



## Prenatal Aquatics Participation Waiver

### MD Clearance to Participate

The therapeutic pool is at a temperature of 90-91 degrees, and may seem too warm for some mothers, or cause a reaction from the heat. For your safety, we ask that you consult your OB provider for clearance to participate in classes before starting. Unfortunately, we cannot allow participation without the clearance.

### Physician Permission

\_\_\_\_\_ is a known patient of mine and:

- Should NOT join prenatal aquatics at this time due to \_\_\_\_\_.
- Has no restrictions regarding the ability to join a prenatal aquatics class.
- Can join prenatal aquatics with the following restrictions:

\_\_\_\_\_.

\_\_\_\_\_  
Physician signature

\_\_\_\_\_  
Date