

Unit 746 – Monitor Clients and the Operation of Sauna, Steam and Hydrotherapy Treatments

Guided Learning Hours: 59

Learning Outcome	Assessment Criteria
<p>1. Be able to maintain safe and effective methods of working when monitoring clients and the operation of sauna, steam and hydrotherapy treatments</p>	<p>1.1 check personal hygiene, protection and appearance meet accepted industry, organisational</p> <p>1.2 use industry hygiene and safety practices throughout the service to minimise the risk of cross infection</p> <p>1.3 position the person and themselves to minimise fatigue and risk of injury whilst working</p> <p>1.4 dispose of waste materials safely and correctly</p> <p>1.5 give clear and accurate instructions to anyone assisting them, when necessary</p> <p>1.6 check that problems or difficulties are reported to the relevant person(s) promptly in line with organisational procedures</p> <p>1.7 keep record cards up-to-date, accurate, complete, legible and signed by the client and practitioner</p>
<p>2. Be able to prepare, maintain and monitor the spa environment</p>	<p>2.1 set up and monitor the spa treatment areas to meet legal, hygiene, organisation procedures and manufacturers' instructions</p> <p>2.2 clean all tools and equipment are cleaned using the correct methods</p>
<p>3. Be able to provide client consultation, care and advice</p>	<p>3.1 use effective consultation techniques to determine the client's suitability for treatment</p> <p>3.2 obtain signed, written and informed consent prior to treatment from the client or minor for a minor a parent or guardian</p>

	<p>3.3 identify any contra-indication by asking the person questions and recoding the responses</p> <p>3.4 encourage clients with suspected contra-indications to seek medical advice without reference to specific conditions and without causing undue alarm or concern</p> <p>3.5 fully induct the client into the spa treatment areas following organisational policy</p> <p>3.6 check that the client understands the benefits, uses and restrictions applicable to each spa treatment area</p> <p>3.7 highlight to client the location and content of written instructions for each spa treatment area and their associated risks</p> <p>3.8 check the client's wellbeing at regular intervals according to organisational policy and maintain the client's comfort at all times</p> <p>3.9 take the necessary action in response to any contra-actions occurring during the treatment</p> <p>3.10 check the treatment is carried out within a commercially viable time</p>
<p>4. Be able to provide shut down treatment</p>	<p>4.1 check the spa treatment areas are shut down according to legal, organisational and manufacturers' requirements</p> <p>4.2 check the spa treatment areas are in a condition suitable for future treatments</p> <p>4.3 notify the relevant person(s) of the completion of shutdown procedures</p>
<p>5. Understand organisational and legal requirements</p>	<p>5.1 explain own responsibilities under relevant health and safety legislation</p> <p>5.2 explain own responsibilities under any local bye-laws relating to spa treatment areas</p> <p>5.3 explain the importance of not discriminating against clients with illnesses or</p>

	<p>disabilities and why</p> <p>5.4 explain the age at which an individual is classed as a minor and how this differs nationally</p> <p>5.5 explain the current legal and professional guidance relating to any age restrictions for these treatments</p> <p>5.6 explain why minors should not be given treatments without informed and signed parental or guardian consent</p> <p>5.7 explain why it is important, when treating minors under 16 years of age, to have a parent or guardian present</p> <p>5.8 explain the legal significance of gaining signed, informed client consent to treatment</p> <p>5.9 explain manufacturers', organisational and legal requirements for waste disposal</p> <p>5.10 explain the importance of the correct storage of client records in relation to the Data Protection Act</p> <p>5.11 explain how to complete and maintain accurate records of water testing for hydrotherapy treatment areas</p> <p>5.12 explain own responsibilities under current Control of Substances Hazardous to Health (COSHH) Regulations for the correct use and storage of chemicals required for spa treatments</p> <p>5.13 explain own responsibilities and reasons for maintaining their own personal hygiene, protection and appearance according to accepted industry and organisation requirements</p> <p>5.14 explain the organisation's requirements for client preparation</p> <p>5.15 explain the organisation's recommended service times for sauna, steam and</p>
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	<p>hydrotherapy treatments</p> <p>5.16 explain the organisation's and manufacturers' requirements for the maintenance and monitoring of spa treatment areas</p> <p>5.17 explain the organisation's requirements and preferences for setting the ambience of the spa environment</p> <p>5.18 explain how to complete the client records used in their organisation and the importance of and reasons for keeping records of treatments and gaining clients' signatures</p>
<p>6. Understand how to work safely and effectively when monitoring clients and the operation of spa treatment areas</p>	<p>6.1 explain the type of personal protective equipment that should be available and why it is important to use it</p> <p>6.2 explain why it is important to use personal protective equipment</p> <p>6.3 explain what is contact dermatitis and how to avoid developing it when carrying out the maintenance of spa treatment areas</p> <p>6.4 explain the necessary environmental conditions for spa treatment areas and why these are important</p> <p>6.5 explain how to position the client for spa treatment</p> <p>6.6 explain reasons for maintaining client comfort during spa treatments</p> <p>6.7 explain why it is important to maintain standards of hygiene and the principles of avoiding cross-infection</p> <p>6.8 explain why it is important to check the client's wellbeing at regular intervals</p> <p>6.9 explain the importance of regular water intake during spa treatments for both staff and clients</p>

	6.10 explain how to give clear instructions to others
7. Understand preparation, maintenance and monitoring for sauna, steam and hydrotherapy treatments	<p>7.1 explain how to prepare and use the equipment for sauna, steam and hydrotherapy treatments</p> <p>7.2 explain the recommended operating temperatures and humidity levels for sauna, steam and hydrotherapy equipment</p> <p>7.3 explain the importance of following manufacturers' instructions for client capacity levels for sauna, steam and hydrotherapy equipment</p> <p>7.4 explain the possible dangers of chemical and equipment misuse</p> <p>7.5 explain the maintenance and monitoring requirements for sauna, steam and hydrotherapy equipment</p> <p>7.6 explain the recommended treatment times and the potential risks of exceeding them</p> <p>7.7 explain how to test and interpret results of water and chemical concentrations</p> <p>7.8 explain the main types of air and waterborne infections that can affect spa environments and clients</p> <p>7.9 explain the cleaning regimes which must be used in the treatment area to avoid the spread of infection and the nature of air and waterborne infection</p>
8. Understand client consultation and care	<p>8.1 explain why it is important to encourage and allow time for clients to ask questions</p> <p>8.2 explain how to use effective consultation techniques</p> <p>8.3 explain how to give effective advice and recommendations to clients</p> <p>8.4 explain why it is important to encourage and allow time for clients to ask questions</p>

	<p>8.5 explain those contra-indications that will prevent sauna, steam and or hydrotherapy treatments and why</p> <p>8.6 explain those contra-indications that will restrict sauna, steam and or hydrotherapy treatments and why</p> <p>8.7 explain the importance of and reasons for not naming specific contra-indications when encouraging clients to seek medical advice</p> <p>8.8 explain the reasons why it is important to encourage clients with suspected contra-indications to seek medical advice</p> <p>8.9 explain the possible contra-actions which can occur during water, temperature and spa treatment sessions and how to deal with them</p> <p>8.10 explain the importance of questioning clients to establish any contra-indications</p> <p>8.11 explain why it is important to record client responses to questioning and gain their signature</p> <p>8.12 explain the legal significance of client questioning and recording the client's responses</p> <p>8.13 explain how cultural background impacts on the delivery of sauna, steam and hydrotherapy treatments</p>
<p>9. Understand sauna, steam and hydrotherapy treatments</p>	<p>9.1 explain the different types and uses of equipment available for sauna treatments</p> <p>9.2 compare the different types and uses of equipment available for sauna treatments</p> <p>9.3 compare the different types and uses of equipment available for hydrotherapy treatments</p> <p>9.4 evaluate the physiological and psychological effects of sauna treatments</p>

	<p>9.5 evaluate the physiological and psychological effects of steam treatments</p> <p>9.6 evaluate the physiological and psychological effects of hydrotherapy treatments</p> <p>9.7 compare the different physiological and psychological effects of hot and cold spa treatments on the skin and body</p>
<p>10. Understand how to provide aftercare advice for clients on sauna, steam and hydrotherapy treatments</p>	<p>10.1 explain products for home use that will benefit the client and those to avoid and why</p> <p>10.2 explain the contra-actions that could occur after sauna, steam and hydrotherapy treatments and what advice to give to clients</p> <p>10.3 explain the post-treatment restrictions applicable to sauna, steam and hydrotherapy treatments</p> <p>10.4 explain suitable types of follow-on treatments, their benefits and costs</p> <p>10.5 explain the importance of water intake post treatment</p> <p>10.6 explain the nature, duration and importance of rest periods post treatment</p>