boat wax
- Check pool for cracks or any other problems

2.2. Filling the pool:

Open the water valves to start filling the pool. As the pool is filling chlorine granules are added in the following manner:

- At each third of the pool add one HALF cup of chlorine crystals – the total amount of chlorine in a filled pool should be 1.5 cups. This “shocks” the water into a pool ready state.
- A “full” pool is when the water line reaches the fill line on the swim-ex label inside the pool.
- After the pool is filled and all the chlorine added let the pool run for 48 hours undisturbed. This will allow the chemicals to fully mix with the water.
- When the pool is fully filled the heater can be turned on – it heats the water at 1 degree Fahrenheit per hour so the 48 hours of running will allow for sufficient heating.

2.3. Water Testing

Once the pool has been running for 48 hours the initial water chemical tests can be done. The procedure is as follows:

A small water test kit was included in the original pool package. Subsequent test kits can be purchased at pool outlets or Canadian Tire, Walmart etc. Kits are to be stored as per instructions in order to maintain the validity of the test results. The tests are done for chlorine levels, PH levels and alkalinity. Index cards outlining how to test and read the results are included in the kit.

Normal chemical levels should be as follows:

- Chlorine – 1.-1.5 parts per million (no chlorine smell should be noticeable)
- PH – the PH level should be between 7.2-7.6
- Alkalinity – should be around 120 parts per million
- As PH and Alkalinity have a parallel relationship decreasing the level of one will affect the level of the other – always adjust the alkalinity level first

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2.4. Capozzoli Monitoring System:

As the swim-ex has the option of using the remote Capozzoli monitoring system. Should this system be activated, then once the pool has been filled and the initial chemicals balanced the remote monitoring system will basically take care of any needed changes in the system.

The system is able to monitor and regulate the levels in the water and add CO₂ or liquid chlorine as needed through the containers attached under the pool.

Weekly, monthly and yearly maintenance tasks will depend on the amount of usage. These will be outlined in section 3: Maintenance Schedule.

3. Maintenance Schedule:

The following outlines the daily, weekly, monthly, and yearly maintenance requirements for the Swim-Ex Resistance Pool. The owners and instruction manuals are kept online in the PERFORM shared documents drive.

3.1. Daily Maintenance

- As the pool has been fitted with a remote chemical monitoring system from Capozzoli Water Management, daily water testing is not necessary. Should there be a problem with the remote monitoring, an email will be sent to the AT clinic manager from Capozzoli with further instructions. If the water management system is not activated then daily monitoring with test strips is done.
- Check and adjust the water level. It should be one half inch above the front inside wall at the check mark beside the word “Swim-Ex”
- Check skimmer for any objects.
- Check water temperature and adjust heater thermostat if needed.
- Wipe down the water line (scum line) with a clean, wet rag/towel.

3.2. Weekly Maintenance

- “Bleed” (release air) filter (Please refer to Manufacturer’s Manual). For heavy use, bleed the filter daily.

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- Check hair catcher (located just before filter pump) for any objects, and remove if need be.
- Clean sides of the SwimEx at the water line (scum line). It is recommended to wipe the side walls with a clean (wet) towel/rag at least once a week or as needed.
- Check to make sure all electrical equipment is functioning properly, i.e. ozonator, heater, etc.

3.3. Monthly Maintenance

- Check filtration pressure
- Clean filter cartridge:
 - Light Use: Every 2-3 months
 - Medium Use: Every month
 - Heavy Use: Weekly or as needed
- Use the following as a guide for usage rates.
 - Light Use: 0-2 hours of daily operation
 - Medium Use: 2-6 hours of daily operation
 - Heavy Use: Over 6 hours of daily operation
- Check all electrical connections, all ground wire connections, and test all circuit breakers for proper function.

3.4. Yearly Maintenance

- Replace filter cartridges. Check owner's manual for size. Most local pool stores carry replacement filters or call the SwimEx Customer Service Department. For heavy use, replace filters often, as needed.
- Clean out (vacuum or blow unit on compressed air) the air vent holes on the filter pump motor.
- Lubricate and grease paddlewheel shaft bearings using waterproof lithium-based grease.
 - Light Use: Every year
 - Medium Use: Every 6 months

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Heavy Use: Every 6 months

- Check colored workstations for any discoloration or fading. Extended exposure to chemicals (especially high levels of chlorine), water temperature and other factors may lead to discoloration or fading of workstations.
- Change paddlewheel motor gear box oil per manufacturer's instructions.
 - Light Use: Every 2 years – fill to “continuous oil level”
 - Medium Use: Every year – fill to “continuous oil level”
 - Heavy Use: Every 6 months – fill to “continuous oil level”
- SwimEx recommends using synthetic gear oil such as “Mobil SHC 634”, which is the gear oil supplied in the gearbox. (The capacity for the 7.5 hp gearbox is 8 pints – the 5 hp is 4 pints).
- Lubricate the electric (paddlewheel) motor per manufacturer's instructions.
 - Light Use: Every year
 - Medium Use: Every 6 months
 - Heavy Use: Every 6 months
- Check all air tube lines to make sure they are securely attached to the air buttons and to the controller. Also, inspect for any crimps or obstructions in the air lines.

3.5. As needed Maintenance

- Vacuuming: as needed – the vacuum is kept in the pool storage area.
- Cleaning of Fiberglass Surfaces: A “Fantastic” or “Soft Scrub” cleaner is recommended. Use a clean, dry cloth and be careful not to get the cleaner in the water. If the SwimEx needs to be drained to reach these stains or drained once a year as part of the regular maintenance, simply open the main drain water shut off valve located under the front section of the SwimEx. While the pool is drained, carefully inspect the pool looking for any structural cracks or abnormalities in the surface or seams, fading of colored workstations, and check both the front and rear grates to make sure they are secure. Turn the drain valve to the closed position before refilling with fresh water. For tough stains, Benckiser's “Lime-A-Way” or Lysol's “Hard Water Stain Cleaner” are recommended. A fiberglass polishing compound can also be used. If used, buff

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out the stain with a clean buffing pad. After cleaning, the fiberglass surfaces should then be waxed. Do not wax the top lip of the pool. A “fiberglass boat wax” will stand up best, or use any wax that stands up well to constant exposure to warm water. You should clean, polish and wax your fiberglass surfaces if the surface starts to “yellow” or stain and as needed.

4. Safety

Refer to section 4.1 of the Athletic Therapy Clinic Standard Operating Procedure document for the general rules regarding pool safety. (PC-SOP-AT-001)

Extra safety features include: a panic button installed on the west wall of the pool area, a CO₂ monitoring system – should the level of carbon dioxide rise in the room a strobe light is activated within the clinic and an alarm sent to the main security desk at Concordia, an emergency cord installed over the pool itself which when pulled activates a red strobe light within the clinic and sends an alarm to the main security desk at Concordia.

5. Training Requirements:

Aqua therapy and its applications are covered under the Scope of Practice for Athletic Therapists. The certified athletic therapists working as supervisors within the clinic must take an addition certification course offered by the Canadian Aquafitness Leaders Association (CALA) or their equivalent.

Internship students using the swim-ex as part of a treatment protocol must always be accompanied by the supervisor when in the pool area with the client. No specific training for the student is required in addition to the orientation session given at the start of the internship which will cover the regulations regarding the Swim-Ex. The POD for the swim-ex must be read and signed by each internship student.

Researchers or others wishing to use the pool must read and sign this POD as well as show proof of aqua and CPR certifications.