

GETTING IN AND OUT OF THE POOL

Sit on the side of the pool holding a top chamber handle. Step one leg at a time over the side of the pool wall, so that the mother is sitting with her feet in the pool water. Gently move into a kneeling position to lower yourself into the pool water using the handles for assistance.

If there is difficulty in stepping a leg over the pool wall, the top chamber can be temporarily partially deflated. Perform the 'Sit and Swing' with the assistance of one other person.

NB. Beware of spills. If you feel the water level is too high with you or you and your partner in the pool, you should remove some water with a clean bowl.

EMPTYING THE BIRTH POOL

The pool can be drained in a variety of ways e.g. bucket, siphon or submersible pump.

Some methods such as the submersible pump will require straining the pool water before the appliance is used. Please check manufacturer's guidelines on your chosen emptying method.

If using a submersible pump, keep the power supply away from the pool and wet areas.

YOU MUST DRAIN ALL OF THE WATER FROM THE POOL BEFORE REMOVING THE LINER.

Discard the liner after use. Do not reuse.

DEFLATING THE POOL

Ensure the pool is dry before deflating. Open both the upper and lower chamber valves fully to release the air. Depress the sides of the pool to speed up deflating the pool. Open the floor chamber valve. Fold the pool into three sections longitudinally and the roll the pool in the direction of the open valves to expel the last of the air. Store in a clean and dry place.

If you require further information, please visit the Aquaborn website at www.aquaborn.co.uk or speak to the distributor in your country.

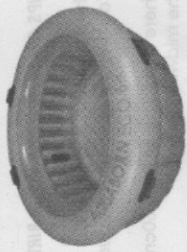
TROUBLESHOOTING THE AQUABORN ECO BIRTH POOL

PROBLEM	SOLUTION	TIP
The pool sides are not firm enough.	Top up with air. Check that the air valves are closed. The pool height should not exceed 72cm for an empty inflated pool.	Inflatable products normally loose air pressure initially.
The floor is not firm enough.	Top up with air and check that valve is fully closed.	The floor chamber may appear soft, however when water is added to the pool, the chamber will become firmer.
The pool appears to deflate quickly.	Check that the valves are closed, top up with air, re-check after 3 hours. If it deflates rapidly again you may have a puncture.	A puncture repair kit is supplied with your pool.
The liner will not remain in situ.	Check the orientation is correct. Fit it over the handles and inflate the top chamber.	The liner is secured by the inflated top chamber
The pool water is losing heat too quickly.	Close all windows, allow room to warm up, use the heat retaining lid and liner.	The water maintains its temperature better when room humidity is higher.

We hope you have a wonderful birth experience!

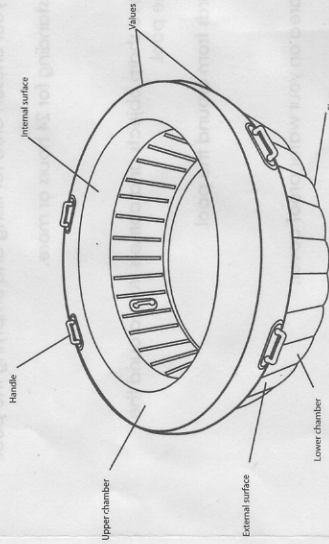
AQUABORN

changing birth



Eco Birth Pool Professional Instructions

Thank you for purchasing an Aquaborn Birth Pool. Please follow these instructions carefully, otherwise damage or injury may occur.



Aquaborn Eco Birth Pool Pro	
External max dimensions	71 x 59" 180 x 150cm
Internal max dimensions	55 x 44" 140 x 110cm
Internal depth	27" (68cm)
Floor thickness	3.5" (8.5cm)
Rim width	10" (25cm)
Number of persons	2 persons
Outer Cover	1 Included
Disposable liner	Included
Max height of mother	6'2" (188cm)
Professional Use	20 use.
Weight when filled	560kg plus mother
Lid	Included



This birth pool has a one year warranty or 20 use warranty, whichever comes first. The warranty is void if the birth pool is used without a Liner and Outer Cover. Please adhere to these guidelines at all times. This pool is not warranted against punctures or tears. In the event of an air leak, please use the supplied repair kit. For further warranty information please contact your distributor.

IMPORTANT

- YOU MUST USE AN OUTER COVER AND LINER WITH THIS POOL AT ALL TIMES.
- FOLLOW ALL INSTRUCTIONS SET OUT IN THIS MANUAL.
- REMOVE ALL SHARP OBJECTS FROM AROUND THE POOL.
- PLACE THE POOL OVER AN AREA CAPABLE OF WITH STANDING 650KG
- THE POOL SHOULD BE AT ROOM TEMPERATURE BEFORE UNFOLDING AND INFLATING
- DO NOT USE AN INDUSTRIAL COMPRESSOR TO INFLATE YOUR POOL.
- DO NOT FILL THE POOL WITH WATER EXCEEDING 60°C.
- EMPTY, DRY AND STORE SAFELY WHEN NOT IN USE.
- AQUABORN CAN NOT ACCEPT RESPONSIBILITY FOR HOUSEHOLD DAMAGE FROM USING THIS POOL.
- CHILDREN MUST ALWAYS BE SUPERVISED BY AN ADULT

TIPS ON SETTING UP YOUR BIRTH POOL

The Aquaborn Eco Birth Pool needs to stand over an area capable of supporting a 650kg load. You may need to seek the advice of a professional.

There should be at least 60cm of cleared free space around the perimeter of the pool to allow the midwife access.

Consider how large your waterproof cover needs to be to protect the floor against spillages. In most circumstances a very large waterproof tarpaulin is adequate to protect the floor space.

Allow a space of at least 2.5m x 3m to set up and use the Aquaborn Eco Birth Pool.

Your pool must be inflated in a warm environment. Ensure the pool and liner is at room temperature before inflating.

Ensure you have enough hose pipe to reach your chosen area for filling and emptying the pool.

Refresh the birth pool water after it has been standing for 24 hours or more.

PREPARE THE AREA

Sweep or vacuum the floor surface and remove sharp objects and corners from around the pool and your persons to avoid puncturing the pool.

Remove all electrical items and tripping hazards from around the pool.

Lay down your waterproof floor protection.

Place the pool in the centre of your cleared area on your water proof cover.

INFLATING THE BIRTH POOL AND FITTING THE OUTER COVER

Inflating the pool and fitting the Outer Cover takes approximately 10 minutes.

Ensure the valves are easily accessible for inflating and deflating by orientating your pool in such a way that allows good access.

Unfold the sides gently.

NB. Unfolding and inflating the pool when the pool material is below 5 degrees or above 20 degrees Celsius, voids the warranty.

Locate the side handles and the top handles

Unfold the Outer Cover and orientate to match up with the pools' handles.

Place the deflated pool inside the unfolded outer cover on the floor.

Inflate the chambers in the following order:

- i. inflate the floor chamber
- ii. inflate the lower chamber

Align the handles of the pool into the handle slots in the outer cover. You may need to adjust the orientation of the cover to fit the pool.

- iii. Inflate the top chamber

Check that all the valves are tightly closed.

DO NOT OVER INFLATE. The upper and lower chambers should feel firm but not hard. When water is added to the pool, the sides will become firmer.

Inflate the Lid using a small nozzle adaptor for your air pump. This takes approximately 5 minutes.

FITTING THE LINER

Full Liner: This should be fitted with the upper chamber partially deflated. Unfold the liner and orientate the handle slots with the pool handles.

Fit the top of the liner over the top ring of the pool aligning the top and side handles and inflate the upper chamber.

Arrange the liner around the perimeter of the pool floor. Locate the internal handle gussets and align with the internal handles of the pool. The Full Liner goes over the top of the Outer Cover.

Zip-in Liner: This should be fitted with the pool fully inflated and the Outer Cover fitted.

Unfold the Zip-In Liner carefully and orientate the handle gussets with the pools' internal handles.

Locate the end of the zip on the Zip-In Liner and the Outer Cover and zip into place.

Arrange the liner around the perimeter of the pool floor. Locate the internal handle gussets and align with the internal handles of the pool

IMPORTANT: REMOVE ALL WATER FROM THE POOL BEFORE REMOVING THE LINER. DISCARD THE LINER AFTER USE.

FILLING THE BIRTH POOL

Start filling the Aquaborn Birth Pool with 12 cm of cold water first. Then fill with hot water. The hot water should not exceed 60 °C.

Do not pour hot water directly against the sides of the pool.

Use a good water thermometer to monitor the water temperature as you fill the pool

Use the inflated lid during filling to help maintain the water temperature.

The water in the birth pool needs to be approximately 37 – 38 °C. This may vary depending on the mother's requirements.

DO NOT ADD BOILING WATER TO THE POOL.

Fill the pool to the top of the lower chamber. This fill line is also marked on the Liner. The water level will increase once the mother is in the pool. If the water is more than 10cm from the top, remove some water.

Filling usually takes between 40 and 60 minutes. *NB. This depends of your hot water system.*

MAINTAINING THE TEMPERATURE OF THE POOL WATER

The pool water will lose approximately 1°C every 3 hours.

It is advisable to set up, fill and use this pool in a room which is of ambient temperature.

Use the inflated Heat Retaining Lid, when the pool is not in use.

Adjustments to water temperature should be done using a clean bowl.