

Coronavirus (COVID-19) Infection Prevention & Control Policy and your appointment

All of us have been affected by the coronavirus pandemic and I have missed being able to offer you the treatments you deserve and am really looking forward to seeing you all again. My priority is to keep you as safe as possible and minimise risk so I have put together these guidelines and would ask you to please read these through before attending your appointment. Thank you for your understanding.

Prior to booking your appointment, consider whether you or anyone in your household has symptoms such as high temperature, persistent cough, loss of sense of taste or smell. If YES, then please postpone your appointment. If I should display any of these symptoms, I will close until such time as it is safe to re-open. Please do not be offended if I ask to take your temperature with a temperature gun on arrival.

When making your appointment, please be aware that I will only be carrying out one hour sessions or longer.

I will be carrying out new assessments for existing clients as there is likely to have been a change in circumstances during lockdown in your everyday lives. This assessment will take approx. 15 mins. and so your initial hands-on session will be 45 mins. New clients will be treated in the same way.

Please arrive at the time of your appointment to avoid any crossover of clients and remove any jewellery prior to attending. I would ask you to wear a **mask** unless you are medically unable to do so and I will, of course, be doing the same. You can remove your mask when lying in prone.

There are a few things to expect when you come for your treatment, which I am sure you will understand :-

- Hand sanitizer will be provided for you to use when you arrive and when you leave. I will be using the hand sanitizer on my hands and arms prior to your treatment and again when you leave
- A box crate, which will be sanitized between clients, is provided for you to place all your belongings on arrival **INCLUDING JEWELLERY, SHOES, BAGS, PHONES ETC.**
- The massage table will be covered with a couch cover and couch roll and fresh bedding and towels provided for each client and the

table, headrest, armrest and bolster sanitized before and after every client

- The head rest will be covered with a fitted cover and a disposable cover on top
- Enough massage balm will be placed in a sanitized container for each separate client
- The floor and all surfaces including door handles and bathroom (if used) will be cleaned after every client
- Paper towels will be provided in the bathroom and I would ask you to put them directly into the bin liner I will have ready for you

After your treatment, please leave all towels etc. on the bed. Payment is preferable by **bank transfer** but if you are paying by cash or cheque (please try to have the correct money) place in an envelope.

Thank you once again for your understanding of these arrangements and, if you feel that there are other measures that you would like to discuss with me in order to make you feel comfortable with your treatment, please let me know.

Karen Richards
Purbeck Holistic Therapy

11th September 2020 (updated)