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AQUATIC HOME EXERCISE AND ACTIVITIES DURING COVID-19 LOCKDOWN and AFTER

There are over 950,000 privately owned pools in South Africa.

The South African Society of Physiotherapy Aquatic Group would like to provide the public with some ideas of how to make the most of a home pool while the weather holds, during Lockdown and after. Not all pools are large enough for swimming.

NB: As always, if you have not exercised on land or in water before, do consult your medical practitioner first. Do not exercise if you feel unwell.

Start exercise slowly and build up the pace as you go along.

We have prepared some simple video clips to help you through this time.

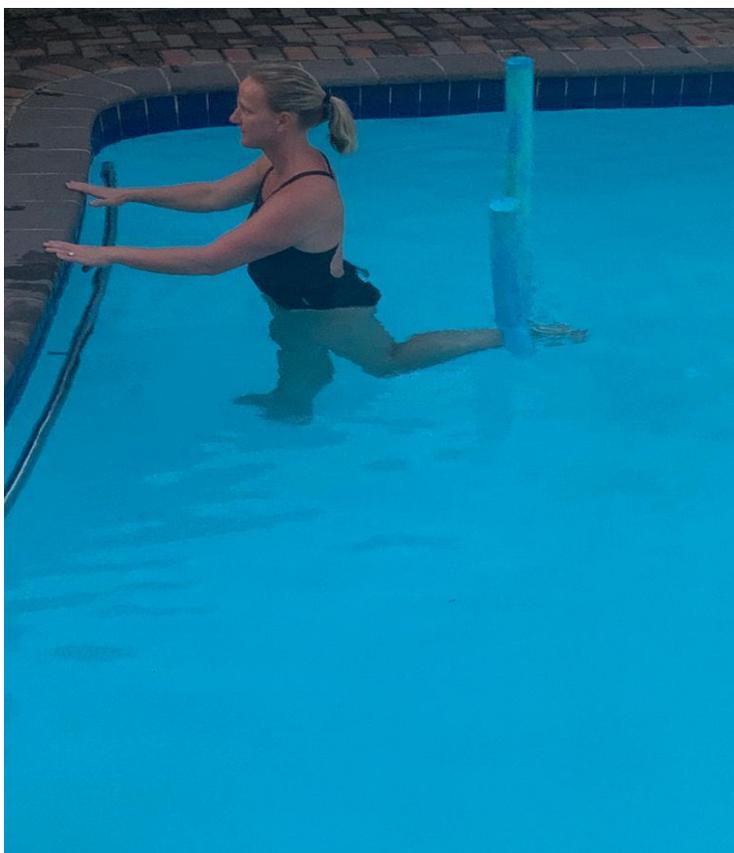
You can do 5-10 repetitions and increase those gradually, or you could follow one exercise after the other as a circuit and repeat the circuit.

NB: At all times you should be able to talk easily and not feel distressed while exercising. No exercise should hurt.

Don't overdo any form of exercise !

1. Just walking forward and backwards through the water is effective, as water is 800 times more dense than air and so provides resistance. This works better up to rib level, after which increased buoyancy reduces the effect. <https://youtu.be/GCfiVAV84k8>
2. The same applies to jogging.
3. Running on the spot, bobbing on the spot, small jumps in all directions at waist to rib level are useful and take little space
<https://youtu.be/Jg3eBgCmTjk>
4. Arm exercises can be added <https://youtu.be/4UjVcWkBPFw>
5. If you have a pool noodle, additional arm and leg exercises can be effective and fun. <https://youtu.be/jQunozLD4YA>
6. Some simple stretching exercises. Hold for 20-30 seconds and repeat 3 times each





FAMILY FUN EXERCISE IN THE POOL

1. 'Water tennis'. Try this on one leg! <https://youtu.be/hKXmFgZLwQ>
2. Push a ball under the water then towards each other, just out of reach. Try this on one leg! https://youtu.be/C_tUulAP9aY
3. Race each other walking, running, hopping or sculling on a noodle across the pool. <https://youtu.be/SpfL1PCtddY>
4. Sit on a noodle and play 'Simon Says'. <https://youtu.be/1oTo5ouyAGU>

5. Retrieve more than one toy/diving ring from the pool floor
<https://youtu.be/Hr4yavj-afw>
6. Play balloon badminton, jumping up to push the balloon to each other.
<https://youtu.be/BfAEbJsoiLs>
7. Some of these activities can be adapted for the younger ones.
They can have fun entering and leaving the pool. Sitting on the side, sing the Humpty Dumpty Song. When it is 'had a great fall', the child enters the pool independently or into a parent's arms.
Wriggle onto the side and repeat.

HAVE FUN AND STAY HEALTHY!