

# Auckland HomeBirth Community

*Discovering • Empowering • Celebrating*

## 'Birth Day Pool' Instructions



*Ensure that these instructions have been read through carefully before pool setup/ labour begins and are easily accessible (digital or printed) for referring to during setup.*



## Birth pool parts

1. Soft underpad
2. Light blue liner
3. Blue looped liner
4. 6 x T shaped tubes (these are the legs of the pool)
5. 6 x Short connector tubes

*Note: heat retention pad is no longer supplied.*



## Single-use birth pool liner

This **MUST** be used at all times. If this is not used, the bond cannot be refunded as the bond will be used to cover the cleaning costs and time.

This single-use birth pool liner is yours to keep.



## Filling hose

This is for **filling** the pool with clean water **only!** Do not allow the hose to come into contact with the water in the birth pool. Do not use to empty the pool!

If the hose is contaminated, the bond cannot be refunded as the bond will be required to purchase a replacement filling hose.

This hose must be returned with the birth pool.



*Please respect the use of the single-use pool liner and filling hose. Ignoring these instructions puts people, including babies at risk!  
Always adhere to these instructions.*



# PREPARATION, INFLATION, AND FILLING

## Step 1.

Prepare the floor area:

- Ensure the area under where the pool is going to be is flat and will support the weight of the filled pool (more than 750kg).
- Remove objects and sweep/vacuum thoroughly.
- Optionally lay down a waterproof layer and/or blanket (or similar).

## Step 2.

Place the soft underpad (1) on the area where you will be setting up the pool.





## Step 3.

Get out the blue looped liner (3) and erect the white frame through the loops. The frame tubes push and 'click' together. Alternate the short connectors (5) and T tubes (4). See photos:



- ① To prevent sore fingers, you can use a pen or screwdriver to press the buttons on. Do not use more force than necessary.
- ① A couple of the pipes may not 'click' together anymore. However, this does not affect the pool as it will still be sturdy.

## Step 4.

Next, the light blue liner (2). This is placed inside the blue looped liner. Pull the light blue liner up and over the frame and blue looped liner. Pull the liner down to the floor. The edges tuck over snugly. See photo:



- ① Try to remove as many wrinkles as possible from the floor.
- ① The liner will be stable when filled with water.

## Step 5.

**⚠ IMPORTANT:** The single-use liner **MUST** always be used to ensure both your safety and that of others using the pool!

As with the light blue liner, place the single-use liner inside the pool then open the top out and over the edges. The liner should completely cover the pool, *all the way down to the floor*.

Again, try for as few wrinkles on the bottom of the pool as possible.





① TIP: Wrapping the outside of the liner with tape or a strap can help stop the liner moving around and tripping on the edges of the liner.

For example -



*In the picture above, the excess liner should be tucked under the pool. Make sure the tape does not come in contact with the pool as it leaves a sticky residue.*

① TIP: You can put towels, pillows, blankets, etc. under the single-use liner. Pool noodles can be also cut in half lengthways and pushed over the edges.





## Step 6.

The pool is now ready to be filled.

**Fill with either warm water (ideally 37°C) or if you have separate hot and cold, fill with cold water first!**

**⚠ WARNING:** Filling with hot water first could damage the liner and pool.

**⚠ IMPORTANT:** The filling hose must not come into contact with the pool water! Keep the hose above or on the edge of the pool but never *in* the pool. Ensure that the hose cannot accidentally fall in the pool. Once the pool is in use, the hose should be kept away from pool unless more water is being added.



- Once water covers the floor of the pool, flatten and smooth any wrinkles in the single-use liner and remove any air pockets as best you can.
- Continue to fill with water to a level that covers your pregnant belly.

**i** The water level will increase when you get in and can be adjusted then.

## **i** TIPS FOR FILLING

- Consider using the washing machine or dishwasher taps or the shower mixer pipe. These often have threads that fit tap adapters.
- **If tap adapters don't fit, you can use the following method:**
  1. You will need a clean bucket, large container or similar; the filling hose; optionally a clean peg, clamp or weight to keep the filling hose submerged; a sink (the higher off the floor the better).
  2. Place the bucket/container in the sink. **Make sure the drain isn't blocked.**
  3. Start filling your bucket/container with water. Once the container is near to full, put the hose end to the tap so that water starts to flow through the hose. Hold the hose there.
  4. After a few seconds, quickly place the end of the hose in your container. The siphon should continue to suck water through the hose from the container. You may need to use the peg, clamp or weight to keep the hose end at the bottom of the container.
  5. Adjust the flow from the tap into the container so that it is fairly equal to the flow of the hose. It is better for the container to be slightly overflowing than have the water level lowering.
  6. The hose will continue to flow as long as it is submerged in the water.
  7. To stop the flow from the hose, remove it from the container. (Water still in the hose may continue to flow until the hose is mostly empty). Turn off the tap.



*Courtesy of webirthathome.com*

- The water temperature should ideally be **37°C for birth**.
- Depending on your water supply/pressure, it can take an hour or more to fill. Doing a practice run will give you an idea of how long it will take ahead of labour. (The single-use pool liner must be used even with a practice run!)
- Running the hot water cylinder out of hot water is common. A few weeks before your EDD, turn your hot water cylinder up to maximum temperature. (Remember to turn it down again after birth.)
- If you run out of hot water, continue to fill with cold till near maximum water depth. Then top up with boiled hot water to reach correct temperature – you can use kettles and pots to boil water.
- ⚠️ **WARNING:** Keep boiled hot water away from the sides of the pool and the person in it! Mix the water while pouring if possible.
- See this webpage for more tips and suggestions:  
[www.ahbc.space/articles/what-you-need-for-home-water-birth/](http://www.ahbc.space/articles/what-you-need-for-home-water-birth/)


*You're done. Enjoy!*



*Photo courtesy of Kat Nixon and [Heidi Marie Photography](#)*


# EMPTYING, CLEANING AND DISASSEMBLING THE POOL

## Step 1 - Emptying.

 **IMPORTANT:** The filling hose must NOT be used to empty the pool!

- Remove any debris from the water with a strainer.
- Remove water from the pool with a garden hose or similar by starting a siphon. You can also bucket the water out.  
(DO NOT USE THE FILLING HOSE!)
- Once the water level gets too low, switching to a smaller container such as a bowl or cup can help get the last bit of water out.
- Bring the edges of the single-use liner up and together then clasp it closed as tightly as possible to keep the still wet interior sealed. Carefully lift it out preventing (or at least minimising) drips onto the pool. Dispose or upcycle the liner hygienically. Do not return the liner.


## Step 2 – Cleaning and disassembly.

 **IMPORTANT:** The pool must be returned clean and dry!

Clean the pool parts with a mild cleaning agent. Suitable cleaners are:

- Regular strength bleach (sodium hypochlorite) diluted in water to a 10% bleach mixture (1:10).
- Clorox wipes or similar.
- Dettol diluted as per bottle instructions or Dettol wipes.
- Hydrogen peroxide (3% or higher).

 Preferably use unscented cleaners. Wearing gloves is recommended.

 **WARNING:** Cleaning agents are ineffective in the presence of things like food, dirt, blood, faeces, etc. Carefully check the pool parts and hose while cleaning and if you find any contaminants, remove before cleaning with the above cleaning agents.



**⚠ IMPORTANT:** At each stage of cleaning, the pool parts should be wet or moist (but not dripping) with cleaning agent and then left to sit for at least 10 minutes. After at least 10 minutes, dry each part with a CLEAN cloth or towel.

**⚠ IMPORTANT:** Both sides of the light blue liner and looped liner must be cleaned!

**📌 It's easiest to clean and disassemble the pool at the same time.**

- Start by cleaning the inside of the light blue liner – this is the inside and outside of the pool while the light blue liner is still attached. Wait at least 10 minutes and then dry the light blue liner.
- Remove the light blue liner and now clean the outside of it. Clean the inside of the blue looped liner. Wait at least 10 minutes and then dry the outside of the light blue liner and the inside of the looped liner.
- Remove the blue looped liner. Disassemble the frame tubes. Clean the outside of the looped liner, inside the loops, and the white tubes. Wait at least 10 minutes. Dry each part and return all parts to the carry case.
- Ensure that there is as little water left in the filling hose as possible! Clean the filling hose, ensuring that you clean the entire length. Wait at least 10 minutes and then dry the hose. Return the hose to the carry case.

