

Complying With Guidelines - Making The Therapy Room Safe.

1 I Require You, My Client:

- To arrive at your scheduled time, not early, to maximise social distancing.
- To not enter the building if you arrive early.
- To attend your session alone (Unless you require a carer to support you)
- To stand back after ringing the doorbell to ensure an appropriate safe distance.
- To wash your hands and/or use hand sanitiser on arrival in the vestibule and in the clinic before and after our treatment.
- To contact me and re-arrange your appointment if you have a temperature, or are feeling unwell, or if any person in your household has the same or is self isolating.
- To answer additional questions at the time of booking regarding Covid-19, 48 hours before and at our appointment.
- To remain patient as this is a new experience for us all.

2 Guest Arrival and Reception:

- I will greet you warmly but without a handshake or personal contact.
- You will be the only client in the building at one time.
- I will clean the entrance and hall area regularly.
- You are required to wear a mask on arrival.
- You will be invited in and follow me to the treatment room on arrival.
- I require that you pay prior to your session at the time of booking by bank transfer, bank card or standing order. Cash payments may be delivered in advance in a sealed envelope labelled 'The Therapy Room'

3 My Clinic:

- I have undertaken a thorough review of my clinic space and the services I offer.
- I've arranged my entrance hall and treatment area to adhere to social distancing guidelines.
- I have deep cleaned my clinic in preparation before reopening.
- All surfaces throughout the clinic will be cleaned regularly and wiped with the appropriate cleaning product between each treatment.
- All Items of equipment will be cleaned before and after every treatment. This includes all metal instruments, bottles, bowls, etc.
- I will ensure adequate ventilation throughout the clinic with doors and windows open where possible and appropriate.
- I wash all treatment linen after each treatment at 60°

4 My Management Responsibilities:

- I have gathered information and implemented procedures to ensure my clients are cared for in a safe, respectful, hygienic, and professional manner.
- I have researched and trained to adapt each treatment to uphold best practices, including hygiene and safety.
- I have a protocol in place in case of a known or suspected case of COVID-19.
- I will inform you when this policy changes.

5 Treatments:

- I have reviewed the treatment options and removed anything that is inappropriate at this time.
- I will wear PPE during treatments as required. This currently includes a face covering and a face visor.
- I will wash my hands and arms before and after every treatment.
- PPE will be replaced or thoroughly cleaned after every treatment.
- I will not come into contact with others during your session to reduce the need to replace PPE and minimise infection.

I can't wait to see you and I am more than happy to discuss any concerns or questions, please feel free to contact me.

Kind regards,

Tara