

NMCS DAY PROGRAM  
Guidelines for Swimming with History of Seizure Disorder

The following safety measures are recommended by the Epilepsy Foundation for people who experience seizures:

1. Before going out in the water, ask the doctor whether the client's seizures are under sufficient control to permit swimming.
2. Swim with the client or be certain that another responsible person who knows first aid for seizures is in the water with him/her at all times.
3. A flotation device that supports the client's head above water is a good idea.
4. Lifeguards should be on duty for all swimming activities.

Any client who has the diagnosis of a seizure disorder needs to have the following written consent form to participate in swimming:

Participant's Name: \_\_\_\_\_

Check one or more of the following:

May participate in swimming activities  
\_\_\_\_\_ with flotation device  
\_\_\_\_\_ without flotation device  
\_\_\_\_\_ with staff present  
\_\_\_\_\_ unattended

May not participate in swimming activities \_\_\_\_\_

May use Jacuzzi  
\_\_\_\_\_ with staff present  
\_\_\_\_\_ unattended

May not use Jacuzzi \_\_\_\_\_

\_\_\_\_\_  
Physician's Signature

\_\_\_\_\_  
Date

Additional Physician Comments: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_